

Maryland Sheep & Wool Festival
Grand Lamb Cook-Off
May 6th, 2017

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| 1 st | Olivia Dutton | Frederick MD |
| | <i>American Lamb and Mushroom Stroganoff</i> | |
| 2 nd | Michelle DeTolla | Annapolis, MD |
| | <i>Lamb Popper-Burgers</i> | |
| 3 rd | Laura Dutton, age 15 | Frederick MD |
| | <i>Laura's Lamb Chili</i> | |

MSWFC American Lamb and Mushroom Stroganoff

Recipe Courtesy Olivia Dutton

Servings: 4

Yield: 4 servings

1 pound lamb, American, freshly ground

1 Tablespoon olive oil

8 ounces mushrooms, fresh, any kind, sliced

2 teaspoons garlic, minced

1/4 teaspoon ground black pepper

1/2 teaspoon basil

1/4 teaspoon thyme

1 Tablespoon beef stock, concentrated

1/2 cup white cooking wine

1 1/2 cups sour cream

2 cups egg noodles, wide, prepared

Preparation Time: 30 minutes

Prepare egg noodles according to package directions. Toss with a little olive oil.

Directions

In a skillet over high heat, brown lamb in olive oil.

add mushrooms and garlic and spices and stir constantly until mushrooms are tender. Reduce heat to medium. Add concentrated stock and wine, mix thoroughly. Continue to cook over medium heat, stirring constantly until desired consistency is reached. Mixture should be rather thick, but easily stirred. Add sour cream and mix well, until heated through. Add more wine or water if needed. Serve immediately over hot cooked noodles.

Per Serving (excluding unknown items): 538 Calories; 41g Fat (69.0% calories from fat); 21g Protein; 20g Carbohydrate; 1g Dietary Fiber; 119mg Cholesterol; 136mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 7 Fat.

MSWFC Lamb Popper-Burgers

Recipe Courtesy Michelle DeTolla

Servings: 4

Yield: 4 lamb burgers

2 slices bacon

2 jalapeno peppers

4 ounces cream cheese

1 cup shredded cheddar cheese

1 pound ground lamb

1 egg

1/2 cup panko, bread crumbs

2 cloves garlic, chopped

1/2 teaspoon rosemary, chopped

salt and pepper, to taste

4 slices cheese, of choice

Preparation Time: 20 minutes

Cook Time: 15 minutes

Fry the bacon in a skillet until crispy. Dice into small pieces.

Wearing gloves for protection, slice jalapeno peppers lengthwise. Remove seeds and veins. Slice and dice peppers into small pieces.

Combine peppers, bacon, cream cheese, and shredded cheese in bowl. Set aside.

Combine lamb, eggs, panko crumbs, garlic, rosemary, and salt and pepper into a bowl. Shape into 4 balls.

Using fingers, press a fairly large cavity into the center of each lamb ball. Put in a spoonful of the cream cheese mixture into cavity. Shape each ball to cover over cream cheese mixture with meat mixture so cream cheese mixture is hidden inside. Shape meat mixture ball into patties,

Grill in skillet on stovetop, grill on barbeque grill, or broil in oven until desired doneness is achieved. During last few minutes of cooking, place a slice of cheese on meat and allow to melt. Place burger patty with cheese on multi grain bun with desired fixings. Enjoy!

Makes 4 Lamb Burgers

Cook Time 10 to 15 minutes, depending on desired doneness of burger.

Per Serving (excluding unknown items): 602 Calories; 49g Fat (73.8% calories from fat); 32g Protein; 7g Carbohydrate; 1g Dietary Fiber; 199mg Cholesterol; 416mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 7 Fat.

MSWFC Laura's Lamb Chili

Recipe Courtesy Laura Dutton

Servings: 4

Yield: 4 servings

1 pound lamb, American, coarsely ground
1 tablespoon olive oil
1/4 cup sweet onion, chopped
2 teaspoons minced garlic
1/4 cup sweet pepper, coarsely chopped
1 pint chopped tomatoes, do not drain
15 ounces red kidney beans, canned, do not drain
15 ounces chili beans, canned, do not drain
3 tablespoons chili powder, medium hot
1 teaspoon ground cumin
1 teaspoon crushed basil leaf
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 tablespoon cornstarch

Preparation Time: 15 minutes

Directions

Brown ground lamb, stirring constantly, in a 3 qt stew pot over med high heat in the olive oil. When lamb is nearly done, add onion, garlic, and sweet pepper, stirring constantly. When onions and peppers are tender and translucent, add the tomatoes and both beans. Dont throw away the cans or jars yet, set them aside. Turn heat to boil for about 5 min, then reduce heat to med-low. Add chili, cumin, basil, salt and pepper. Stir to mix well. Add about 1/4 cup cool water to one of the tomato or bean jars or cans, swish around, transfer water to second, then third jar or can(there is a lot of flavor left in there!), add the cornstarch and mix well with a whisk or spoon. Add cornstarch to chili and mix well. Reduce heat to low, cover, and cook for at least an hour, stirring occasionally. Serve in bowls or mugs with grated cheddar cheese sprinkled on op, if desired, Spiciness can be easily adjusted to taste be the addition or reduction of chili powder. Leftovers are great on hot dogs.

Per Serving (excluding unknown items): 677 Calories; 25g Fat (32.2% calories from fat); 41g Protein; 77g Carbohydrate; 20g Dietary Fiber; 63mg Cholesterol; 397mg Sodium. Exchanges: 4 1/2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 1/2 Fat.