

Maryland Sheep & Wool Festival
Grand Lamb Cook-Off
May 2nd, 2015

Adult Division

- 1st Richie Ridgeway, *Richie's Lamb Pasta*
2nd Joe Fling, *Lamb Ravioli*
3rd Olivia Dutton, *Buttery Shiitake Lamb Chops*

Junior Division

- 1st Konnor Sowell, age 13, *Middle Eastern Lamb Meatballs*
2nd Laura Dutton, age 13, *Bacon-Wrapped Lamb Bites with Horseradish Sauce*

Judges

Chef Richard Douville
Denise Zeigler, Maryland Sheep Breeders Association

Recipes

Richie's Lamb Pasta

Richie Ridgeway
1st Place, Adult Division

Ingredients:

1 box pasta, 12 to 16 oz.
1 pound ground lamb
1/2 cup chopped peppers
1/2 cup chopped onion
Lg. jar of Spaghetti sauce or homemade
Olive oil to coat the pan for browning lamb meat

Directions:

Brown lamb meat then when almost done add peppers and onions for 3 to 5 min. Then add your sauce to mixture let simmer while cooking your pasta. Add pasta to the meat and sauce mixture and serve.

Lamb Ravioli

Joe Fling

2nd Place, Adult Division

Ingredients:

Ground cloves	Salt & pepper	White wine
Fresh grated nutmeg	Lamb shanks or stew meat	Eggs
Mace blade	Vegetable oil	Olive oil
Black pepper	Celery	Ricotta cheese
Grains of paradise	Carrots	Parsley
Long pepper	Onions	Mint
Flour	Garlic	Peas

Directions:

First, make a spice rub:

- 2 tbsp. ground cloves
- 2 tbsp. fresh grated nutmeg
- 2 tbsp. mace blade
- 2 tbsp. black pepper
- 2 tbsp. grains of paradise
- 4 tbsp. long pepper

Combine all the ingredients in a spice grinder and grind into a fine powder.

Next make a dredge mixture for the lamb shanks:

- 2 cups Flour
- 2 tbsp Spice Rub
- Salt and Pepper to taste

Mix the dredge ingredients in a large bowl. Reserve 3 tblsp of flour mixture. Dredge two lamb shanks in remainder.

Heat 3 tbsp. of vegetable oil in a Dutch Oven. Brown shanks and remove. Add 4 stalks of celery, chopped, 3 carrots, chopped, 1 medium onion chopped and 3 cloves of garlic, chopped to the pot. Sauté until softened, about 5 minutes. Add the reserved flour mixture to the vegetables, stir until flour is lightly browned, 2-3 minutes. Add two cups of dry white wine and two cups of water, bring to a boil and stir until smooth. Put the lamb shanks back in the pot, cover and cook over low heat until meat is falling from the bone, 2-3 hours.

While the lamb is braising, make the pasta dough. In a large bowl, combine 2 cups of flour, 4 large eggs, 2 tablespoons of extra virgin olive oil and 2 tablespoons of water. Knead until well mixed and smooth. Form into a disk, wrap in plastic wrap and refrigerate.

When the lamb shanks are done, remove them from the pot and use an immersion blender to blend the braising liquid until smooth, adding more wine or water if needed. Keep warm.

Pull the meat from the lamb shanks and chop it into $\frac{1}{4}$ inch pieces. You should have about two cups of meat. To the meat, add a 15-16 ounce container of Ricotta cheese, 2-3 tablespoons of grated Parmesan cheese, 2 tablespoons of chopped fresh parsley, 2 tablespoons of chopped fresh mint plus salt and pepper to taste. Set the filling aside.

Take the pasta dough from the refrigerator, cut it into four pieces. Cover the pieces you are not working with either a damp towel or some plastic wrap to keep them from drying out. On a well floured surface, roll the dough very thinly and cut it into 2 $\frac{1}{2}$ inch squares. Reroll the scraps and continue cutting squares. Do this with all of the pasta dough.

