

Try Some of Our Other Smokehouse Favorites

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COUNTRY LAMB

REFRIGERATE OR FREEZE UPON ARRIVAL
IF NOT USED IMMEDIATELY PLEASE FREEZE!

RECIPE INSTRUCTIONS



LAMB

What is Spring Lamb? The term Spring Lamb denotes the youngest, most tender and best lamb available. Because lamb is now produced in several areas of the country, you can be assured of receiving a superb product year-round.

Lamb is not only rich in many necessary nutrients, it is relatively low in calories. A three-ounce serving of lean, cooked lamb contains only 198 calories.

BONELESS LEG OF LAMB

Boneless leg of lamb (thawed) 2 bulbs of garlic
oil Salt & pepper
2 T fresh rosemary or 2 t dried rosemary, crumbled

Boil garlic bulbs for 20 minutes, let cool, remove stem and skins. Puree garlic with blender, food processor, or fine sieve. Leave netting on leg of lamb, rub with oil, salt, pepper and rosemary. Spread garlic puree over leg of lamb. Place on roasting pan rack and roast in 350°F oven for 1 1/2 to 1 3/4 hours depending on size of leg and doneness desired. When using thermometer, rare is 115°F to 120°F, medium, 125°F to 130°F. Serves 6-8.

BONELESS LEG OF LAMB

(ALTERNATE RECIPE)

Thaw completely.
Preheat oven to 425°F.
Place a piece of aluminum foil, large enough to cover entire roast, in the bottom of a shallow roasting pan.
Place roast in pan.
Brush roast with butter and sprinkle with seasoning pepper. Do not cover with foil.
Place in 425°F oven until brown.
Remove roast from oven and wrap tightly with aluminum foil.
Reduce oven temperature to 350°F.
Return roast to oven until meat thermometer reaches 115°F to 120°F for rare, 125°F to 130°F for medium rare lamb. NOTE: If meat thermometer is not used, cook 1 1/2 to 1 3/4 hours.
Serve hot.

STUFFED LEG OF LAMB

6 1/2 lb. thawed boneless leg of lamb 1/2 cup chopped parsley
6 garlic cloves, chopped fine 2 t brown sugar
1 T lemon juice
1/2 cup chopped mint leaves

Basting sauce: 1/2 cup red wine and 1/2 cup butter.

Unroll leg of lamb and spread above mixture on inside. Roll and tie into a roast. Place on rack in roasting pan and cook at 350°F. Baste with basting sauce. When meat is done, salt and pepper to taste, transfer to hot platter. Serve with juices, tiny new potatoes, and a green vegetable puree.

RACK OF LAMB – 1 1/2 POUNDS

Thaw rack of lamb, remove material covering bones.
Rub garlic butter, salt and pepper over lamb. Place on rack in shallow pan. Roast at 400°F for 40-45 minutes until meat thermometer reaches 125°F to 130°F for medium rare.
Move lamb to a hot platter, sprinkle with chopped parsley, and let set for 5 minutes. Make chops by carving parallel to bones. Spoon pan juices over meat. Rack will serve 2-3.

GROUND LAMB PATTIES

Lamb patties are easy to prepare and an excellent change of pace meat items.

Thaw patties. Grill for 7-8 minutes on each side. Serve as you would any ground patty item.

For a variance of flavor, sprinkle patty with garlic powder, crushed rosemary, or spread both sides with a Dijon-style mustard.

LOIN LAMB CHOPS

Thaw chops. Prepare one to two chops per person. Optional: Marinate in pineapple juice for about 12 hours in the refrigerator.

Begin broiling with chops about 4" from the heat. Move rack or grill closer to heat later. Broil 6-8 minutes for rare, 10-12 minutes for medium rare turning once during cooking. When using meat thermometer, rare chops need a temperature of 115°F to 120°F, medium rare 125°F to 130°F.

FRENCH RIB LAMB CHOPS

Prepare same as Loin Lamb Chops. NOTE: They may take longer since they are thicker. Meat thermometer temperatures are the same.

FOR VARIATION, TRY THIS RECIPE

Thaw chops completely.
Marinate for approximately 5 hours in the following:
2 cups pineapple juice
1/2 t cloves
2 T brown sugar

Bring mixture to boil and cool before adding chops.

Sprinkle seasoning salt on each side of chop.
Let stand for about 15 minutes before broiling.
Broil 3 to 6 minutes on each side (depending on doneness desired).

