

Bring spring to your table with lamb for dinner

By SHEILA PECK

LAMB STEAKS DIANE

When spring is sprung and the grass is green, there is a bounce to the step and an overall feeling of well-being.

So contagious is the feeling that signs of spring like maple syrup, asparagus and lamb also start appearing on our menus. Smart meal planners take this time to tune into practical new ways of making easy family meat dishes from tender lamb cuts that can be used exactly like beef. For steaks and kabobs or instead of veal.

Here are some quick and easy recipes to bring spring to your table:

SCOTCH BROTH
Meaty bones and pieces from lamb shoulder or leg
2 quarts cold water
1 tablespoon salt
8 peppercorns
1 onion stuck with four cloves
1/2 bay leaf
2 tablespoons butter
1/4 cup each finely cut carrot, celery, turnip
1/2 teaspoon marjoram
1/4 cup barley

Place meaty lamb bones in deep pot. Add water to cover one inch above meat. Add salt, peppercorns, onion and bay leaf. Bring quickly to boil. Skim foam. Cover and simmer 1 1/2 hours. Cool. Skim off top fat. Remove bone and dice meat clinging to it. Strain broth. Heat butter, cook vegetables, stirring 5-6 minutes. Add marjoram, broth, diced meat and barley. Simmer 45 minutes. Makes 6 servings.

This recipe for Moussaka makes an excellent casserole dish and can be served with a salad and crunchy bread.

MOUSSAKA
4 cups finely minced, cooked lamb
2 medium eggplants
1/4 cup salad oil
2 onions, chopped
1 clove garlic, chopped
1 can (6 ounce) tomato paste
1/4 cup chopped fresh parsley
salt, pepper
1 cup milk
2 eggs
1/2 cup grated cheese

Brown eggplant in oil, remove. Brown onions and garlic in the same oil. Add meat, tomato paste, parsley and seasonings. Fill greased casserole with alternate layers of meat mixture and eggplant; top with eggplant. Beat eggs with milk and cheese; pour over. Bake in moderate oven (350 degrees) for about 20 minutes, until set and golden. Serves 6 to 8.

4 lamb shoulder steaks
4 tablespoons butter
salt and pepper
juice of half lemon
1/2 tablespoon Worcestershire sauce
2 tablespoons chopped fresh parsley.

In a large skillet, melt two tablespoons butter. Brown steaks on first side, about six minutes. Season, brown on second side about six minutes. Add remaining butter, lemon juice, Worcestershire and parsley. Spoon over steaks. Makes 4 servings.

LAMB CURRY
3 pounds boneless lamb cubes
seasoned flour
1/4 cup salad oil or butter
2 tablespoons curry powder
2 large onions, peeled and chopped
1/2 teaspoon powdered ginger
2 large tart apples, peeled and cored
2 cups chicken broth
2 tablespoons tomato paste
2 tablespoons heavy cream

Dust lamb with flour. Heat oil, add spices and onion, cook 3-4 minutes. Add meat, brown. Add apples, broth and tomato paste, and simmer about 1 hour covered, until meat is tender. Add cream, reheat. Serve with rice and bowls of chutney, coconut, raisins, peanuts and cucumber as condiments. Makes 12 servings.

ROAST LEG OF LAMB
1 lamb leg, about 5 pounds
1 clove garlic, crushed
salt and pepper

Rub lamb with garlic, salt and pepper. Roast uncovered on a rack in a moderately slow oven (325 degrees) about 25 minutes, per pound for medium rare if thawed, 37 minutes if frozen. Makes 6 servings.

LAMB IN A BAG
1 lamb leg, about 5 pounds
2 cloves garlic, crushed
1 teaspoon salt
One-third cup salad oil
1 teaspoon rosemary
1/2 teaspoon marjoram
1 tablespoon paprika
Pierce leg deeply with skewer. Blend remaining ingredients, brush over meat, cover, let stand 2 hours or overnight in refrigerator. Put lamb into heavy brown paper bag, twist closed. Roast on a baking sheet in a moderately slow oven (325 degrees), about 25 minutes per pound for medium rare. Slit bag, remove meat to platter. Pour juices from bag into pan, skim, pour into heated sauce boat. Makes 6 servings.

