

ALL-AMERICAN FOODS FOR SUMMER BARBECUE

It's Barbecue Time Again!

The word is out... there really are some new and different things to serve for this traditional American feast:

★ American lamb, in whatever form preferred, cooks well on the grill and is considered the "in" thing to serve. Lamb's very special flavor is enhanced, not overpowered, by marinades and sauces. The price of lamb is right, too, fitting in with the budget of cost-conscious cooks. And if that were not enough, lamb is low in calories. For the next barbecue, why not serve a marinated "butterflied" leg of lamb?

★ Next on the all-American menu is rice. Rice... American? Absolutely. Over 99% of all the rice eaten in the United States is grown here in the states of Arkansas, California, Louisiana, Mississippi, Missouri and Texas. In fact, the United States grows so much rice that 60% of the crop is exported. Rice in salads is the newer and trendier way to serve this world-wide favorite. Rice is low in calories, 82 per 1/2 cup, and is super economical—less than 4¢ per serving!

★ California Brandy is the ingredient that makes this meal "special." It's more reasonable in price than the imported kind. This lighter brandy is fermented and distilled right in California from the world-famous grapes of the San Joaquin Valley. Brandy from California is a better buy, too, and the light flavor goes especially well in summer drinks and meat marinades.

American lamb, American rice and California Brandy can make patriotic meals all year round.



This special leg of lamb is easy to cook on the grill and even in a broiler. When immersed in a brandy marinade hours or a day before cooking, lamb takes on an exotic flavor that will please family and friends alike.

Marinated Butterflied Lamb

4 to 5-pound leg of lamb (sirloin off)

- 1 cup coarsely chopped carrots
- 1 cup sliced celery
- 4 sprigs parsley
- 2 cloves garlic, minced
- 3 cups water
- 1/4 cup California brandy
- 1-1/4 teaspoons salt
- 1/2 teaspoon basil leaves
- 1/4 teaspoon freshly ground pepper

Remove fell, trim excess fat and "butterfly" leg of lamb following directions provided in box (or have your meat retailer prepare it). Trim lamb across shank and sirloin ends to form a uniformly-shaped rectangle. (Use this lamb, approximately 1-1/4 pounds, for the Braised Lamb recipe.) Make a vegetable garni with carrots, celery, parsley and garlic. Place in saucepan; add water, cover and simmer 15 minutes. Stir in brandy, salt, basil and pepper and continue cooking, covered, 10 minutes. Cool. Place lamb in utility dish or plastic bag. Pour marinade over lamb, turning to coat. Cover dish or the bag securely and marinate in refrigerator 4 to 6 hours or overnight, turning several times. Thread 2 long metal skewers through lamb to secure and facilitate turning roast. Place lamb on outdoor grill 5 to 7 inches from heat. Broil at moderate temperature over ash-covered coals to desired degree of doneness: 140°F. for rare; 160°F. for medium and 170°F. for well done. Allow 40 to 60 minutes total cooking time, depending on doneness desired. Turn leg several times, brushing with marinade during cooking. Carve into thin slices. Makes 8 to 10 servings.

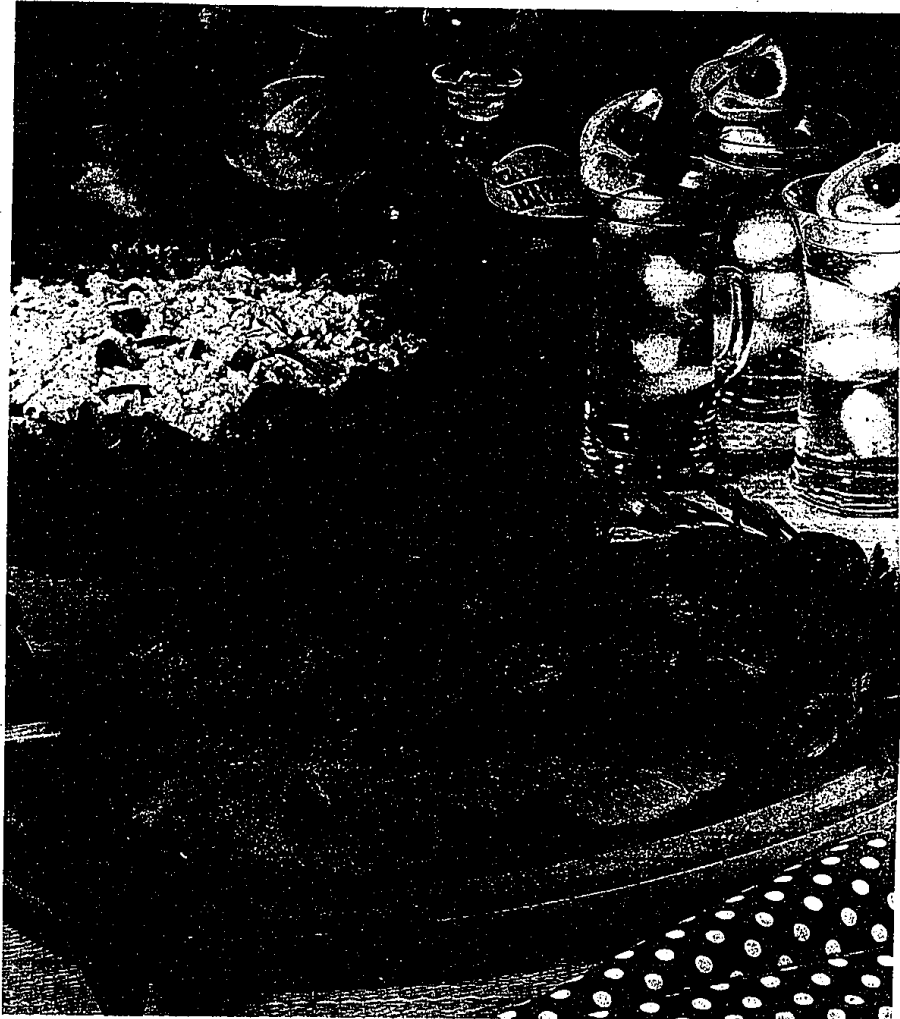
*Follow manufacturer's directions for broiling on covered or gas grill. The above directions can be followed for broiling the butterflied leg on a rack in the broiler pan of a range.

