Lamb for good living

H M. Gloster

Follow this and additional works at: http://researchlibrary.agric.wa.gov.au/journal_agriculture4

Recommended Citation
Available at: http://researchlibrary.agric.wa.gov.au/journal_agriculture4/vol1/iss11/12
IMPORTANT DISCLAIMER

This document has been obtained from DAFWA's research library website (researchlibrary.agric.wa.gov.au) which hosts DAFWA's archival research publications. Although reasonable care was taken to make the information in the document accurate at the time it was first published, DAFWA does not make any representations or warranties about its accuracy, reliability, currency, completeness or suitability for any particular purpose. It may be out of date, inaccurate or misleading or conflict with current laws, polices or practices. DAFWA has not reviewed or revised the information before making the document available from its research library website. Before using the information, you should carefully evaluate its accuracy, currency, completeness and relevance for your purposes. We recommend you also search for more recent information on DAFWA's research library website, DAFWA's main website (https://www.agric.wa.gov.au) and other appropriate websites and sources.

Information in, or referred to in, documents on DAFWA's research library website is not tailored to the circumstances of individual farms, people or businesses, and does not constitute legal, business, scientific, agricultural or farm management advice. We recommend before making any significant decisions, you obtain advice from appropriate professionals who have taken into account your individual circumstances and objectives.

The Chief Executive Officer of the Department of Agriculture and Food and the State of Western Australia and their employees and agents (collectively and individually referred to below as DAFWA) accept no liability whatsoever, by reason of negligence or otherwise, arising from any use or release of information in, or referred to in, this document, or any error, inaccuracy or omission in the information.
Lamb for Good Living

By HELEN M. GLOSTER

LAMB is at its best in the spring. With careful planning the housewife is able to serve it in a large variety of ways. The favourite meal is Roast Lamb, or to be more correct baked lamb. Usually the forequarter or leg is baked. For a small roast, a piece of loin or part of the leg may be cooked.

If mutton is baked, the shoulder or loin are the best cuts.

Try these accompaniments with the lamb: Potatoes, young parsnips and carrots baked with the meat; tender green peas (save the water for making the gravy); brown gravy and mint sauce.

BOILED LAMB (or Mutton)

A piece of the neck end of the fore-quarter or the leg are suitable cuts for boiling.

Root vegetables (other than potatoes) may be cooked in the saucepan with the meat. The vegetables not only absorb some flavour from the meat, but impart flavour to the meat. Include as many of these as you have available:—onions or leeks, carrots, parsnips, turnips, swedes, celery.

The liquid in which the meat and vegetables have been cooked should be kept and allowed to cool. Skim off the fat and use the liquor (stock) as a foundation for soups, gravies, stews.

Boiled lamb is served with a mask of white sauce. The sauce is made slightly thicker than a sauce used for pouring. It may be varied in flavour by the addition of one of the following:—

Finely chopped parsley, diced hard boiled egg, chopped onion or capers.

Boiled lamb will cook in a shorter time than boiled mutton, as the meat is already tender.

To Serve.—This dish on its own is rather colourless in appearance. When serving, brighten the effect of the dish with carrot, parsley and a good green vegetable—spinach, sprouts or cabbage. These all lift the otherwise colourless flat appearance.

PARSLEY SAUCE

Ingredients.

1 pint white sauce (use half milk and half liquor in which meat was cooked).
2 tablespoons finely chopped parsley; pepper, salt to taste.

Method.

Add parsley to sauce just before serving. Pour sauce over meat before serving. Arrange root vegetables on the meatdish as a garnish.
ONION SAUCE

Ingredients.
1 pint white sauce.
2 tablespoons cream (if liked).
2 or 3 onions (cooked with the meat).
Pepper and salt to taste.

Method.
Chop onions coarsely, and add to sauce.
Simmer two or three minutes.
Stir in the cream just before serving.

CAPER SAUCE

Ingredients.
1 pint white sauce.
2 tablespoons capers.
1 tablespoon vinegar (from the bottle of capers).
Salt and pepper to taste.

Method.
Make the sauce.
Cut capers in two or chop coarsely.
Stir the sauce into the capers and vinegar.
Season, then pour over the meat.

EGG SAUCE

Ingredients.
1 pint white sauce.
1 teaspoon lemon juice.
Salt and pepper to taste.
2 or 3 hard boiled eggs.

Method.
Hard boil the eggs and stand in cold water.
Make the sauce.
Remove the shells and cut the whites of the eggs into small dice, and mash the yolks.
Stir hot sauce into diced white of egg, seasoning and lemon juice and serve with mashed yolk sprinkled on top as a garnish.
N.B.—Mashed yolk may if preferred be incorporated in the sauce with the whites of eggs and seasonings.

Important.—Remember to skim the liquid in which the meat was cooked before using it for sauces or any other dish. Liquid fat is very indigestable.