SHISH KABOBS
2 pounds boneless lamb

leg, cut in 1 1/2 inch cubes
1/2 cup wine vinegar
1/2 cup salad oil
1 clove garlic, crushed
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon oregano
1/2 teaspoon paprika
3 onions, quartered
12 mushrooms

Cover lamb with vinegar, oil and spices, marinate 2 hours or chill overnight. Thread on skewers alternately with vegetables. Broil close to heat, turning and basting often. Tip: Add or substitute shrimp, water chestnuts, cherry tomatoes, as you like. Makes 6 to 8 servings.

LAMB AND BEAN SALAD
3 cups sliced, cooked lamb
1 can (20 ounces) red kidney beans, drained
1 medium onion, cut in thin rings
1/2 cup pitted black olives, sliced
1 jar (2 ounces) pimientos, drained
1/2 cup Italian style salad dressing

Toss ingredients together, using more dressing, if desired. Makes 6 servings.

RACK OF LAMB
2 racks of lamb, 1 1/2-2 pounds each, trimmed

1/2 cup water
1/4 cup dehydrated mint leaves

1/2 cup cider or malt vinegar
1/2 cup sugar

Roast racks of lamb, frozen or thawed, uncovered in moderately

slow oven (325 degrees) for about 45 minutes to one hour. Bring water and

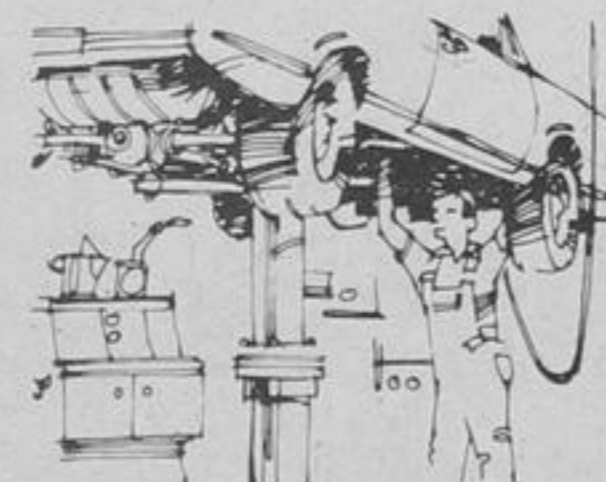
mint leaves to a boil and simmer 5 minutes, uncovered.

