Maryland Sheep & Wool Festival
Grand Lamb Cook-Off
May 5th, 2018

1st
Laura Dutton, Frederick, MD - Middle Eastern Lamb Pitas

2nd
Lakesia Moore, Henrico, VA - Slamming Ground Rounds

3rd
Olivia Dutton, Frederick, MD - Moroccan Lamb Stew

4th
Jan Derry, Greenbelt, MD - Roman Lamb with Apricots

5th
Caroline Clark, Thurmont, MD - Lamb with Hummus
Middle Eastern Lamb Pitas
Recipe courtesy of Laura Dutton

Servings: 4
Yogurt Sauce
1 cup plain yogurt
2 tablespoons lemon
1 1/2 tablespoons fresh cilantro, finely chopped
1 1/2 tablespoons fresh mint, finely chopped
1/4 teaspoon salt

Meat Patties
1 pound ground American Lamb
1 tablespoon fresh garlic, minced
1 teaspoon coriander
1 teaspoon ground cumin
1 teaspoon paprika
1/2 teaspoon salt
1 egg
1/2 tablespoon olive oil
1/2 cup harissa™, spicy
4 pita bread rounds

Preparation Time: 10 minutes
Cook Time: 10 minutes
Prepare yogurt sauce by whisking together yogurt, lemon juice, fresh chopped herbs, and salt, refrigerate for 30 min.

For the meat patties mix together the ground lamb and all the other ingredients except the harissa and pita bread. Form into 12 oval shaped patties, Refrigerate for about 30 minutes.

Prepare a charcoal or gas grill. Grill lamb patties over medium hot coals for 5 minutes, flip and grill for additional 5 minutes. Don't overcook, lamb should be a little pink in the center.

Wrap pitas in foil and warm on the coals a few minutes.

Spread about 1 TBS harissa on each pita, add about a TBS of the yogurt sauce and three lamb patties to each warm pita, fold over (like a taco) and enjoy!

Note: harissa paste can be found in Indian section of store, available in mild or spicy.

Per Serving (excluding unknown items): 270 Calories; 6g Fat (21.0% calories from fat); 11g Protein; 43g Carbohydrate; 2g Dietary Fiber; 61mg Cholesterol; 781mg Sodium.
Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.
Slamming Ground Rounds with Cool Mint Sauce

Courtesy of Lakesia Moore
Creating Like Keysia

Servings: 4
1 pound ground lamb
1 large egg, beaten
1 cup panko, bread crumbs
2 cloves garlic, crushed
2 tablespoons fresh thyme, finely chopped
1 tablespoon ground cumin
1 tablespoon salt and pepper, to taste
4 oz feta cheese, cut in small cubes
3 tbsp canola oil, for frying

Cool Mint Sauce
2 cups plain yogurt
1 cup fresh mint, minced
2 tablespoons fresh dill, finely chopped
1/4 cup lemon juice
1 clove garlic, minced

Lamb meatballs

Preparation Time: 15 minutes
Cook Time: 15 minutes
Preheat deep fryer to 350°F.

Mix together lamb, egg, breadcrumbs, garlic, thyme, garlic powder, cumin, salt, and pepper. Form mixture into small balls. Insert one cube of cheese into each ball. Roll together making sure the ball is tightly sealed.

Carefully drop about 6 balls into fryer at a time.

Drizzle with cool mint sauce or serve sauce on the side. Serve and enjoy! Makes about 20 balls

For cool mint sauce mix all ingredients (yogurt, mint, dill, lemon juice, garlic, and salt) together until well blended.

Per Serving (excluding unknown items): 888 Calories; 65g Fat (65.6% calories from fat); 49g Protein; 27g Carbohydrate; 2g Dietary Fiber; 285mg Cholesterol; 1868mg Sodium. Exchanges: 1 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Non-Fat Milk; 9 Fat; 1/2 Other Carbohydrates.
Moroccan Lamb Stew
Recipe courtesy of Olivia Dutton

Servings: 6
2 carrots, cut 1/2” diagonal pieces
1/2 Cup ghee, divided
1/2 Cup flour
1/2 teaspoon paprika
1/2 teaspoon cumin
1/2 teaspoon salt
1 pound lamb, cubed, stew mwat
1/3 Cup onion, chopped
1 Tablespoon fresh ginger, minced
1 Cup white wine
1 Cup vegetable broth
1/2 Cup harissa™, spicy paste
2 teaspoons lemon peel, minced, fresh
8 dried figs, chopped
2 fresh tomatoes, chopped
15 ounces garbanzo beans, canned
1/4 Cup fresh mint, chopped
1/4 Cup fresh cilantro, chopped
1 Cup plain yogurt, Greek
fresh cilantro and mint, garnish

Preparation Time: 15 minutes
Cook Time: 2 hours
In a heavy bottomed over med heat, cook carrots in 1 TBS ghee until browned, transfer carrots to a plate.

