

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

19
In 3 Hr
Housekeepers' Chat

Tuesday, April 9, 1929.

NOT FOR PUBLICATION

Subject: "Lamb As You Like It." From Bureau of Home Economics, U. S. D. A.

Leaflet available: "Lamb As You Like It."

--ooOoo--

Today's chat is a lesson on cooking lamb, for all housewives who would increase their knowledge about this popular meat. By the way, lamb is now lamb -- not the pale boiled mutton of bygone days. Mutton is practically gone from the butcher's block.

The lesson today is in the form of questions and answers. I'll ask the questions, and answer them myself. A "snap" course, is it not? If you listen carefully, you're bound to learn a great deal about cooking lamb.

First question: When is lamb available?

Answer: Lamb comes on the market in largest quantities in the spring and fall, but a good supply is available the year around.

Second question: Is it economical to buy a leg of lamb, or a shoulder, for roasting?

Answer: Yes. It is economy to buy a leg or a shoulder of lamb for roasting, although it may furnish more meat than is needed for one meal, or even for two. Roast lamb is one of the best meats for slicing cold, and every left-over can be used in a spicy curry, or in any one of a dozen ^{other} appetizing hot dishes. Bones and trimmings, removed before cooking, make excellent soups and jellies.

Third question: Will you please suggest a list of relishes, vegetables, and salads, which go particularly well with lamb?

Answer: I'll be glad to. The flavor of lamb combines especially well with certain relishes and vegetables. First, let's take the relishes: Mint sauce, mint jelly, currant jelly, guava jelly, spiced conserves and pickles, and horse-radish sauce. Next, the vegetables: Peas, onions, spinach, string beans, asparagus, turnips, and cauliflower. Green salads, with tart and flavorful dressings, also add color and zest to lamb menus. Here are four salad suggestions: one, lettuce with a tart dressing; two, tomato, cucumber, and lettuce; three, kumquat, endive, and watercress; four, grapefruit and lettuce.

Next question: What is meant by the fell on lamb?

Answer: The fell (f-e-l-l) is the thin papery outer covering on the lamb carcass. Though recipes frequently advise that the fell be removed before cooking, it is now believed that flavor is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops are improved by its removal.

Next: Do you have any recipes for cooking lamb?

Answer: Indeed I do. Recipes for Roast Leg of Lamb, Broiled Lamb Chops, Roast Saddle of Lamb, Roast Stuffed Shoulder of Lamb, Roast Stuffed Breast of Lamb, Lamb Stew, and Curry of Lamb. Not to mention recipes for Savory Brown Gravy and Mint Sauce.

Next question: How can I get all these recipes?

Answer: By writing to me, in care of Station _____. The recipes are included in a leaflet called "Lamb As You Like It." This leaflet is one recently published by the Bureau of Home Economics. Every recipe has been tested, and re-tested, and then tested again. Would you believe it? One of the persons who wrote this bulletin has roasted 1350 legs of lamb to exactly the same stage, for judging.

Question: How do you know they were roasted to exactly the same stage?

Answer: Ah, I thought some one would ask that! A roast meat thermometer was placed in each leg of lamb, and all the 1350 legs were cooked until the meat thermometer registered exactly the same temperature. This meant that they were cooked to the same stage. By the way, do you know that a roast meat thermometer is an economical piece of kitchen equipment? When meat is over-cooked, it shrinks unnecessarily, and loses weight rapidly. Of course some of this loss is recovered, by making gravy of the drippings, but the greater part vanishes as nothing more than steam, and good smell. A roast cooked to just the stage desired, and no more, is plumper, juicier, and actually goes farther on the table. The thermometer therefore pays for itself by saving not only guesswork but actual pounds of cooked meat.

Next question: At what temperature should lamb be cooked, according to the meat thermometer?

Answer: Lamb is well done when the thermometer in the meat registers 182 degrees F. Whatever way lamb is cooked, if it is to be served hot, it should be pipin hot, on hot plates, because the fat hardens as soon as it begins to cool.

Next question: What are Saratoga chops?

Answer: Saratoga chops are cut from the under part of the lamb chuck. They are practically the same size as the rib and loin chops, less expensive, and very tender and juicy. Saratoga chops combine exceedingly well with bacon.

The first part of the document discusses the importance of maintaining accurate records of all transactions and activities. It emphasizes that proper record-keeping is essential for ensuring transparency and accountability in the organization's operations. This section also outlines the various methods and tools used to collect and analyze data, highlighting the need for consistency and reliability in the information gathered.

The second part of the document focuses on the implementation of these practices across different departments and teams. It provides detailed instructions on how to set up the necessary systems and processes, ensuring that everyone involved understands their role and responsibilities. This section also addresses common challenges and offers practical solutions to overcome them, ensuring a smooth transition to the new procedures.

The third part of the document discusses the ongoing monitoring and evaluation of the implemented practices. It explains how to track progress, identify areas for improvement, and adjust the processes as needed. This section also highlights the importance of regular communication and collaboration between all stakeholders to ensure the continued success of the organization's initiatives.

Finally, the document concludes with a summary of the key findings and recommendations. It reiterates the importance of maintaining high standards of accuracy and transparency, and encourages all team members to continue to strive for excellence in their work. The document also provides contact information for any further inquiries or assistance.

Our lesson on lamb is over now. And if you're all in favor of it, I'll broadcast one of the Menu Specialist's spring dinners. She knew I was going to lecture on lamb today, so she included lamb in the menu. Saratoga Lamb Chops en Casserole is the main dish. It is supplemented by mashed rutabaga turnips, and a spring vegetable salad, or spring onions. The dessert is Rhubarb Betty, the recipe for which is in the radio cookbook.

Here's the recipe for Saratoga Chops, en Casserole -- I wish you'd copy it in your radio notebooks, for this recipe is not in the cookbook, nor in the lamb leaflet. Nine ingredients, for Saratoga Chops en Casserole:

6 Saratoga lamb chops, 1 inch thick	1/2 cup Chili sauce
6 slices bacon	1/4 cup water
1 cup celery, chopped	Salt, and
1 medium onion, chopped	Pepper
1 green pepper, chopped	

Nine ingredients, for Saratoga Lamb Chops en Casserole: (Repeat).

Wrap the edge of each chop in a slice of bacon. Fasten with a toothpick. Brown the chops quickly, on all sides, in a hot skillet. Transfer to a casserole, and cover with the mixture of celery, green pepper, onion, chili sauce, water, and seasonings. Cover closely. Cook in a slow oven (300°F.) for an hour, or until the lamb is tender. Remove the toothpick skewers carefully before serving so that the bacon will stay around the chops. Serve hot in the casserole.

Once more -- let's read the menu: Saratoga Lamb Chops en Casserole; Mashed Rutabaga Turnips; Spring Vegetable Salad, or Spring Onions; Rhubarb Betty.

Tomorrow: "Salads and Salad Dressings."

#

