

Food Forum

Dorothy Johnson

LAMB RECIPES

These recipes have been popularized from the Basque special Celebrations and Festivals in Reno, and in the Bakersfield, and Stockton areas in California. The three recipes for lamb that follow have been adapted from traditional Basque dishes.

These people of independent race established in the Pyrenees Mountains along the border between France and Spain, have been sheep raisers for centuries. They also have a Continent-wide, perhaps even World-wide, reputation for good cookery.

LEG OF LAMB ROAST

1 leg of lamb (about 5 lbs.), salt and pepper, 1 large clove garlic, 1 medium size onion peeled and sliced, 2 medium sized carrots diced, 1 medium sized potato peeled and sliced, 3 medium sized tomatoes sliced, 1 large tart apple, 1 c. (or more) chicken stock (use bouillon cubes) 6 tbsp. tarragon vinegar, 4 shallots or large green onions finely chopped, about 1/2 lb. mushroom caps sauteed in butter (optional).

Wipe the meat with a clean cloth; sprinkle with salt and pepper. Cut the garlic into slivers and insert into the meat in several places. Set in a shallow pan that has been lightly greased on the bottom. Put into the pan around the meat, onion, carrots, potato, tomatoes and apple. Set into a hot oven 400 degrees for 25 minutes or until meat and vegetables are browned. Reduce heat to 300 degrees, skim off fat that has accumulated, and pour the chicken stock into the pan. Continue to cook 1-1/2 to 2 hours longer if you like lamb medium well done.

Meanwhile, put the tarragon vinegar and shallots into a small pan and simmer until vinegar is reduced to about 2 tablespoons. Remove the meat; put the cooked vegetables and stock through a wire strainer, stir into vinegar mixture. Add salt if needed. Garnish with mushrooms.

RAGOUT OF LAMB

2-lbs. lamb cut for stew (about 2-inch square pieces), 2 tbsp. salad oil, 1 medium sized onion, 1 bunch carrots whole or halved, 1 bunch turnips whole or halved, 1 c. white table wine, 1 c. water, 2 medium sized tomatoes peeled and sliced, 2 cloves garlic, minced or mashed, salt and pepper to taste, 1/4 c. finely chopped parsley.

In a large frying pan sauté the lamb in oil until well browned on all sides. Put the meat into casserole. In the same frying pan put the sliced onion and the carrots and turnips, cook, stirring frequently over medium heat until well browned. Put the carrots and turnips into the casserole with the meat. Drain off the fat from frying pan, leaving in the browned onions; add the brown gravy, wine, water, tomatoes and garlic and simmer for 20 or 30 minutes. Put through a food mill or strainer; add salt and pepper and parsley; pour over meat and vegetables in casserole. Cover casserole and put into a moderately hot oven and cook about 1 hour or until tender.

LAMB SHOULDER CHOPS WITH PIMIENTO

4 tbsp. olive oil, 1 large onion finely chopped, 1 large clove garlic minced, 1 small can (8 oz.) tomatoes or 1 cup, 1/2 c. chicken stock (or water), 1/2 tsp. salt, 6 Lamb shoulder chops (about 2-1/2 lbs.), 1 can (4 oz.) pimiento, 1/4 c. chopped parsley.

Heat 2 tablespoons of the olive oil in a sauce pan; add the chopped onion and saute until browned. Add minced garlic, tomatoes, chicken stock and the 1/2 teaspoon salt. Cover and simmer gently about 30 minutes.

Meanwhile, heat the remaining tablespoons oil with the whole garlic in a large frying pan. Sprinkle the lamb chops with salt and pepper, and saute until well browned on both sides. Strain the prepared tomato sauce. Arrange large pieces of pimiento on the meat and sprinkle the whole with parsley. Cover and cook slowly, until tender about 40 minutes.

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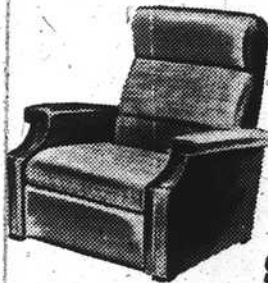
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Local Beauticians With Guests At Recent Meet



Many Las Vegas Beauticians were participants in the Fourth Annual Convention of the California Cosmetology Legislative and Educational Committee Inc. held recently at the Stardust Hotel... Here are shown a few with distinguished out-of-towners--Seated from left: Atline McLemore, Gladys Smith, and Delores Newman... Standing, from left, are Lee Merriweather, from San Francisco who served as Discussion Leader for the Meet; Ann Wilburn, Spencer Wiley, Organizer and State Consultant; Katherine Bass, Helen Marks (a model); Claire Jones, President of the Organization; Nathaniel Collins, Mary Hinley (a model); Gloria Feltus, Ellen Jones, Ruth Washington who, with hubby, Leon, publish the Los Angeles Sentinel; Hazel Williams, State Advisor and proprietress of the famed Henrietta's Beauty School of Los Angeles; and Ruth Flemming. Also attending the Convention was Mrs. Julia Schultz, an Examiner for the Calif. State Board of Cosmetology who was the house guest of the Woodrow Wilsons while here... Mrs. Jones, the Club President, too, is a member of the State Board, and appointee of California's Governor Brown.

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SAME STORY DIFFERENT ACCENT

LONDON - (NPI)-- After 12 months of operation, Britain's law against racial discrimination in public accommodations and business has been found inadequate. The major defect has been that it failed to give race relations boards in major cities the power to compel witnesses to appear before them. The boards are supposed to hold hearings into complaints and resolve the problems by conciliation and persuasion.

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GOOD SHOW

LONDON - (NPI)-- The first conviction under Britain's year-old statute banning inciting to race hatred by speech or publication was handed down by a Middlesex county court last week to a 17-year-old laborer, Christopher Britton. The youth was accused of distributing pamphlets in opposition to colored immigration, bearing the slogan on the cover "Blacks Not Wanted Here."

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