Maryland Sheep & Wool Festival
Grand Lamb Cook-Off
May 7th, 2016

Adult Division

1st Olivia Dutton, Lamb Barley Stew
2nd Joe Fling, Lambwich
3rd Erin Carlini, Spicy Lamb Ravioli a’la India
4th Kathy Knox, Lamb and Vegetable Curry over Rice

Junior Division

1st Konnor Sowell, age 14, Not Your Momma’s Cabbage Rolls
2nd Darby Harman, age 9, Greek Lamb Soft Taco’s
3rd Laura Dutton, age 14, Busy Day Lamb Goulash

Adult winner Olivia Dutton (left) and junior winner Konnor Sowell (right)
Recipes

Lamb Barley Stew

Olivia Dutton
1st Place, Adult Division

Prep Time: 15 minutes  Cooking Time: 2 hrs, 30 minutes  Serves 4-6

Ingredients:
1 lb American lamb, cubed
1 tbsp cooking oil
¼ c flour
2 parsnips
2 carrots
¼ c diced onion

1 tsp minced garlic
¼ tsp salt
¼ tsp black pepper
2 medium potatoes, cubed
3 c beef stock
¼ c barley

Directions:
In a 3 qt. pot, brown the meat in the oil over med-high heat. Remove browned meat and roll it in the flour, set aside. Add the parsnips, carrots, onion and garlic, and the salt and pepper to the pan and cook in the meat juices for about 5 min on med-high heat, stirring constantly. Add the potatoes and return the meat to the pot. Add barley and beef stock. Bring to a boil, cover and reduce heat to a simmer for about 2 hours, stirring occasionally.

Serve and enjoy!
Lambwich
Joe Fling
2nd Place, Adult Division

Ingredients:
1 lb ground lamb 2 tbsp Worcestershire sauce
4-6 scallions 2 tbsp brown sugar
2 cloves of garlic 1 c ketchup
Salt and pepper 2 tbsp stone ground mustard
1 tsp cumin ¼ c A1 sauce
1 tsp paprika ½ c baby peas
1 tsp mint Fresh mint

Directions:
Fry ground lamb in large pot until well browned. Remove meat with a slotted spoon and drain the fat from the pan.

Chop the whites of the scallions finely. Reserve the green tops for garnish. Finely chop the garlic.

In the reserved pot, add a tablespoon of the reserved lamb fat and fry the scallions until softened and translucent. Add the garlic and fry for 30 seconds until fragrant. Add the cumin, paprika and mint, fry for another 30 seconds. Add the ketchup, mustard, brown sugar and A1 sauce, stir well. Add 1/2 cup of water, stir well and add the reserved lamb. Cover and cook for 15 minutes, then add the peas and cook uncovered another 5-7 minutes until peas are cooked through.

Serve on toasted buttered potato buns or toasted French bread. Garnish with thinly sliced scallion tops and finely chopped fresh mint.
Spicy Lamb Ravioli a’la India
Erin Carlini
3rd Place, Adult Division

Prep time: 3 hours  Serves 8

Ingredients:

Ravioli Dough

1 c flour
⅛ c cilantro, finely chopped
½ tsp salt
¼ tsp garlic, finely chopped
1 egg
4 tsp water
1 tsp olive oil

Ravioli Filling

1 lb lamb, ground
1 large eggplant, diced
Salt
Olive oil

Curry Sauce

1 onion, finely chopped
2 tsp garam masala
3 tbsp olive oil
¼ tsp turmeric
1 tbsp garlic, finely chopped
1/8 tsp cayenne
2 tbsp ginger, minced
1 tsp salt
3 tbsp tomato paste
¾ c white wine
1 tbsp coriander, ground
½ c cream
1 tsp cumin

Directions:

Pasta: Mix the flour, salt, cilantro and garlic together. In a separate bowl combine egg, water and olive oil. Make a well in the center of the dry ingredients and mix in the wet ingredients. Knead on a flour surface until the dough is smooth and elastic. Using a pasta machine, roll out dough into thin strips.

Filling: Salt eggplant and let sit for 30 minutes, rinse off salt and drain of excess moisture using paper towels. Sauté the eggplant in olive oil until browned, set aside. Cook lamb with garlic until lightly brown. Combine lamb and eggplant.

Ravioli: Add about 2 tsp of filling to the dough. Place another dough piece on top and cup using a ravioli cutter. Place on parchment paper and repeat. Boil a pot of water, add ravioli and let cook for 5-10 minutes: Ravioli will float to the top when finished.

