



A Taste of Lamb

GINGER LAMB CHOPS

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| 1 tbsp (15 mL) olive oil | 1/2 tsp (2 mL) freshly ground pepper |
| 8 lamb loin chops | 2/3 cup (150 mL) dry white wine |
| 4 tsp (20 mL) grated fresh ginger | 2 tbsp (25 mL) Dijon mustard |
| 2 cloves garlic, finely chopped | 2/3 cup (150 mL) whipping cream |
| 1 tsp (5 mL) rosemary, crumbled | |

Heat oil in a frypan over medium heat. Add lamb chops and cook to desired doneness, about 3 - 4 minutes per side for medium-rare. Transfer chops to a platter; keep warm. To prepare sauce, drain off excess fat from frypan. Add ginger, garlic, rosemary and pepper to frypan; saute for 1 minute. Stir in wine and mustard. Boil until mixture is reduced by half. Stir in cream and boil until sauce is thickened. Spoon sauce over lamb chops. Serves 4.

CROWN ROAST OF LAMB

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| 1 tbsp (15 mL) rosemary, crumbled | 1 tsp (5 mL) salt |
| 2 tsp (10 mL) oregano, crumbled | 2 tsp (10 mL) coarsely ground pepper |
| 6 cloves garlic, finely chopped | 2 crown roasts of lamb (14 ribs each) |

Combine rosemary, oregano, garlic, salt and pepper in a small bowl. Rub seasoning mixture over all sides of both roasts. Place roasts, 4 inches (10 cm) apart, in a large roasting pan. Roast at 450°F (230°C) for 35 - 40 minutes or until a meat thermometer registers 140° - 150°F (60° - 65°C). Let stand 5 minutes before carving. Serves 8 - 10.

SPICED LEG OF LAMB WITH PORT GRAVY

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| 1 tbsp (15 mL) mustard seed | 1 1/2 tsp (7 mL) salt |
| 1 tbsp (15 mL) coriander seed | 5 lb (2.3 kg) leg of lamb |
| 1 tbsp (15 mL) black peppercorns | 1 can (10 oz/284 mL) chicken broth |
| 1/2 tsp (2 mL) thyme | 3 tbsp (40 mL) port |
| 1/4 cup (50 mL) olive oil | 1 tbsp (15 mL) flour |
| 1/4 cup (50 mL) chopped fresh parsley | Salt and freshly ground pepper |
| 4 cloves garlic, peeled | |

Combine mustard seed, coriander seed, peppercorns and thyme in a blender. Process until seeds are coarsely ground. Add oil, parsley, garlic and salt. Puree to a paste. Spread paste over all sides of lamb. Place on a platter, cover with plastic wrap and refrigerate for 8 hours or overnight. Place lamb in a roasting pan. Roast at 425°F (220°C) for 15 minutes. Reduce temperature to 350°F (180°C) and continue roasting for 1 1/4 - 1 1/2 hours or until a meat thermometer registers 140°F (60°C). Transfer lamb to a cutting board. Cover loosely with foil and let stand 15 - 20 minutes before carving. Drain fat from roasting pan and discard. To prepare gravy, add broth to pan and bring to a boil, scraping to loosen browned bits. Pour into a small saucepan. Stir together port and flour until smooth. Whisk into broth. Bring to a boil over medium heat; reduce heat and simmer, whisking constantly until thickened. Season to taste with salt and pepper. Carve lamb and serve with gravy. Serves 8.

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TANDOORI LAMB KEBABS

Bamboo skewers	1 lb (0.5 kg) boneless lamb, cut into 1 inch (2.5 cm) cubes
1/4 cup (50 mL) yogurt	2 1/2 cups (625 mL) zucchini chunks (1 inch/2.5 cm)
2 tsp (10 mL) cumin	1 cup (250 mL) large red seedless grapes (about 30)
1 tsp (5 mL) coriander	Cucumber Sauce, recipe follows
1/2 tsp (2 mL) ginger	
1/4 tsp (1 mL) cayenne pepper	

Soak bamboo skewers in hot water for 30 minutes. To prepare marinade, combine yogurt, cumin, coriander, ginger and cayenne pepper in a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade; seal bag. Let stand for 20 minutes. Remove lamb from marinade; discard marinade. Thread lamb, zucchini and grapes alternately onto soaked skewers. Broil kebabs for 8 - 10 minutes. Alternatively, kebabs may be grilled over medium heat on natural gas barbecue. Serve with cucumber sauce. Serves 4.

Cucumber Sauce

3/4 cup (175 mL) yogurt	1/4 tsp (1 mL) dill weed
1/2 cup (125 mL) finely chopped seeded English cucumber	1/4 tsp (1 mL) salt
	1/4 tsp (1 mL) freshly ground pepper

Combine all ingredients in a small bowl. Refrigerate until serving or for up to 4 hours.

LAMB AND ARTICHOKE RAGOUT

2 tbsp (25 mL) flour	2/3 cup (150 mL) dry red wine
1/4 tsp (1 mL) salt	1 tsp (5 mL) fennel seed, crushed
1/4 tsp (1 mL) freshly ground pepper	1/2 tsp (2 mL) sage, crumbled
1/4 tsp (1 mL) paprika	1/4 tsp (1 mL) salt
2 lb (1 kg) boneless lamb, cubed	1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) olive oil	4 cups (1 L) quartered baby potatoes
1 cup (250 mL) chopped onion	2 cans (14 oz/398 mL each) artichoke hearts, drained and halved
1 cup (250 mL) sliced celery	1 cup (250 mL) diced red bell pepper
4 cloves garlic, finely chopped	2 tbsp (25 mL) chopped fresh parsley
1 can (28 oz/796 mL) diced tomatoes	

Combine flour, 1/4 tsp (1 mL) salt, 1/4 tsp (1 mL) pepper and paprika in a plastic bag. Add lamb to flour mixture and toss to coat. Heat 1 tbsp (15 mL) oil in a Dutch oven over medium heat. Add lamb in batches and brown on all sides, adding remaining oil as necessary. Transfer lamb to a plate. Add onion, celery and garlic to pan; saute until tender, about 4 minutes. Stir in next 6 ingredients (tomatoes through pepper). Bring to a boil, scraping to loosen browned bits. Return lamb and any accumulated juices to pan. Reduce heat; cover and simmer, stirring occasionally, for 1 1/2 hours. Stir in potatoes, artichokes and red pepper. Cover and simmer for 30 - 35 minutes or until potatoes and lamb are tender. Sprinkle with parsley. Serves 8.

GREEK LAMB CHOPS

2 tbsp (25 mL) olive oil	1/4 tsp (1 mL) freshly ground pepper
2 tbsp (25 mL) fresh lemon juice	2 cloves garlic, crushed
1 1/2 tsp (7 mL) oregano, crumbled	8 lamb loin chops, 1 inch (2.5 cm) thick
1/2 tsp (2 mL) salt	

To prepare marinade, combine all ingredients except lamb in a heavy zip-lock plastic bag. Add lamb and squeeze bag to coat lamb with marinade; seal bag. Let stand for 30 minutes. Remove lamb from marinade; discard marinade. Grill lamb over low heat on natural gas barbecue to desired doneness. Serves 4.