

Julia Child shares her favorite lamb recipes

The consistent quality and unbeatable flavor of fresh American lamb has made it a favorite among some of the finest cooks in the United States.

Food personality Julia Child prefaces the flavor of American lamb. Why? Because fresh American lamb is just that — it's fresh. And with freshness comes high quality and flavor.

American lamb is bigger today because of better production practices. And with the larger lamb comes a leaner, more flavorful and more nutritious product. A three-ounce serving of lean American lamb averages only 176 calories and is an excellent source of protein, iron, zinc, niacin and the B vitamins.

JULIA CHILD'S

SYRIAN SALAD

Make a feast out of cold, leftover roast lamb by marinating slices of it and serving them with colorful bulgur salad. Bulgur is cracked wheat, which you can find in the health-food section of your market. It has a little more flavor and texture than rice.

The Marinade: Puree 1 or 2 large cloves of garlic with ¼ teaspoon of salt in a bowl; mash into a smooth paste with a wooden spoon, then mash in the peel (yellow part only) of ¼ lemon, very finely minced. Also mash in 6 strips of anchovy packed in oil and ¼ teaspoon of ground rosemary or thyme. When all is a fine paste, whisk in 1 tablespoon each of Dijon mustard and lemon juice and ¼ cup of good oil. (If you add it in droplets and beat vigorously,

the sauce should stay emulsified, but it is not a tragedy if it doesn't.) Blend in 1 or 2 tablespoons of capers, squeezed dry and chopped, and several tablespoons of minced fresh parsley. Season carefully, and you'll have enough sauce to baste and flavor 12 good slices of lamb.

The Bulgur Salad: Pour 1 cup of bulgur into a bowl and stir in 4 cups of boiling water. Let soak for 20 minutes or until tender when you chew a spoonful. Drain, and squeeze by hand in the corner of a towel to extract as much water as possible; place in a mixing bowl. Blend in a small, finely grated onion, pressing it with a spoon into the grains, then toss with salt and pepper to taste, ¼ cup or so of chopped fresh parsley, fresh lemon juice, a tablespoon or more of good olive oil, and other taste-

ty and decorative elements like dried green and/or red peppers, celery, cucumbers, tomatoes, black olives, fresh mint leaves. Mound your salad on a platter, and place the marinated slices of lamb around it.

JULIA CHILD'S LAMB SOUP

The Stock: Chop or saw your lamb bones into convenient pieces, brown them for 30 to 40 minutes in the upper third of a 425 degree oven with a chopped carrot and chopped onion; drain out the accumulated fat, and scoop bones and vegetables into a large saucepan. Pour a little water into the browning pan; simmer and scrape up the coagulated browning juices, pour them into the saucepan, add water to cover ingredients by an inch, and bring to the simmer. Skim

off accumulating scum for several minutes, salt lightly, add a chopped celery stalk, 2 cloves of garlic, halved but not peeled, a bay leaf, and a good pinch of rosemary or thyme. Cover loosely and simmer 3 to 4 hours, adding more water if needed. Strain and degrease.

The Soup: Simmer the stock with ½ cup of barley or lentils or 1½ cups of almost-cooked beans, plus ¼ cup each of diced onions, turnips and carrots. When ingredients are tender, season and add a bit of diced tomato for color, simmering 2 minutes, and a good sprinkling of fresh chopped parsley.

RASPBERRY LAMB SKEWERS

4 lbs. lean lamb leg, cubed

½ cup soft flower oil
¼ cup raspberry vinegar
¼ cup white wine
¼ cup lemon juice
2 tsp. garlic, minced
3 tbsp. sugar
½ tsp. salt
½ tsp. pepper, fresh ground

Combine all ingredients in bowl large enough for lamb cubes, which ingredients together, then add lamb, toss gently to coat with marinade. Refrigerate for six hours, tossing occasionally. Skewer two or three cubes on 6-inch bamboo skewers which have been soaking in water (one hour). Grill, broil or barbecue 3-5 minutes, allowing lamb to remain pink inside. Makes about 32 appetizers.

Chevres have distinctive 'bite'

Connoisseurs prize the exquisite, tangy little cheeses from France called chevres. A choice supply of many popular goat-milk French chevres are shipped to the United States. And they're in great demand because there is a chèvre to please every cheese lover.

The texture is most distinctive: When the cheese is fresh, it is smooth and spreadable; when mature, it resembles a dry cream cheese. Yet the taste is always recognized by a distinctive bite.

Another special character of chevres is their varied shapes — pyramids, logs, loaves, patties. Sometimes they are wrapped in leaves or dipped in herbs or spices for still more tang.

Their variety makes them extremely versatile. Use the young chevres as vegetable stuffings or spreads. Drier mature chevres are great snacks and add unique flavor to salads.

CHEVRE AND LAMB SALAD

(Makes about 4 servings)

Salad:
3 cups thinly sliced cold roast lamb
6 oz. coarsely crumbled chevre
2 endives, trimmed and separated
1 cup sliced celery
2 Tbsp. chopped fresh dill
¼ cup sliced cornichons (French gherkins)

Dressing:

A fool and his money are soon parted.

Ben Franklin said it, and maybe he was too harsh. In today's world, you don't have to be foolish to be taken — just careless.

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Some food origins may surprise you

Our favorite foods, where do they come from?

The origin of foods is not always what we may think. As a matter of fact, it's easy to be fooled. For example, where did the fancy flaming dessert, Baked Alaska, originate? No, not with the Eskimos or even in Alaska. Baked Alaska was invented in 1867 by a French-born chef, Charles Ranhofer, in New York City.

During the St. Louis Exposition of 1904, a Middle East immigrant named Ernest A. Hamwi rolled a circular pastry into the shape of a cone and placed ice cream on top. Thus, the ice cream cone was born.

CHOP SUEY was invented by a Chinese man named Li Hung Chang, but he created his dish in America.

Chang, a Chinese diplomat, is known as "the father of chop suey." During a state visit to New York City, he developed the dish in an attempt to recreate authentic Chinese food without having the proper cooking utensils, ingredients and seasonings.

When friends asked what the dish was called, Chang combined the words for chop sticks and soy sauce into "chop suey." From this, the name eventually became chop suey.

CHOW MEIN was also born in America. The dish was first made by Chinese railroad laborers working in San Francisco.

Where did spaghetti and meat balls originate? Would you guess Brooklyn? It's true!

Here are some American foods with Italian roots — cantaloupes and French fries. French fries? French fries do not come from France at all. They originated in Florence, Italy.

In this case, "French" does not refer to the country of origin, but merely indicates that the potatoes have been cut into thin strips, in the "French" manner.

Cantaloupes, on the other hand, take their name from the Castle Cantelupo in Aversa, Italy.

THE FIRST spaghetti factory in the United States was built in New York in 1876. However, it wasn't until more than a century later that spaghetti became common in America. Once considered an "ethnic" food, pasta is now thoroughly American.

Chili powder was invented by a German from New Braunfels, Texas, in 1902. The spice was unknown to true Mexican cooks.

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