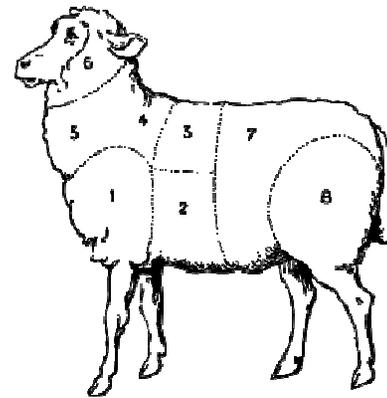


Cooking with Lamb

Lamb is a popular choice at farmers' markets year-round, but deep winter is an ideal time for hearty lamb stews, slow-cooked roasts, and shepherd's pies. We hope these recipes inspire some warm and nutritious winter feasts.



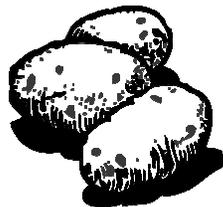
You'll find a great selection of locally raised lamb and wool products at the Winter Farmers' Market. Alongside traditional cuts like lamb chops, shanks, and shoulders, farmers also offer easy-to-prepare sausages and kabobs, as well as stew meat, and ground lamb. Talk with individual farmers about options for bulk ordering and custom butchering.

Braised Lamb Shanks

Thank you to Liz Conrad from Riverslea Farm for sharing this recipe, www.riversleafarm.com

4 lb. lamb shanks	4 or more garlic cloves minced
3 tbs olive oil	1 or 2 cups red wine
4 onions minced	3 bay leaves
6 medium carrots bite size	salt and pepper
4 potatoes bite size	

Heat oil in deep fry pan to just below scorching. Sear defrosted shanks just long enough to brown on each side and cause the meat to begin pulling back on the bone. Reduce heat to medium. Add minced onions, garlic and more oil if necessary to keep them from scorching. Cover tightly and cook until onions are clear. Add wine, bay leaves, salt and pepper to taste. When wine begins to simmer reduce heat to very low. Cover tightly and cook until meat can be separated from bone with a fork. Add vegetables; cook until tender.



This recipe is delicious with carrots, parsnips, potatoes, turnips and cabbage. You can also use stewed tomatoes in place of the wine. If I use tomatoes I include green beans.

If you prefer to use a crock pot just put the seared meat in the pot and follow the rest of the instructions. A covered baking dish in a 225 degree oven works well too.

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Lamb Burgers

1 lb ground lamb
3 cloves garlic, minced
2 Tbsp diced onion
1 large egg, beaten
1/3 cup bread crumbs
1/2 tsp salt
1/4 tsp black pepper
1 tsp finely chopped rosemary



Combine all ingredients in a bowl, mixing thoroughly with your hands. Shape into patties. Cook to desired doneness, in a skillet or on the grill. Voila! Incredibly delicious burgers!

Variation: For Moroccan-spiced burgers, replace the rosemary with 1 tsp cumin, 1 tsp ground coriander, 1 Tbsp paprika, and 1/4 tsp cayenne.

Shepherd's Pie

Recipe source: www.epicurious.com



1 Tbsp vegetable oil	1 Tbsp chopped Italian parsley
1 large onion, peeled and chopped	1 cup peas or corn (frozen or canned)
1 large carrot, peeled and chopped	2 lbs. potatoes, peeled and cut into chunks
1 lb. ground lamb	6 Tbsp butter
1 cup beef or chicken broth	1/2 cup milk
1 Tbsp tomato paste	salt to taste
1 tsp chopped fresh or dry rosemary	

1. Preheat oven to 375°F.
2. In a large sauté pan over medium-high heat, heat the oil, then add the onion, carrot, and meat. Cook until browned, 8 to 10 minutes.
3. Drain the fat and add the broth, tomato paste, and herbs. Simmer until the juices thicken, about 10 minutes, then add the peas.
4. Pour the mixture into a 1 1/2-quart baking dish; set aside.
5. Meanwhile, bring the potatoes to a boil in salted water. Cook until tender, about 20 minutes; drain.
6. Mash the potatoes with the butter, milk, and salt.
7. Spread them over the meat mixture, then crosshatch the top with a fork.
8. Bake until golden, 30 to 35 minutes.

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