

FRIDAY, April 18, 1941

(FOR BROADCAST USE ONLY)

SUBJECT: "BONING LAMB CUTS." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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Today I have some more good news about food for you--news from the Bureau of Home Economics of the U. S. Department of Agriculture. I have some suggestions for making a good lamb roast even better--by taking out the bones before you put the roast in the oven.

There are a number of reasons you might want to take the bones out of a lamb roast. In the first place, a large roast is easier to handle in the oven if the bones are taken out first. Also most boned roasts can be served at the table more easily and attractively.

But best of all, the place where the bones comes out makes a good place for a well-seasoned stuffing to go in. Stuffing is good with lamb just for stuffing's sake, of course. But another reason to stuff lamb or any meat is to make the good meat flavor go further and serve more people.

And now--to get down to the actual job of boning a lamb cut--here are some pointers from K. F. Warner of the U. S. Department of Agriculture. These pointers will help you do the boning yourself--or they will help you explain to the man who sells you the lamb, exactly how you want him to do the work for you.

There are four lamb cuts that may be boned to advantage. These are the shoulder--the breast--the loin--and the leg.

As you know, the shoulder is one of the most economical cuts of the whole lamb. And it is one that is practically always better boned than unboned. For the bones in the shoulder are in such a position that they are very hard to cut around after the roast is done.



In the shoulder, you have two sets of bones to get rid of according to Mr. Warner. On the outside, you have the neckbone and the ribs. On the inside, you have the arm bone and the shoulder blade.

When you bone the shoulder, take off the outside bones first. Lay the shoulder on the table, fat side down and rib side up. Then slip the knife under the edge of the ribs and follow along under the neckbone. Do this carefully--leaving as little meat as possible on the bones--and peel the ribs and the neckbone right off.

Next, go in after the inside bones--the arm bone and the shoulder blade bone that cut through the square shoulder in a sort of L-shape. Follow the blade bone in with the knife, and lay the meat back from it as you go. Loosen the meat from both sides of the shoulder blade and the arm bone and lift them out.

If you do this carefully, you'll cut the shoulder roast open on only two of its four sides. Stuff the roast or not--as you like. Then sew it up and you have a cushion style shoulder ready for the oven.

Breast of lamb makes a good roast, too--if you bone it. For like every bit of lamb--the breast is tender enough for roasting. Put a good forcemeat stuffing in it--serve it with baked onions--and the family will never guess it's one of the most inexpensive cuts of lamb.

Here's an easy way to prepare a lamb breast for roasting.

"Crack the bones of the breast first, so it will be easy to carve between the ribs. Cut off the foreshank and grind the meat from it to use in a forcemeat stuffing. Then make a pocket in the lamb breast for the stuffing by cutting a slit in the meat close to the ribs. Put in the stuffing and sew up the pocket."

The other two cuts of lamb that are boned are the loin and the leg. Both of these are more expensive cuts than either the lamb breast or the shoulder.

In fact, boned loin is one of the extra special lamb roasts. To make it,



you leave the loin all in one piece instead of cutting chops from it. Then you lay the loin, fat side down, roll the tenderloin muscle back, and cut out all the little T-bones. Roll this up and stuff it. Then sew it securely. After it's done you'll carve it across the grain in round slices--part stuffing, part lamb.

You probably won't have a leg of lamb boned unless it's extra large. After the bones are taken out you can divide it up into two medium sized roasts--one from the shank end and one from the loin end.

As for the roasting of a boned lamb cut--here are some pointers from the kitchen angle--from Lucy Alexander, meat cooking specialist of the Bureau of Home Economics. She says--

"Roast lamb as you do any tender meat. That is, put it on a rack in an open pan. Add no water, and keep the oven temperature moderate throughout the roasting. That's about 350 degrees Fahrenheit. Turn the roast from time to time for even cooking. If there isn't much fat on the lamb, lay several strips of bacon over the top of the roast.

"These directions go for any lamb roast--boned or unboned. And here's one extra point about a boned roast. It will take a few minutes longer in the oven for each pound than you ordinarily allow for roasts with the bones left in.

"As for the stuffing that goes into the roast where the bones come out--the main thing is to be sure it is well-seasoned to go well with the distinctive flavor of lamb. Try a mint or a watercress stuffing in a boned roast shoulder or loin and see how good it tastes.

"Make this stuffing just as you would any bread crumb stuffing--but use finely chopped mint or watercress to flavor it in addition to the usual celery and onion."

I could go on about lamb and stuffing for lamb--there's a forcemeat stuffing that's good with a lamb breast--and a mint sauce that goes with any kind of lamb. But if you would like recipes for both of these as well as other good lamb recipes I suggest that you send for a copy of "Lamb as You Like It," Leaflet Number 28 of the U. S. Department of Agriculture. Single copies are free from the U. S. Department of Agriculture, Washington, D. C.