Combine flour and next 4 spices in a bowl and toss meat cubes. Discard extra flour.

Add 2 TBS ghee to pot and cook meat cubes until browned, add to plate with carrots.

Add 1 TBS ghee to pot and cook onions and ginger just until tender.

Add wine to pot to deglaze and loosen crusty bits. Return lamb and carrots to pot. Add harissa, broth, lemon peel, figs, and tomatoes.

Bring to boil, lower to simmer and cook for 1-1/2 hour, stirring occasionally. Add beans and herbs and simmer additional 30 minutes.

Serve with a TBS dollop of yogurt and fresh herb garnish on top

Ghee, clarified butter, find it with oils at the supermarket
Find harissa paste with Indian foods at the supermarket, mild or spicy

Per Serving (excluding unknown items): 624 Calories; 34g Fat (50.6% calories from fat); 20g Protein; 56g Carbohydrate; 9g Dietary Fiber; 94mg Cholesterol; 746mg Sodium. Exchanges: 2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1 Fruit; 0 Non-Fat Milk; 6 Fat; 0 Other Carbohydrates.
Roman Lamb with Apricots

Recipe courtesy of Jan M. Derry

Servings: 6
2 3/4 pounds lamb, American chops or shanks
1/2 cup stock
1/2 cup white wine
2 Tablespoons olive oil
2 medium leeks, chopped, white and light green parts
1 cup dried apricots, rehydrate with warm water
2 Tablespoons balsamic vinegar
2 Tablespoons honey
2 teaspoons salt
6 peppercorns, crushed, 4 to 8 (less/more)
4 teaspoons dried peppermint, crushed
1 teaspoon coriander seed, crushed
2 Tablespoons flour, or arrowroot powder

Brown the meat and chopped leeks in the olive oil. Add broth & wine. Turn the heat down to medium.

Add vinegar, honey, salt, pepper and herbs. Cover and simmer about 1 hour, until just tender. If more liquid is needed, add water from soaked apricots. Taste and adjust salt if needed.

Add apricots and heat another 15 minutes (up to 30 if needed) until very tender. Remove meat and apricots to serving dish and keep warm. (For a more refined presentation, debone and cut meat into serving-size pieces, no more than twice the size of the apricots).

Reduce liquid over medium heat for 5 to 10 minutes, (blend with hand blender) then thicken with flour or arrowroot suspended in 2 ounces cool water.

Serve over a starch.

This recipe started out as 'Latin Class Chicken' a recipe brought home from High School by my son when he was studying Latin. Chicken became lamb, onions became leeks, and spices were added.

It is served today on Farro, cooked wheat grains. In fact, all of these ingredients and all the cooking techniques were familiar to ancient Romans and are recorded in Apicius and other ancient texts about food in the Roman Empire.

An original braised dish from Jan Derry
Recipe is written for lamb chops but you may use shanks or other robust cuts.
Original recipe utilises 2 to 3.5 pounds of robust lamb cuts.
1TBs chiffonade of fresh (instead of dried) mint may be used in season.

Per Serving (excluding unknown items): 583 Calories; 39g Fat (61.8% calories from fat); 29g Protein; 26g Carbohydrate; 3g Dietary Fiber; 115mg Cholesterol; 813mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 1 Vegetable; 1 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.
Lamb with Hummus

Courtesy of Caroline Clark

Servings: 8
Spiced Lamb
16 ounces ground lamb, minced
1 onion, finely diced
2 tablespoons olive oil
1 teaspoon ground cumin, powder
1 teaspoon ground coriander, powder
1 teaspoon paprika, powder
1/4 teaspoon ground cinnamon, powder
1/2 teaspoon black pepper
2 teaspoons salt
30 ounces Hummus
salt and pepper
Garnishes
2 tablespoons pine nuts
2 tablespoons parsley, finely chopped
extra virgin olive oil, for drizzling

Time required for preparation and cooking - 20min

Place a pan over medium high heat. Add pine nuts and toast until golden. Remove pine nuts from pan and set aside.

Lamb Mince. Return pan to stove (still on medium high heat) and add olive oil.

Add onion and cook until translucent (2minutes). Then turn up the heat to high and add mince, spices, and salt. Cook, breaking up the mince into small pieces, until browned and cooked through (3 minutes).

Set aside and cover so it doesn't dry out. Bring it to room temperature.

Assemble. Spread hummus on a plate, using the back of a spoon to create "swirls".

Top with lamb mince, scatter over the pine nuts and sprinkle with parsley. Finish with a drizzle of olive oil.

Serve with pita bread

Per Serving (excluding unknown items): 387 Calories; 28g Fat (63.8% calories from fat); 19g Protein; 17g Carbohydrate; 7g Dietary Fiber; 41mg Cholesterol; 971mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 0 Vegetable; 4 Fat.