

# Lamb Must Have Care In Roasting

By ELLY  
A roast of lamb can be a delight or a disaster. It can be pink, and succulent or gray, stringy and flavorless. A meat thermometer is almost mandatory and the shape of the cut must be taken into consideration.

The leg, crown and saddle should be roasted at 325 degrees to a thermometer temperature of 140 degrees. Spring lamb is best in a 425-degree oven, roasted to 150 to 160 degrees.

The earliest cookbooks include recipes for cooking lamb. In the first century the Roman, Apicius, recorded how to braise lamb with milk, honey, salt and pepper. He told of lamb stew made with spices, oil, hazelwood and ginger.

The most elegant of all is the crown roast of lamb. When buying the meat allow two chops for each person.

Before serving the center may be filled with mashed potatoes mixed with chives or parsley; boiled wild rice mixed with almonds; or peas mixed with tiny onions, buttered and tossed with fresh mint.

And remember, always serve lamb on hot plates.

## CROWN ROAST OF LAMB

1 crown roast of lamb  
Salt and pepper to taste  
Rosemary or basil  
1/4 c. salad oil  
Juice of 1 fresh lemon  
1 t. paprika  
Cherry tomatoes

Fill the center of the roast with a ball of foil to retain the shape during cooking. Wrap top of each bone with foil so they will not char. Season roast with salt, pepper and rosemary or basil. Place on rack in a shallow baking pan. Mix salad oil, lemon juice and paprika. Brush outside of roast with this mixture. Roast at 325 degrees to 140 degrees on your meat thermometer, or, allow 12 to 15 minutes per pound.

Before serving, remove foil ball and covering on bones. Place cherry tomatoes on each bone (or paper frills) and place filling of your choice in center.

**GLAZED LEG OF LAMB**  
1 leg of lamb (about 6 pounds)  
1/2 c. prepared mustard  
2 T. soy sauce  
1 garlic clove crushed  
1 t. crushed rosemary or thyme  
1/4 t. ground ginger

Place lamb on rack in shallow roasting pan and roast for one hour in a 325-degree oven. Combine remaining ingredients and spread over lamb. Roast for two hours longer or until thermometer reaches 170 degrees. Baste with drippings several times during roasting time. Serves six to eight.

**RACK OF LAMB**  
1 rack of lamb  
1/2 t. salt  
1/4 t. pepper  
1/2 c. fresh lemon juice  
1 t. basil or thyme  
1/4 c. brown sugar or marmalade

Sprinkle lamb with the salt and pepper and place without a rack in a shallow roasting pan, bones side up. Pour half the lemon juice over the meat and roast for one hour in a 325-degree oven. Combine remainder of lemon juice with the rest of the ingredients and spread mixture over lamb. Roast 40 minutes longer or until thermometer reaches 160 degrees. This will serve four to six.

Did you ever try to duplicate a salad you've eaten at a restaurant and have it turn out lacking-something? Vargo's on Six Mile Road serves a great tossed salad. There are little chunks of lettuce and purple cabbage, thin purple onion rings and a sweet and sour dressing all topped with bacon chips and Roquefort cheese.

When we tried it at home it just wasn't as good. It must have been their special dressing.

But that is what makes dining out an occasion - having something you can't or don't prepare at home. When it's soft shell crabs, red snapper, steak, lobster, frog legs or file of sole served with warm bread in Vargo's atmosphere of music, old paneling and Tiffany lamps, it is an occasion. There's no better morale booster. You, the gourmet, can go back serenely to your kitchen unfazed by the children's penchant for peanut butter and jelly sandwiches.

You may feel a little like Cinderella after the ball, but the whole world does seem brighter.



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BELTSVILLE 7-16 LB

**Turkeys 44¢**

4# PORK LOIN SLICED INTO

**Pork Chops 66¢**

SERVE N SAVE

**Wieners 3 LB 149¢**

**Save 10¢**

**Cane Sugar 545¢**

**Save 20¢**

**Land O' Lakes 59¢**

**Save 27¢**

**FREE Black Pepper**

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# a ham for every Easter Feast

WHOLE FULLY COOKED  
**Semi-Boneless Ham 49¢**

SHANK PORTION  
**Smoked Ham 44¢**

GLENDALDE OLD FASHIONED WHOLE  
**Boneless Ham 88¢**

HORMEL CURE #1  
**Boneless Ham 149¢**

MARHOEFER BONELESS  
**Canned Ham 8 LB 58¢**

HORMEL  
**Canned Ham 5 LB 49¢**

WHOLE SEMI-BONELESS  
**West Virginia Ham 79¢**

**Save 20¢**

**Land O' Lakes 59¢**

**1-LB PKG**

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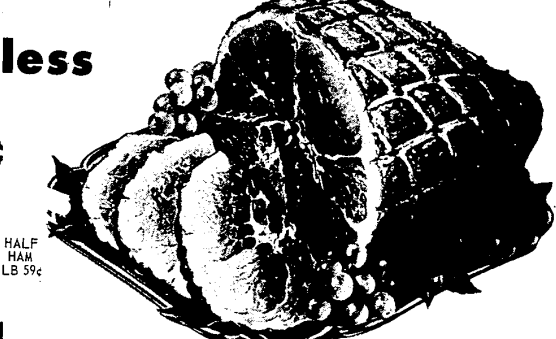
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FRESH  
**Pork Steak 69¢**

SERVE N SAVE REGULAR, THICK OR GARLIC  
**Sliced Bologna 59¢**

GORDON'S  
**Pork Sausage 2 LB 88¢**

GORDON'S FRESH FOR EASTER  
**Kielbasa 98¢**

COUNTRY STYLE

**Sliced Bacon 55¢**

LB

**55¢**

**Save 20¢**

**Large Eggs 35¢**

DOZ

**35¢**

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**EASTER STORE HOURS**  
MON THRU THURS 9 AM-9 PM  
**GOOD FRIDAY 8 AM-9 PM**  
CLOSED FRIDAY 12 NOON TO 3 P.M.  
**SATURDAY 8 AM-9 PM**  
*Closed Easter Sunday!*

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3 FOREQUARTERS WITH BACK ATTACHED  
3 HINDQUARTERS WITH BACK  
3 WINGS GIBLETS INCLUDED

**29¢**

LB

**29¢**

**Save 10¢**

**Cane Sugar 545¢**

**Save 20¢**

**Land O' Lakes 59¢**

**1-LB PKG**

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5 WITH ANY TWO PACKS HILGARD

6 WITH ANY PACKAGE ROMAN BRAND

7 WITH ANY PACKAGE HILGARD

8 WITH ANY PACKAGE HILGARD

9 WITH ANY PACKAGE HILGARD

10 WITH ANY PACKAGE HILGARD

11 WITH ANY PACKAGE HILGARD

12 WITH ANY PACKAGE HILGARD

13 WITH ANY PACKAGE HILGARD

14 WITH ANY PACKAGE HILGARD

15 WITH ANY PACKAGE HILGARD