

Maryland Sheep & Wool Festival
Grand Lamb Cook-Off Results
May 3rd, 2014

Adult Division

1st place - Becky Ridgeway, Greek Lamb Burgers

Burgers

1 1/2lbs ground lamb

2 cloves, finely chopped

1/2l lb. feta cheese, crumbled

1/2 tsp. ground allspice

1/3 c. fresh parsley leaves, coarsely chopped

Kosher salt and freshly cracked pepper to taste

Easy Tzatziki

1 c. Greek whole milk yogurt

1 English cucumber, seeded, finely grated and drained

2 cloves garlic, finely minced

1 tsp. lemon zest plus 1 tbsp. lemon juice

2 tbsp. chopped fresh dill

kosher salt and freshly cracked black pepper to taste

For Tzatziki - In a medium bowl, whisk the yogurt, cucumber, garlic, lemon zest, lemon juice and dill. Season with salt and pepper. Chill

For Burgers - In a medium bowl, combine the lamb, garlic, feta, allspice, parsley, salt and pepper, making sure not to overwork the mixture. Form the lamb mixture into 4 to 6 patties.

Heat a grill pan over moderately-high heat and cook the lamb burgers until a nice crust forms, about 4 minutes. Turn burgers over and let cook another 4 minutes. Let the burgers rest 10 minutes. Serve topped with Easy Tzatziki on a roll or bun.

2nd place - Drew Ridgeway, BBQ Lamb Meatballs

1 pound ground lamb

3/4 cup cooked rice

3/4 cup bread crumbs

1/3 cup finely chopped onions

1 egg

1 Bottle of BBQ sauce of your personal taste but I fine the Honey BBQ sauce to be best

Mix all ingredients together except BBQ sauce then ball up your meat mixture into 1 inch balls and drop in heated up pan sprayed with pam. Cook meatballs on med heat and turning them carefully when cooking so they don't fall apart. Once done add the BBQ sauce and let simmer on low for about 10 min and serve.

3rd place - Leslie Cope, Moussaksage

Combines all the flavors of the classic Greek dish Moussaka in a magnificent sausage

Ingredients:

2 med eggplant

1 Tbs minced garlic

3 lb lamb

1 Tbs ground cinnamon

1/2 lb fatback

1.5 tsp. allspice

2 Tbs salt

1.5 tsp ginger

1/4 C red wine

1 tsp cayanne

5 Tbs tomato paste

1 tsp black pepper

5 oz sun chopped roasted tomato

lamb casing

Procedures:

*Peel and slice eggplant ~3/8 in thick, salt and lay on racks for 20 min to draw out water wipe salt and water off eggplant, oil slices and grill until just tender, chop and chill

*Remove any sinew etc. from lamb and dice with fatback, toss with salt and grind through medium disk into mixing bowl

*add all ingredients except eggplant and mix at medium speed for about 1 minute or until mixture has a uniform appearance, fold in chopped, chilled eggplant

*stuff sausage into lamb casings, twist into 6 in links, grill over medium fire until cooked to succulent perfection

*serve with yogurt sauce (greek yogurt, parsley, mint, garlic, lemon juice, salt and pepper)

*devour wildly, because it's AMAZING!!!

Junior Division

1st place - Olivia Dutton, Rosemary Lamb Burgers

serves 4

Ingredients, in order of use:

1 pound ground American Lamb

1 large egg

1 TBS cornmeal

1½ tsp cracked rosemary

1 tsp coarse ground black pepper

1 tsp granulated garlic

Directions:

In a large bowl, beat one egg, and mix in cornmeal. Add cracked rosemary, pepper, and garlic. Add American Lamb, and mix well. Divide mixture into 4 equal size balls. With your hands, shape balls into patties, slapping excess air from the meat as you form the burgers. Ideally, put burgers in the fridge for at least an hour or two, as this will give the flavors time to blend. Prepare a charcoal or gas grill. Place burgers on a hot grill, and cook for about 10 minutes, turning at about the 7 minute mark. Burgers should be well seared on the outside, and slightly pink on the inside. Check with a meat thermometer that the center of the meat reaches 160 degrees F. Serve with your favorite burger condiments.

2nd place - Laura Dutton, Awesome Grilled Lamb

Ingredients, in order of use:

serves 4

1 pound American Lamb chops, cut 1 inch thick (about 4 chops)

1 TBS good quality olive oil

1 TBS balsamic vinegar

½ tsp salt

½ coarsely ground black pepper

½ tsp sugar

¼ tsp granulated garlic

¼ tsp powdered lemon peel

¼ tsp Liquid Smoke

Directions:

Place chops in a gallon size zip-seal freezer bag. Mix all the other ingredients together in a small bowl, and pour into the bag. Seal the bag tightly, removing as much air as possible. Turn and mix with your hands, so that the chops are evenly covered with the oil mixture. This is fun. Be careful not to puncture the bag with any sharp bones on the chops. Set the bag on a plate (you know you have at least a tiny hole or two in the bag by now), and set in the refrigerator several hours, or overnight. When ready to cook, have a grown-up heat up a gas or charcoal grill to medium high temperature. Remove the chops from the bag and shake off the excess marinade. Discard the bag with the extra marinade. Cook chops on the grill for about 15 to 20 minutes, turning once, until desired doneness is reached. Puncture a chop with your barbecue fork and press lightly; if juices are pink, the chops are medium rare to medium done. If juices are just barely pink, they are medium well. If you can't see any pink in the juice, you have probably left them on too long. Quick! Take 'em off! These are great for a summer BBQ. Go ahead and eat them with your fingers.

3rd place - Konnor Sowell, Savory Sliced Lamb with Yogurt Sauce

1 Leg of lamb sliced

1 cup plain Yogurt (may use fat free or Greek)

¼ cup minced fresh parsley

1 garlic clove minced

1/8 tsp plus ½ tsp salt

1 tsp dried oregano

1 tsp minced fresh rosemary

¼ tsp pepper

4 tsp olive oil divided

1 large sweet onion sliced

1 large red pepper sliced

Pita or ciabatta bread

1. In small bowl mix yogurt parsley garlic and 1/8 teaspoon salt
2. Toss lamb with pepper and remaining herbs
3. In large skillet heat 2 tsp olive oil add onion and red peppers; cook till tender remove from pan
4. in same skillet heat remaining oil add lamb cook till down add onion back in pan and mix with lamb
5. Serve on pita bread or ciabatta bread.