Lay out some of the pasta squares, put about a tablespoon of the filling in the center of the square. Wet the outside edges of the dough, lay another square on top. Press down on the edges, pushing out as much air as possible. Once the two pieces of pasta are sealed, press along the edges of the square with a fork to crimp the dough, so the ravioli will not fall apart in the pot.

Boil at least three quarts of water in a large pot and salt it well. Lower the heat until it is barely boiling and put in a few of the ravioli. They will sink to the bottom of the pot. When they float up to the surface, give them about another minute and then drain them and put them in the pot with the warm sauce. Continue until all the ravioli are cooked.

Once all the ravioli are cooked, bring the water back to a rolling boil and add $\frac{1}{2}$ a cup of frozen peas to the water. Boil until the peas are cooked and add them to the pot with the ravioli and sauce.

Serve and enjoy!

Buttery Shiitake Lamb Chops

Olivia Dutton

3rd Place, Adult Division

Ingredients, in order of use:

2 Tbsp olive oil
1 tsp cracked black pepper
1 lb American Lamb Chops, 48
chops, depending on size
2 Tbsp butter
2 Tbsp minced fresh ginger
1 Tbsp minced garlic
½ C thinly sliced shiitake mushrooms
½ tsp salt
1/3 C sake
½ C butter
1 Tbsp finely chopped garlic chives

Directions:

Season lamb chops with black pepper. Heat olive oil in a skillet to the smoking point. Sear chops quickly on both sides, a minute or two for each side. Reduce heat to medium and continue cooking for about 10 minutes. Do not overcook; lamb should be pink inside when done. Remove lamb from skillet and keep warm.

Melt 2 Tbsp butter in the skillet and add ginger and garlic. Cook gently until translucent, about 23 minutes. Add the shiitake mushrooms and ½ tsp salt and cook until softened about 34 minutes. Pour in sake and reduce by half. Stir in the ½ C butter, reduce heat and cook until butter melts and turns dark golden brown. Stir in chives. Serve sauce over chops. Serves 4.

Middle Eastern Lamb Meatballs

Konnor Sowell, Age 13

1st Place, Junior Division

Ingredients:

1 pound ground lamb
½ cup chopped fresh parsley
½ cup bread crumbs
1 egg
2 cloves garlic minced
½ chopped onion
1 teaspoon coriander
1 teaspoon kosher salt
¼ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon cayenne

Directions:

Form into balls. If cooking on stove heat either olive oil or half cup of vegetable broth on medium heat. Place balls in skillet and cover be careful not to burn. If using electric skillet set for 350 and heat either olive oil or half cup of vegetable broth. I used vegetable broth. Place meat balls in skillet and cover. Be sure to check and turn your meatballs every so often.

(I used vegetable broth after trying I found the meatballs were less likely to burn.)

Serve with a Tahini Yogurt sauce.

Bacon-Wrapped Lamb Bites with Horseradish Sauce

Laura Dutton, Age 13
2nd Place, Junior Division

Appetizer, recipe makes 8 bites. Serves 4, serving size 2 bites.

Ingredients, in order of use:

1 lb. American Lamb steak, cut into 1 inch squares
1 tsp sugar
½ tsp black pepper
½ tsp salt
½ tsp paprika
½ tsp powdered garlic
8 slices bacon

For Horseradish sauce:

½ C heavy whipping cream
3 Tbsp prepared horseradish
¼ tsp salt

Directions:

Mix the spices together in a small bowl, and coat the lamb cubes in the spices. Cover the bowl and put it in the refrigerator while you continue on the recipe. Prepare your bar-b-que grill (recipe will work in a skillet if you don't have a grill). While the coals are getting hot, prepare the sauce. Whip the ½ C. heavy cream just to soft peaks. Add the horseradish and ¼ tsp salt, folding gently. Cover and set aside in refrigerator and get out the lamb cubes. Wrap each cube in a slice of bacon, securing each with a toothpick. Grill the bites on the hot coals, turning often to brown evenly, about 10 min. (lamb should be pink inside). Serve immediately with the horseradish dipping sauce.