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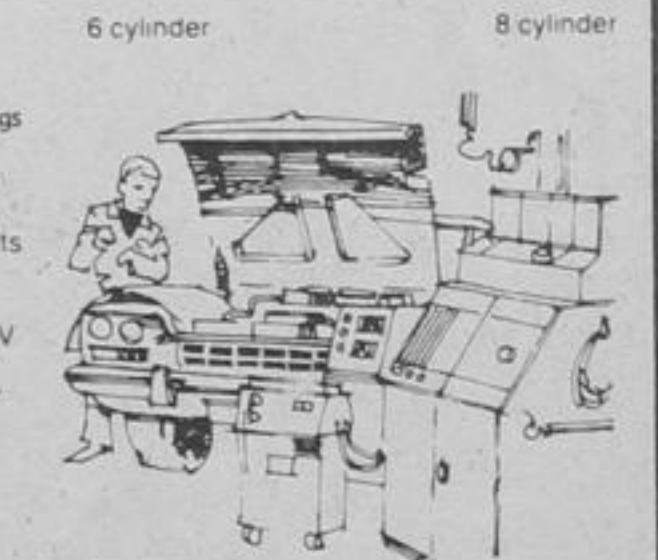
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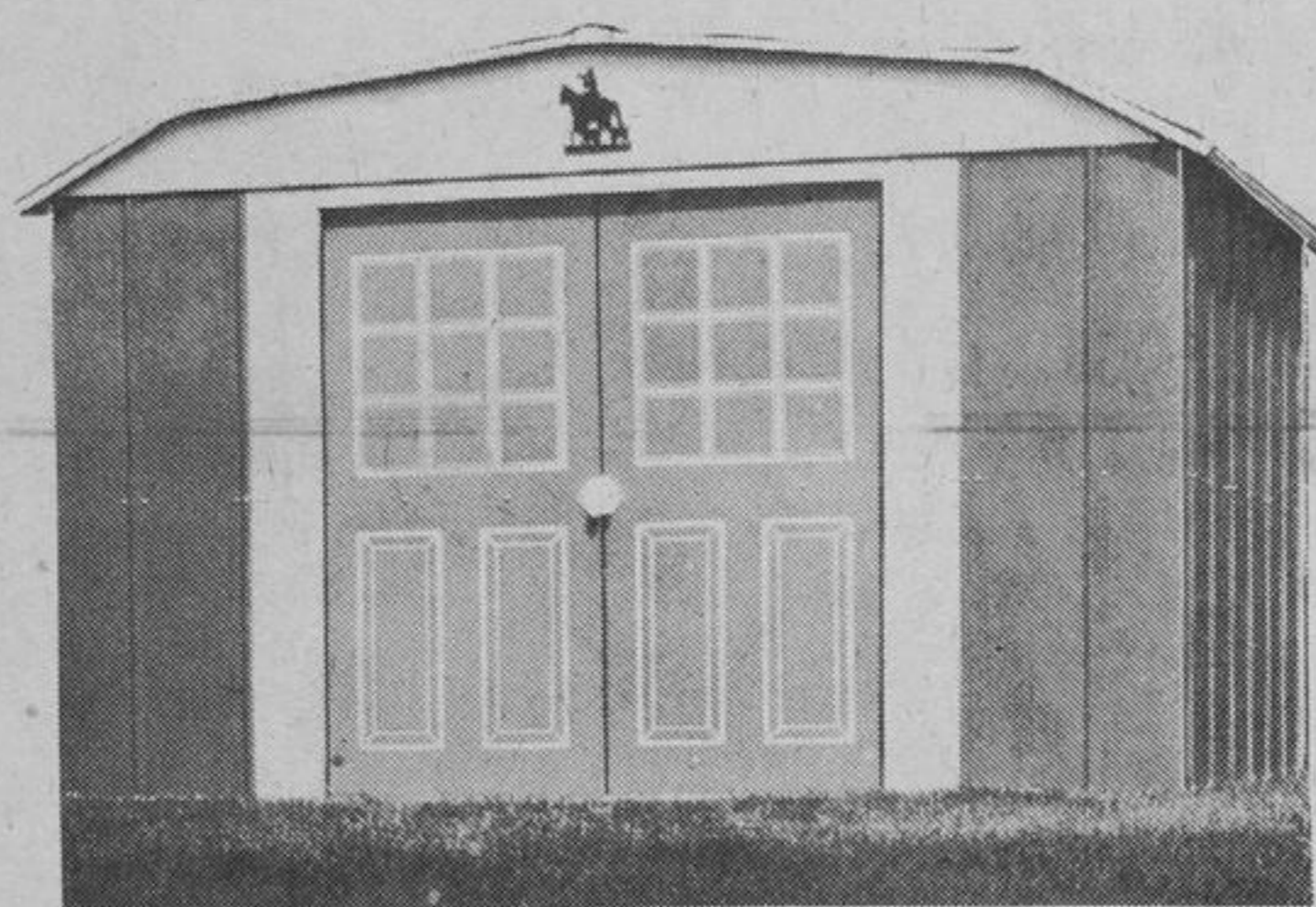
