

12th Annual Iowa Sheep & Wool Festival
Recipes from the
Lamb Cooking Demonsration
with
Cheryl Rogers

SALSA LAMB AND YELLOW RICE

1 lb ground lamb	1/4 tsp dried oregano
1/2 cup diced onion	1/2 tsp paprika
1 Tbsp vegetable oil	1 1/2 tsp ground cumin
1 tsp black pepper	2 tsp coarse salt
1 Tbsp chili powder	1-1/2 cups corn and black bean salsa
1 tsp garlic powder	1 cup corn (fresh, frozen, or canned)
1 tsp onion powder	15-oz can black beans
1/2 tsp crushed red pepper flakes	

Cook the onion in oil for 2-3 minutes. Add lamb and dry seasonings. Cook until lamb is no longer pink. Stir in salsa, corn, and beans. Heat through. Serve over yellow rice (recipe follows). Garnish with cilantro and sour cream as desired.

YELLOW RICE

10-oz package yellow rice	1/2 cup diced red bell pepper
1 Tbsp vegetable oil	1/2 cup diced green pepper
1/2 cup diced onion	

Prepare rice according to package directions. While rice is cooking, sauté vegetables in oil until tender (should still be a little crisp). Stir into rice when ready to serve.


BRAISED LAMB SHANKS OVER BARLEY

2 lamb shanks	2 14-oz cans Italian flavored diced tomatoes, undrained
1 Tbsp vegetable oil	1 cup canned corn
1 small yellow onion, chopped	salt and pepper
4 cloves fresh garlic	cooked barley

Sear lamb shanks in a hot pan till browned on all sides (or may do this step on a grill over hot coals for better flavor). Set aside.

In same pan, sauté onion and garlic for 4-6 minutes until soft. Place shanks in pan; add the tomatoes, cover, and place in a 325°F oven for 2-3 hrs till lamb is tender. Mix in the corn. Add salt and pepper to taste.

Serve each shank in a bowl, over a bed of cooked barley.

LAMB RUNZAS WITH CHEESE

Filling

1 Tbsp vegetable oil	1 Tbsp kosher salt
1 medium yellow onion, finely chopped	1 1/2 tsp black pepper
4 oz shredded carrots, coarsely chopped	1 Tbsp Vejeta (European seasoning blend)
1 lb ground lamb	4 cups finely shredded cabbage

Sauté the onion and carrot in oil over high heat for 3-5 minutes. Reduce heat to medium-high and add lamb, cooking until meat is browned and crumbled. Add seasonings and cabbage. Cook and stir until cabbage has wilted down. Drain all liquid from the mixture and refrigerate until ready to use.

Dough

1 pkg quick-rising yeast	1 egg
1 cup warm milk	1/4 cup butter, softened
1/4 cup sugar	4 cups all-purpose flour
1/2 tsp salt	

In a large electric mixer bowl fitted with a paddle attachment, sprinkle yeast over the warm milk and let bloom for 5-10 minutes. Beat in the sugar, salt, egg, butter, and 2 cups of the flour. Mix until smooth, then replace the paddle with a dough hook and gradually add the remaining 2 cups of flour. Dough should form into a ball and pull away from the sides of the bowl cleanly. (You may need to use up to 1/2 cup more or less to achieve this consistency)

Place dough in a greased container, cover and let rise in a warm place until doubled in volume. Punch down and let rest an additional 10 minutes.

Additional Ingredients: 1/4 cup butter, melted, American cheese slices (optional)

Assembly

Preheat the oven to 400°F. On a floured surface, roll a portion of the dough out to 1/4 – 1/2” thickness. Cut into approximately 5-inch squares. If adding cheese, place in the middle of the square. Scoop 1/4 cup of the meat filling onto the cheese, then bring all corners of the dough together, pinching to seal. Shape into a ball and place seam side down on a parchment-lined baking pan. Bake for 10-15 minutes until evenly browned. Brush with melted butter and let stand 10 minutes before serving.

BRAISED LAMB FOR TACOS OR BBQ

Cheryl used lamb stew meat, seasoned with salt and pepper; braised it low and slow until very tender. She then shredded it to make a pulled lamb meat.

Part of the pulled lamb was “dressed” with her favorite barbeque sauce and served on buns.

Part of the pulled lamb was used to make tacos meat. She seasoned the meat with a package of purchased taco seasoning but substituted some reserved cooking liquid for the water called for on the package. Taco assembly as desired.

Cheryl did not make the following recipe at the Lamb Cooking Demo but did win the Lamb Cookoff in 2013.

ORIENTAL LAMB MEATBALL PAD THAI

Meatballs

1 lb ground lamb	1/4 cup minced scallions
1 1/2 tsp crushed garlic	1 tsp kosher salt
1/2 tsp fresh ginger	2/3 cup soft fresh bread crumbs
1/4 tsp white pepper	1 egg, beaten
1 tsp toasted sesame oil	

Mix all ingredients together and form into 1-inch balls. Heat a thin layer of vegetable oil in a heavy skillet over medium high heat. Cook meatballs, shaking pan to brown on all sides. (May need to do in batches). Chill if not serving immediately.

Noodles

2 Tbsp lime juice	1 cup sliced snow peas
1 tsp hot sauce	1/2 cup shredded carrots
1/2 cup pad thai sauce	1 cup shredded cabbage
8 oz rice noodles, prepared according to package directions	1/2 tsp garlic
2 eggs, scrambled	1/4 tsp ginger
2 Tbsp vegetable oil	1/4 cup chopped scallions
1/2 of a red bell pepper, cut into julienne strips	1/2 cup fresh bean sprouts

For garnish: Chopped cilantro, Toasted sesame seeds and Lime wedges

Combine the lime juice, hot sauce, and pad thai sauce and set aside. Scramble the eggs and set aside. Over medium-high heat, sauté the bell pepper, snow peas, carrots, and cabbage for 2-3 minutes. Add garlic and ginger and continue to cook for 2 minutes. Add the meatballs, sauce, eggs, scallions, and noodles, stirring to mix all ingredients and to coat the noodles with sauce.

Heat through, remove from heat, and serve with chopped cilantro, sesame seeds and lime wedges as desired.