

Serve leg of lamb any time

What better to serve at a traditional Easter feast, an informal barbecue, a buffet for 10, or a dinner for two, than fresh American lamb?

Lamb is perfect for high-tech as well as old-fashioned cooks. Spring lamb is available now and all year 'round. Why? Because an age-old idea that lamb is only young and tender in the spring is a fallacy.

The first "spring" lambs are born in California's Imperial Valley during the late fall and come to market in February and March. Next, lambs are born in the Northern parts of California followed by Texas. Later on lambing takes place in New Mexico, Colorado, Idaho, Montana and other states.

These lambs grow up on high-country grazing lands until late summer and fall, meaning there is "spring" lamb in the fall and winter. The farm flocks throughout the United States are producing babies around the calendar, thus offering a continuing supply of "spring" lamb.

All of this is quite different from the old days when the only source of supply was the nearby farmer who truly did only have "spring" lamb once a year.

Leg of lamb (6-9 lbs.)

Salt
Pepper
Dried oregano
1 large clove garlic, cut into slivers
1 lb. fresh or frozen small white onions
¼ cup butter
2 tbs. chopped or 1 tbs. dried parsley
¼ tsp. dried basil
1 tsp. lemon juice
1 ½-2 lbs. fresh or 2 10-oz. pkgs. frozen asparagus

Sprinkle lamb with salt, pepper and oregano. With sharp knife, cut frequent slits in lamb surface. Insert garlic slivers. Place lamb on rack in shallow roasting pan.

Roast in oven preheated to 325 degrees 20-25 minutes per pound, or until meat thermometer registers 140 degrees for rare, 160 degrees for medium or 180 degrees for well-done. 30 minutes before end of roasting time, cook onions in boiling, salted water until tender. Drain and keep warm.

Melt butter in saucepan. Stir in parsley, basil, ¼ teaspoon oregano, a dash of pepper and lemon juice. Add onions and heat slowly. Cook asparagus. Arrange asparagus alternately with onions on platter around leg of lamb. Pour remaining butter sauce over onions and asparagus.

SPRINGTIME LEG OF LAMB
6-10 servings
(depending upon size of leg)

Whoop it up with broccoli and cheese

As a colorful, flavorful and easy vegetable dish, this broccoli recipe rates very well. For an attractive presentation, serve the broccoli in a bowl with the orange and pimento-red sauce spooned into the center, leaving a green broccoli border.

Vary the mustard to suit your taste, making it as hot as you like.

BROCCOLI FIESTA

1 ½ lbs. broccoli
1 cup chicken broth or stock
3 small onions, thinly sliced
2 small cloves garlic, minced
2 canned pimentos, thinly sliced (a rounded ¼ cup)
3 tbs. butter or margarine
2 ½ tsp. cornstarch
1 ½ tsp. water
2 rounded tbs. prepared Dijon mustard
1 cup shredded cheddar cheese

Trim tough leaves and woody stem ends from broccoli. Cut broccoli into 2-inch pieces. Cook in chicken broth, covered after first minute, until just tender, about 10 minutes for stems, 7 minutes for buds.

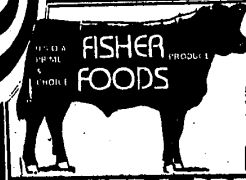
Meanwhile, saute onion, garlic, pimentos in butter over medium heat until onions are golden and limp, about 5 minutes. Add more butter if needed. Blend cornstarch with water. Stir into skillet with mustard. Drain broccoli, saving broth; keep broccoli warm in serving dish. Measure ¾ cup broth (add water, if necessary).

Add to skillet, stirring well to blend. Bring to full boil; boil 1 minute. Stir in cheese, reduce heat and cook, stirring until cheese is melted and blended. Spoon sauce over broccoli. Serves 6.

Tips: Tender young broccoli may be steamed upright in about ¼ cup boiling water until just tender, 10-12 minutes. For more mature broccoli, trim woody stems and large, tough leaves; slash stalks, cook in small amount of salted water uncovered the first minute, then covered until tender, stems 12 to 15 minutes, buds about 10 minutes.

If very mature, cook immersed in boiling water in an open kettle until tender, 15 or more minutes. Broccoli may be microwaved, using ¼ to ½ cup broth.

Variations: Use any nonsweet mustard for the Dijon mustard.



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Stuff those potatoes for delicious entrees

Russet potatoes are a wise choice for nutritious, easy on-the-budget meals. Now in plentiful supply, this all-purpose potato can be prepared in many delicious ways.

Russet potatoes become a tempting entree when stuffed with a savory salmon filling. After baking, the fluffy potato pulp is combined with butter, milk, egg, flaked canned salmon, Parmesan cheese and seasonings. The mixture is spooned back into the potato shells and re-baked to serve with a Creamy Cheese Sauce.

Russet potatoes are easily recognized by their regular oval shape, light netting and shallow eyes.

SALMON STUFFED POTATOES

4 Russet potatoes
1 can (7 ½ oz.) salmon
Milk
2 tbs. butter
1 egg, beaten
3 tbs. grated Parmesan cheese
¼ tsp. salt
¼ tsp. pepper
3 tbs. minced green onion

Creamy Cheese Sauce

Wash potatoes and bake at 400 degrees 50 minutes, or until tender. Cut in half lengthwise. Scoop out pulp and mash. Drain and flake salmon, reserving liquid. Add milk to salmon liquid to make ¼ cup. Combine potato pulp with butter, milk and salmon liquid, egg cheese and seasonings. Fold in salmon and green onion.

Spoon mixture into potato shells. Bake at 375 degrees 20 minutes, or until filling is lightly browned. Serve with Creamy Cheese Sauce. Makes 4 servings.

CREAMY CHEESE SAUCE

Melt 2 tablespoons butter. Blend in 2 tablespoons flour. Add 1 cup milk, ¼ teaspoon salt and ¼ teaspoon dry mustard. Cook, stirring constantly, until thickened. Add ¾ cup shredded Cheddar cheese and stir over low heat until cheese melts. Makes about 1 ½ cups.

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