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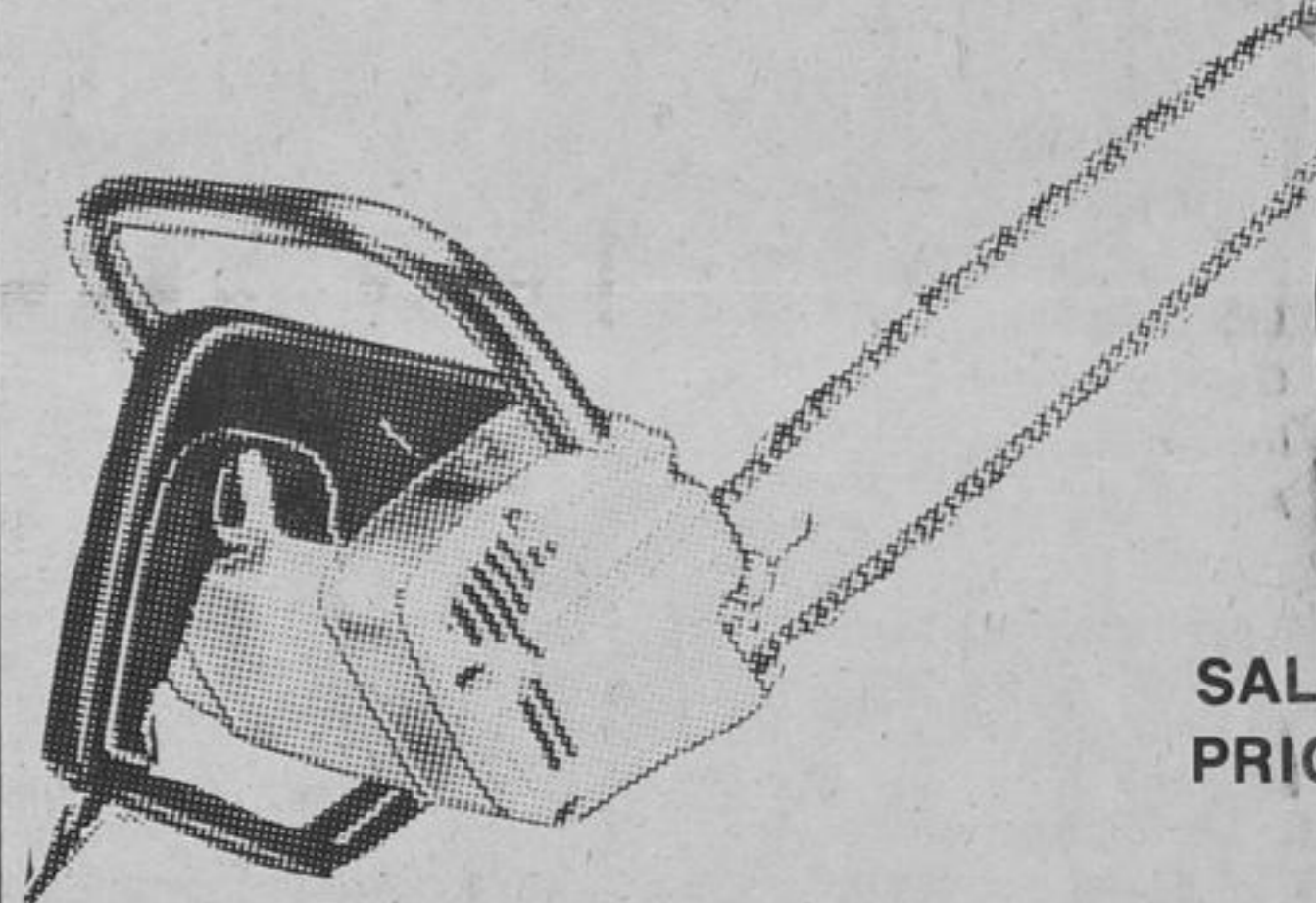
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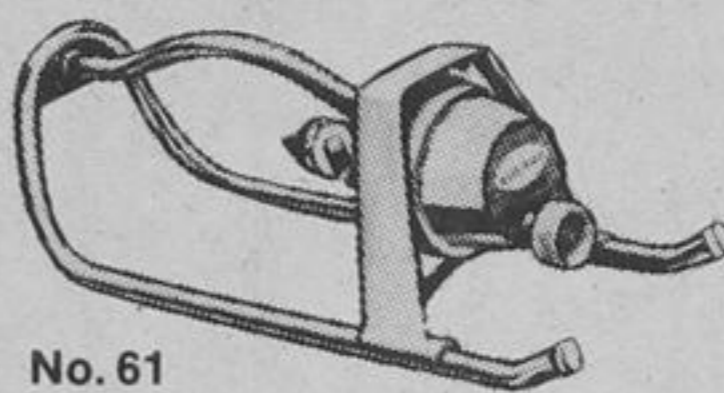


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