

## Richard Douville

Maryland Sheep and Wool Festival Committee

Grand Lamb Cookoff Chairperson

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phone call or text, leave message 410-206-9991

### Guidelines and answers to FAQ's for Grand Lamb Cookoff

1. **One pound of American lamb.** American is specified and preferred because it tends to be sweeter, less fatty, and less musky than its foreign counterparts. And, after all, most of our Fair participants are American shepherds; the fair stands as a promotion to these farmers! For food sources, you may contact me at [ricmswfc@gmail.com](mailto:ricmswfc@gmail.com). Your recipe becomes the property of the Fair Committee and will not be returned.
2. **No brand names.** The Fair takes no liability for brand name infringement. You may use brand name products, but the name may not appear in your recipe. Please be sure your recipe will function with any type of condiment or additive that can be found in one's local grocery store.
3. **No specific beverage – wine or beer or soda pop – may be served with the recipe.** You may use any of the three to cook, but not as a side-serve. Again, you will want your dish to work with things one can find at a local grocery store.
4. **No separate side dishes may be served.** Vegetable or rice or pasta may be used as a service-bed, but not as some elaborate separate side. Pasta and rice (and occasionally potatoes) can enhance the appearance of a plate and in some cases (lamb stroganoff or stews or stuffed veggies) are an integral part of the dish.
5. **That being said, almost anything goes!** Lamb shoulder – seared, braised, grilled, fondue, stroganoff; Lamb shank – seared, braised, grilled; Lamb rack – high roast; Lamb loin chops and rib chops – seared, broiled, high-roast, grilled, sauce-on-the-meat; Ground lamb – meatballs, meat loaf, casseroles, shepherd pie, pasta sauce, stuffed veggies, burgers, patties; Leg – whole roast, steaks, fondue, boneless grilled, high-roasted, and ground.
6. **Equipment. You must bring your own.** Electric burners and skillets, toaster ovens, multi-cookers, and butane burners may be used inside. Electric power will be provided. Charcoal grills and propane grills, burners, and camp stoves must be used outside (Fire and health dept regulations)!
7. **Be wary of long-cooked items!** (Braises and stews and low-roast). You have about two hours to assemble and cook the finished dish. Items may be marinated and pre-chopped, but assembly and finishing will be done on-site. No cooking facilities or equipment will be provided by the Fair Committee. Committee will arrange judging times based on your estimate and committee's best guess for cooking/prep times.
8. **Service items and utensils are provided by the contestants.** Contestants will be provided with free parking and entry-pass to the Fair relatively close to the cooking site. No samples are to be provided for public consumption (Health Dept reg). Small plate portions will be appropriate for up to 4 judges (and of course some of your private family members!).

I hope that this over-long list will answer most of your questions. If not, contact me directly at [ricmswfc@gmail.com](mailto:ricmswfc@gmail.com). Phone call or text 410-206-9991, leave message! Email your recipes to me ASAP. Selections will be made approx. April 13-20, 2018. Thank you for your entry and good luck!

Richard Douville