

# Mrs Greenkeeper's Own Corner

with Ann Mawson

Lamb is in season in the spring, mint and early green and root vegetables make it a very attractive dish, so here are a few lamb recipes.

## Lamb Mould

$\frac{1}{2}$  lb slice leg of lamb, 2 tomatoes,  $\frac{1}{2}$  bunch of cress,  $\frac{1}{4}$  of cucumber, a little chopped mint,  $\frac{1}{4}$  pt of stock, seasoning,  $\frac{1}{2}$  lettuce,  $\frac{1}{2}$  oz of gelatine, 3 oz grated carrot, 2 oz grated turnip, 2 oz grated onion, a few cooked green peas.

Mince the lamb. Place into a basin with the  $\frac{1}{4}$  pint of stock, seasoning, gelatine, grated carrot, turnip and onion. Cover and steam for  $1\frac{1}{2}$  hours. Place a few cooked green peas in the bottom of a mould and just cover with some of the stock from the steamed meat and allow to set. When the steamed meat is cool, pour gently on top of the peas. When set dip in warm water, and turn on to a dish. Garnish with lettuce, cucumber, cress and tomatoes. Sprinkle the top with a little chopped mint.

To serve three to four people.

## Lamb with Young Vegetables

1 lb sliced scrag end or shoulder of lamb, 1 oz of cornflour, 4 small onions,  $\frac{3}{4}$  of a pint of stock,  $\frac{1}{2}$  lb of new carrots,  $\frac{1}{2}$  lb of new turnips,  $\frac{1}{2}$  lb of green peas, seasoning.

Trim the meat and remove any surplus fat and melt it in a casserole or stewpan. Dip the meat in the cornflour, trim and chop the onions. Next fry the meat and onions slowly in the melted fat; add the heated stock, place the lid on and cook for 30 minutes. Prepare the carrots, turnips and peas; cut the carrots and turnips into slices. Add the vegetables to the casserole (or stewpan) and continue cooking for 45 minutes.

Blend the remainder of the cornflour with a little stock, add this to the casserole, with the seasoning, and cook for a further five minutes. Serve hot.

To serve three to four people.

## Lamb to serve cold (spiced)

A leg or shoulder, stock,  $\frac{1}{2}$  chopped onion, 6 oz of salt,  $\frac{1}{2}$  oz of saltpetre, a saltspoonful of allspice, a saltspoonful of ground cloves, 3 oz brown sugar, a bay leaf, a saltspoonful of ground mace, a teaspoonful of pepper. Time to pickle: about eight to nine days.

Bone the leg or shoulder; mix all the ingredients except the stock.

Rub the mixture well on to the meat and leave the meat lying in the mixture; set aside and repeat this process for six days. Before cooking, wash, dry and roll the meat and tie with tape. Cook slowly in the stock; you can add a few vegetables to stock if you like. Remove and press between two dishes. When cold glaze if desired.

Time about  $4\frac{1}{2}$  hours. When serving, allow 4 oz per person.

## Lambs Hearts (braised)

4 lambs hearts, veal forcemeat, 4 slices of bacon, small onion, small carrot, small turnip,  $\frac{1}{2}$  pint of thick gravy or thickened stock, salt, pepper.

Wash the hearts well and trim. Stuff with the forcemeat and skewer a piece of bacon around each heart. Put into a casserole with the peeled and chopped onion, carrot and turnip. Pour the liquid over and season well. Put the lid on the casserole and cook for  $1\frac{1}{2}$  hours.

Serve one small heart to each person.

Regulo Mark 4; Electricity 360 degrees F.

—Until May . . .