

# Maryland Sheep & Wool Festival Grand Lamb Cook-Off May 7<sup>th</sup>, 2016

## ***Adult Division***

- 1<sup>st</sup> Olivia Dutton, *Lamb Barley Stew*  
2<sup>nd</sup> Joe Fling, *Lambwich*  
3<sup>rd</sup> Erin Carlini, *Spicy Lamb Ravioli a'la India*  
4<sup>th</sup> Kathy Knox, *Lamb and Vegetable Curry over Rice*

## ***Junior Division***

- 1<sup>st</sup> Konnor Sowell, age 14, *Not Your Momma's Cabbage Rolls*  
2<sup>nd</sup> Darby Harman, age 9, *Greek Lamb Soft Taco's*  
3<sup>rd</sup> 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

1<sup>st</sup> 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 tbsp 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

2<sup>nd</sup> 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

3<sup>rd</sup> Place, Adult Division

Prep time: 3 hours

Serves 8

## Ingredients:

### Ravioli Dough

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

## 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

4<sup>th</sup> Place, Adult Division

## Ingredients:

3 lb American lamb leg sirloin, boneless	¼ tsp pepper
2 tbsp sesame oil	1 tbsp soy sauce
2 c vegetable stock	½ tsp lemon zest
2 large shallots	1 can coconut milk, divided
2 Thai chilies	1 small white onion, quartered
½ - 1 tsp dried red chili (heat you want)	1 small zucchini, sliced and halved
3 inches fresh ginger	1 small yellow squash, sliced and halved
6 cloves garlic	½ c broccoli florets, fresh
1 ½ tsp kaffir lime leaves (jarred)	3-4 tbsp basil, chopped
1 ½ tsp lemon grass (jarred)	Salt
2 tsp coriander seeds	Steamed Rice
1 tsp cumin seeds	

## 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

1<sup>st</sup> Place, Junior Division

## Ingredients:

1 lb ground lamb	1 tsp ground black pepper
½ large onion, diced	1 tsp sea salt
1 glove garlic, minced	½ c water
½ 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  
2<sup>nd</sup> 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)

## Taco Sauce:

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

## Veggie Slaw

1 c chopped cucumbers, seeds removed  
¾ 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

## 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  
3<sup>rd</sup> Place, Junior Division

Prep time: 30 minutes

Serves 6

## Ingredients:

1 lb ground American Lamb	¼ tsp salt
8 oz Portobello mushrooms, sliced	¼ tsp black pepper
6 oz jar artichoke hearts, chopped	½ tsp paprika
1 medium fresh tomato, coarsely chopped	6 oz tomato paste
1 tbsp onion, diced	3 c beef stock
1 tbsp minced garlic	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.