

Lamb Curry

1/4 Cup Margarine
1 Cup Chopped Onion
1/4 Cup Chopped Green Bell Pepper
1/4 Cup Chopped Celery
1 Apple, diced
1 Teaspoon Curry Powder
1/2 Teaspoon Salt
1/4 Cup Flour
2 Cups Chicken Broth (may use bouillon cubes)
2 Cups Cubed Lamb (from cooked roast)

Melt margarine in large saucepan. Add onion, green peppers, celery, and apple slices ; Cook gently until onion is tender. Stir in curry powder , salt, and flour. Cook over low heat , stirring until mixture is hot. Remove from heat. Gradually stir in broth. Heat to boiling., stirring constantly. Boil and stir 1 minute. Stir in lamb ; heat through , stirring occasionally, about 10 minutes.

Serve over rice.

Leg Of Lamb Roast

1 Leg of Lamb
Lemon Juice
Salt and Pepper, to taste
2 Cloves Garlic, thinly sliced
Cut off all fat from roast . Rub with lemon juice, salt and pepper. Insert thinly sliced garlic in roast. Place in baking pan with shallow amount of water in bottom. Prepare Sauce.

Sauce

1 Cup Catsup
1/2 Cup Water
1/2 Cup Vinegar
Dash of Tabasco Sauce
1/2 Cup Worcestershire Sauce
Mix all ingredients in saucepan. Bring to a boil . Pour over lamb, turning to baste. Bake at 325* F. to 350* F. until done or 20 - 25 minutes per pound.

Barbecue Leg Of Lamb

1 (6 to 7 Pound Leg Of Lamb

Marinade

3 Tablespoons Salt
1 Teaspoon Pepper
5 Cloves Garlic, pressed
1/2 Cup Vegetable Oil
2 Large Lemons, juiced

The day before serving, mix all marinade ingredients , place in a pint jar and shake well .

Remove excess fat from lamb without breaking the parchment - like fell, leaving a little fat in order to enhance flavor.

Using a small brush , spread surface of meat well with marinade. Place lamb in a large pan , cover, refrigerate overnight or for 24 hours. Baste occasionally with marinade.

The following day , remove meat from refrigerator at least 40 minutes before cooking time, in order to bring to room temperature. Heat coals . Either lay leg of lamb on grill or place on a spit. Turn meat over every 15 minutes. Cook to desired doneness. Transfer meat to a pan and let rest for 10 minutes before carving. (resting meat makes it firm and easier to carve) Total cooking time 2 1/2 hours

Chicken Fricasse With Dumplings

4 -1/2 to 5 Pound Stewing Chicken, cut up

1 Cup Flour

2 Teaspoon Salt

1/4 Teaspoon Pepper

2 Teaspoon Paprika

Shortening or Salad Oil

1 Cup Water

3 Tablespoons Flour

Milk

Wash chicken pieces and pat dry. Mix 1 cup flour, salt , pepper and paprika. Coat chicken with flour mixture. Heat thin layer of shortening in large skillet ; brown chicken on all sides. Drain off fat ; reserve.

To skillet, add water and if desired. chopped onions. lemon juice or herbs, such as rosemary or thyme leaves. Cover tightly ; cook chicken slowly 2 1/2 to 3 1/2 hours or until fork tender, adding water if necessary. Remove chicken to warm platter ; keep warm. Pour off liquid in skillet ; reserve.

To make gravy, heat 3 tablespoons reserved fat in skillet. Blend in 3 tablespoons flour. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Add enough milk to reserved liquid to measure 3 cups ; pour into skillet. Heat to boiling, stirring constantly. Boil and stir 1 minute. Return chicken to gravy. Prepare dough for Dumplings ; drop by spoonfuls onto hot chicken . cook uncovered 10 minutes ; cover and cook 20 minutes longer.

Dumplings

1-1/2 Cups Flour

2 Teaspoons Baking Powder

3/4 Teaspoon Salt

3 Tablespoons Shortening

3/4 Cup Milk

Measure flour, baking powder, salt into bowl.

(If desired add 3 tablespoons snipped chives)

Cut in shortening thoroughly until mixture looks like meal. Stir in milk.

Chicken Cacciatore

2 1/2 to 3 - Pound Broiler- Fryer Chicken Cut up

1/4 Cup Shortening

1/2 Cup Flour

2 Cups Thinly Sliced Onion Rings

1/2 Cup Chopped Green Pepper

2 Cloves Garlic, crushed

1 Can (1 pound) Tomatoes, drained

1 Can (8 oz.) Tomato Sauce

1 Can (3 oz.) Sliced mushrooms, drained

1 Teaspoon Salt

1/4 Teaspoon Oregano

Wash Chicken and pat dry. Melt shortening in large skillet. Coat chicken pieces with flour. Cook chicken in shortening over medium heat 15 to 20 minutes or until lightly browned. Remove chicken ; set aside.

Add onion rings, green pepper, and garlic to skillet ; cook and stir over medium heat until onion and pepper are tender. Stir in remaining ingredients. Add chicken to sauce. Cover tightly ; simmer 30 to 40 minutes or until thickest pieces are fork tender.

Often served over Rice or Spaghetti