Rice and lamb have been eaten together in the Middle East for centuries. So it's no accident that this salad with Middle East seasonings and ingredients goes so well with lamb.

Middle East Rice Salad

- 3 cups hot cooked rice
- 1/4 cup vegetable oil
- 2 tablespoons lemon juice
- 3/4 teaspoon seasoned pepper
- 1/2 teaspoon each salt, crumbled rosemary leaves, oregano leaves and minced garlic
- 1/4 teaspoon mint leaves, crumbled
- 1 small zucchini, thinly sliced
- 1 medium tomato, peeled, seeded and chopped
- 4 ounces Feta cheese, cut into small cubes (about 2/3 cup)

Spoon rice into large mixing bowl. Blend oil, lemon juice, seasoned pepper, salt, rosemary, oregano, garlic and mint. Stir into rice. Cover and let cool. Add zucchini, tomato and cheese, stirring lightly to combine. Serve at room temperature or chill before serving. Makes 6 servings.



California brandy is an absolutely delicious addition to refreshing summer drinks and its light and fruity taste blends so well with many juice combinations.

Brandy Collins

- 2-1/2 ounces California brandy
- 1 to 2 teaspoons sugar
- 1/2 to 1 ounce lemon juice
- Club soda, iced
- Lemon slice
- Orange slice
- Maraschino cherry

Shake brandy, sugar and lemon juice well with ice. Strain into 14-ounce glass half filled with ice. Add soda and stir. Garnish with fruit. Makes 1 drink.



After the leg of lamb has been butterflied for the grill, quite a bit of meat remains on the bone. Trim the meat from the bone and use for this recipe. Flavored with brandy and served over ginger-flavored rice, in no time lamb is turned into another first-class meal.

Braised Lamb with Gingered Rice (unillustrated)

- 1-1/4 pounds boneless lamb, cut into 3/4 to 1-inch pieces
- 2 tablespoons flour
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon oil
- 1 cup water
- Dash nutmeg
- 1 small onion, cut into 8 wedges
- 3 tablespoons raisins
- 1 tablespoon California brandy
- 1 medium cooking apple, cubed
- Ginger Rice*

Dredge lamb in combined flour, salt and pepper. Brown lamb in cooking oil in large frying pan. Pour off drippings. Add water and nutmeg. Cover and cook slowly 20 minutes. Add onion, raisins and brandy and continue cooking, covered, 20 minutes. Stir in apple and continue cooking, covered, 5 minutes. Makes 4 to 5 servings.

*Gingered Rice

- 3/4 cup uncooked rice
- 1-1/2 cups water
- 1 teaspoon butter or margarine
- 1/2 teaspoon salt
- 1/4 teaspoon finely chopped crystallized ginger
- 2 tablespoons snipped parsley

Bring rice and water to a boil in a small saucepan. Reduce heat to simmer and add butter or margarine, salt and ginger. Cover and cook 15 minutes or until rice is tender and liquid is absorbed. Add parsley; fluff rice with a fork.

Directions for "Butterflying" a Leg of Lamb



1. A leg of lamb, about 3 to 4 pounds, is shown. It should already have been removed from the whole leg and the cut face should show the end of the leg bone at the heel joint. Remove the fell (skin, membrane) from the leg joint from large end to the shank. Turn the leg bone side up, and cut along the bone well the blade reaches the heel joint. Remove the blade from the leg bone. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank.
2. Start cutting at the heel joint (B) of the leg bone from which the sirloin bone was removed. Make a straight cut to the center of the leg to reach the heel joint. When the blade reaches the heel joint, stop cutting. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank.
3. Work the point of the blade all around the leg bone (C), still joint (C), and shank down to the point of the blade. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank. The leg bone should now be a straight line from the heel joint to the shank.
4. Remove the leg bone and the shank bone. Cut along the natural seam that separates the two large muscles and open to lay flat. Trim any excess fat.