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HOUSEKEEPERS' CHAT

Tuesday, November 1, 1932.

(FOR BROADCAST USE ONLY)

Subject: "An Inexpensive Lamb Roast." Information from the Bureau of Home Economics, U.S.D.A.

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If you're looking for an inexpensive and delicious roast of lamb, you have two excellent choices. You can have a roast stuffed shoulder of lamb or a roast stuffed breast of lamb. The shoulder is good stuffed with a mint or water cress and bread-crumbs stuffing. The breast you can stuff with a delicious chopped meat stuffing, called forcemeat. I'm told that name "Forcemeat" came down to us through the French--from the old French word, "farce", which means meat stuffing.

The nicest way to serve a stuffed roast breast of lamb is with baked onions, also stuffed with forcemeat. Remember the inexpensive menu we discussed yesterday? Remember that roast stuffed breast of lamb with onions was the main dish of the meal? And remember that I promised to tell you exactly how to fix this good meat dish first thing this morning? Well, I'm going to keep my promise. You're to have the recipe for the roast first, and then the recipe for the forcemeat stuffing.

When you go to the shop to buy your meat, ask your butcher for a breast of lamb, including the foreshank. The meat of the foreshank is somewhat fibrous, but don't let that worry you. That's the part you're going to chop or grind up and put into the stuffing. Well, as I said, when you have picked out a plump breast of lamb, ask the butcher to crack the bones so you can carve between the ribs.

When you get the meat home, wipe it with a damp cloth. Then remove the foreshank, cut off the meat and grind it for the forcemeat stuffing. Now make a pocket in the breast by cutting right through the flesh close to the ribs. Sprinkle the inside of the pocket with salt and pepper, pile in the hot forcemeat stuffing lightly and sew the edges together. Now rub the outside of the roast with salt, pepper and flour. Lay the stuffed breast, ribs down, on a rack in an open roasting pan. Don't add any water. Place the roast in a hot oven (480 degrees F) for 30 minutes, while the surface sears and browns over. If you find that the lamb hasn't enough fat to keep the lean from drying out, you can baste the roast with melted fat every now and then, or you can lay a strip or two of bacon on the top. The bacon will do the basting for you as the fat in it melts and trickles down.

After thirty minutes of searing, reduce the temperature of the oven rapidly to 300 degrees F. and continue the cooking in the open pan until the meat is tender. The total time will probably be from an hour and a half to an hour and three-quarters.

By the way, that extra stuffing, which will be more than the breast will hold, you use to stuff the onions to serve with the meat.



When the roast is done, serve it with brown gravy made from the drippings.

Now let's consider fixing those handsome, flavorsome stuffed onions to go with the meat. You'll want to choose the large, mild-flavored onions-- Spanish or Bermuda onions. First, peel the thin brown skin from the outside. Then cut the onions in half crosswise and simmer them in lightly salted water until they are about half done. Lift the onions and arrange them in a baking dish. Remove the centers without disturbing the outer layers. Chop the onion centers to add to the forcemeat stuffing. Now fill the onion shells with this mixture, cover the baking dish and bake in a moderate oven for about a half hour, or until the onions are tender. Take off the cover from the baking dish during the last of the cooking so that the onions will brown well on top.

Just to think of that platter of steaming roast surrounded with stuffed onions and garnished with a bit of parsley or a sprig of celery leaves me hungry. How about you?

But wait. I haven't told you yet how to make the forcemeat stuffing, have I? Well, here's where you'll need your pencils. Ingredients? Ten. Here they are: First, ground lean meat from the foreshank of lamb.

2 cups of fine dry bread crumbs	1/8 teaspoon of celery seed
2 tablespoons of fat	1/4 teaspoon of savory seasoning
1/4 cup of chopped celery	1 teaspoon of salt,
1 tablespoon of chopped onion	1/8 teaspoon of pepper
1 sprig of parsley, cut fine	

Once more. I'll go over that list. (Repeat.)

Melt the butter in a skillet, add the celery and onion, and cook for two or three minutes. Add the ground meat and stir until the juice evaporates and the meat browns slightly. Then add the breadcrumbs and seasonings and stir until the stuffing is well mixed.

That's all about the meat and the stuffing.

Somebody asked me the other day if I knew any way to peel onions without weeping all during the process. The Recipe Lady has a helpful suggestion. She says to peel or slice your onions under running water and you won't have any trouble at all.

Somebody else wants to know how to keep a bunch of parsley fresh. I'll tell you one way to do that. Wash the parsley in cold water first. If it is slightly wilted, let it stand in cold water for an hour. Then shake the water off and place the parsley in a glass jar with a tight cover. Stand that jar in the refrigerator. It won't turn yellow nor wilt for a number of days.

Tomorrow: "Kitchen Knives" and a fish-chowder meal.