LAMB PIE

Ingredients.
1½ lb. leg chops.
1 white onion.
2 hard-boiled eggs.
½ cup vegetable water or stock.
2 tablespoons plain flour.
1 tablespoon chopped parsley.
½ teaspoon grated lemon rind.
Salt and pepper.
Rough puff or flaky pastry (6 oz. flour).

Method.
Cut meat into neat serving portions and remove fat.
Add sliced onion, salt, pepper, water or stock and simmer gently for one hour.
Allow to cool, skim off fat.
Stir in blended flour, chopped parsley and grated lemon rind.
Arrange in a pie dish and place sliced hard boiled eggs on top.
Make pastry, cover the pie and decorate.
Glaze with beaten egg or milk.
Bake in a hot oven until pastry is well risen and browned, then in a cooler oven until pastry is well cooked.
N.B.—If mutton is used, meat will require longer cooking.

SQUAB PIE

Ingredients.
2 lb. neck chops (lamb or mutton).
2 lb. apples.
1 lb. onions.
1 tablespoon of mushroom ketchup or dehydrated mushroom soup.
½ cup vegetable water (boiling).
Sugar.
Salt.
Pepper.
Suet pastry (6 oz. flour).

Method.
Divide chops into serving portions and place them in a pie dish and season with salt and pepper.
Slice apples and onions and place a layer of each on top of the meat.
Sprinkle with sugar.
Make the suet paste.
Half fill the pie dish with boiling vegetable water, just before adding suet crust.
Cover with crust and bake in a hot oven.
Reduce the heat when crust is brown and continue baking for 1½ hours.
Before serving, pour off gravy, skim, add ketchup, then return to pie dish. If dehydrated soup is used, it should go into the pie before being covered with paste.
N.B.—Gravy may be thickened, if preferred.
SUET CRUST

Ingredients.
6 oz. plain flour.
2 level teaspoons baking powder; or 6 oz. self-raising.
3 oz. beef suet.
¼ teaspoon salt.
Water to mix.

Method.
Sift flour and salt.
Shred suet and chop finely, using some of measured flour.
Add remainder of flour.
Mix to a light dough, using a knife.
Turn on to a floured board, knead slightly.
Use as required.
N.B.—Short pastry may be used instead of suet paste for Squab Pie.

LAMB CUTLETS IN PAPER

Ingredients.
6 lamb cutlets.
12 small pieces of bacon rashers.
1 shallot.
1 tablespoon chopped parsley.
Grated lemon rind.
Salt and pepper.

Method.
Take six pieces of greased grease-proof paper (butter wrappers will serve the purpose).
Place a piece of bacon rasher on each paper.
Sprinkle with chopped parsley, grated rind of lemon, pepper and salt.
Place a cutlet on top of each then sprinkle with mixture (parsley seasonings) and finish with another piece of bacon.

Wrap each cutlet up separately in paper. Place in a greased baking dish and bake in a moderate oven half to ¾ of an hour. Serve hot with baked jacket potatoes and green peas.
Sauce may be served with this dish if liked.
When available, a few chopped mushrooms may be added when preparing the layers, before wrapping.

CRUMB CUTLETS

Ingredients.
Trimmed lamb cutlets.
1 egg.
Dry breadcrumbs.
Pepper and salt.
Fat for frying.

Method.
Trim the cutlets, removing as much fat as possible.
Beat egg, season with pepper and salt.
Egg will go further by adding a tablespoon of milk if necessary.
Dip each chop into egg, drain and cover with dry breadcrumbs.
Press with knife, then shake off surplus crumbs.
Heat a little fat in frying pan until a blue fume rises and surface of fat is perfectly still.
Fry cutlets quickly on each side until well browned then fry slowly until cooked through (15 minutes altogether).
Drain on kitchen paper.
Serve on a hot meat dish with a white paper frill around the bone of each cutlet. Serve with mashed potatoes, green peas and grilled tomatoes, tomato puree or hot tomato sauce.

FREE SERVICE TO FARMERS

Do you know that the Department of Agriculture provides a comprehensive service of advice and technical assistance to farmers, free of charge?
When in need of advice, get in touch with your District Officer whose name and headquarters township will be found in the list of Departmental personnel on Pages 946/7.
These officers are there to help you and will make personal visits to your property to assist with on-the-spot advice. In addition, they will, where necessary, arrange for the services of specialist officers—all without cost to you.
For Pest Control

THE ORIGINAL PARATHION

of Farbenfabriken BAYER A.G. Leverkusen.

The most potent insecticide known to science. Destroys Aphids, Red Spiders, Codling Moth and all Orchard Pests. A highly-concentrated, economy insecticide. The special and exclusive emulsifier ensures adequate wetting and spreading on the foliage. The protective nature of the emulsifier reduces the risk of skin penetration. Can be mixed with either hard or soft water.

DISTRIBUTED BY

HENRY H. YORK & CO. PTY. LTD.

Sydney • Melbourne • Brisbane • Adelaide • Perth

(R) Registered Trademark of Farbenfabriken Bayer A. G., Germany.

Please mention the "Journal of Agriculture of W.A.," when writing to advertisers