Sauce: Mix all ingredients together, except for the cream, allow to simmer. In final 10 minutes of cooking add the cream. Top ravioli with sauce.
Lamb and Vegetable Curry over Rice
Kathy Knox
4th Place, Adult Division

**Ingredients:**
- 3 lb American lamb leg sirloin, boneless
- 2 tbsp sesame oil
- 2 c vegetable stock
- 2 large shallots
- 2 Thai chilies
- ½ - 1 tsp dried red chili (heat you want)
- 3 inches fresh ginger
- 6 cloves garlic
- 1 ½ tsp kaffir lime leaves (jarred)
- 1 sm all white onion, quartered
- 1 sm all yellow squash, sliced and halved
- ½ c broccoli florets, fresh
- 1 ½ tsp lemon grass (jarred)
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- ¾ tsp pepper
- 1 tbsp soy sauce
- ½ tsp lemon zest
- 1 can coconut milk, divided
- 1 small white onion, quartered
- 1 small zucchini, sliced and halved
- 3-4 tbsp basil, chopped
- Salt
- Steamed Rice

**Directions:**
Remove excess fat from the lamb sirloin and cut into bite size pieces. Sprinkle with salt. In Dutch oven with lid, heat sesame oil. Brown lamb on all sides and then add 1 entire shallot, minced and toss. Allow to cook for one minute. Add vegetable stock, cover and allow to simmer for 20-30 minutes or until lamb is tender.

Meanwhile, in medium food processor, place remaining shallot, Thai chilies, dried red chili, ginger, garlic, kaffir lime leaves, lemon grass, coriander, cumin, pepper, soy sauce, lemon zest and begin to process. Drizzle in the coconut milk and continue to process until you have smooth spice mixture.

Remove lid from meat and stir in the coconut spice mixture, 1 tsp salt and the vegetables. Mix well. Bring up to a boil, reduce to a simmer and cover. Allow this to simmer for 15 minutes or until the vegetables are tender. Taste and adjust spices as needed. Stir in basil. Serve over steamed rice.
Not Your Momma’s Cabbage Rolls
Konnor Sowell, Age 14
1st Place, Junior Division

Ingredients:
1 lb ground lamb 1 tsp ground black pepper
⅓ large onion, diced 1 tsp sea salt
1 glove garlic, minced ¼ c water
⅔ head of cabbage, chopped 2 (14 ½ oz) cans diced tomatoes
1 c rice 1 (8 oz) can tomato sauce

Directions:
Brown lamb and onion, drain. Add Garlic and cook an additional minute
Add remaining ingredients. Bring to boil, cover, reduce heat and simmer 25 minutes or until cabbage is tender.
Greek Lamb Soft Taco’s
Darby Harman, age 9
2nd Place, Junior Division

Ingredients:
1 ½ lb ground American lamb
1/3 c chopped onion
5 cloves garlic, chopped
1 ½ tsp oregano
¼ tsp salt (or more to taste)
¼ tsp pepper (or more to taste)

Veggie Slaw:
1 c chopped cucumbers, seeds removed
¼ c chopped tomato
¼ c white onion, diced
2 tbsp white balsamic vinegar (plus more to taste)
¼ c extra virgin olive oil
1/8 tsp salt
1/8 tsp pepper
1 c feta cheese crumbles
12 6-inch flour tortillas

Taco Sauce:
1 c mayonnaise
1 c plain Greek yogurt
2 tbsp lemon juice
Zest of 1 lemon
2 tsp garlic powder

Directions:
Place a large pan on a medium heat and fry the lamb, onion, garlic, oregano, salt and pepper. Fry until cooked through. Keep warm.

Taco Sauce:
Place all ingredients in a medium bowl and whisk together. Refrigerate until needed.

Veggie Slaw:
In large bowl, place all the ingredients together and mix well. Cover and refrigerate until needed.

Build your taco:
Fill flour tortillas with ground lamb, top with the veggie slaw, feta crumbles and drizzle with sauce.
Busy Day Lamb Goulash
Laura Dutton, age 14
3rd Place, Junior Division

Prep time: 30 minutes
Serves 6

Ingredients:
1 lb ground American Lamb
8 oz Portobello mushrooms, sliced
6 oz jar artichoke hearts, chopped
1 medium fresh tomato, coarsely chopped
1 tbsp onion, diced
1 tbsp minced garlic

¼ tsp salt
⅛ tsp black pepper
½ tsp paprika
6 oz tomato paste
3 c beef stock
4 c egg noodles

Directions:
Brown lamb in a large skillet over med-high heat. Add mushrooms and artichokes, stir. Add onion, garlic, and tomato. Add salt, pepper, and paprika. Stir constantly until vegetables are tender. Mix in tomato paste. Add beef stock and dry noodles. Mix well, cover and reduce heat to simmer for 10 minutes, stirring once or twice. Serve.