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Housekeepers' Chat

Friday, April 18, 1930.

NOT FOR PUBLICATION

Subject: "For Easter Sunday -- Crown Roast of Lamb." Information from Ruth Van Deman and Lucy Alexander, Bureau of Home Economics, U.S.D.A.

Leaflet available: "Lamb As You Like It."

--ooOoo--

"What shall our Easter dinner be?"

I put this important question to the Menu Specialist.

"What would you like to have?" said she.

"Something different," I replied. "Something unusual, appetizing, and goodlooking. A dish to grace the table on Easter Sunday."

The Menu Specialist knit her brows. She pondered, but not for long.

"What you want," she said, "is a Crown Roast of Lamb. What could be more decorative and delicious than a Crown Roast of Lamb?"

"It's decorative and delicious," I said, "But too complicated."

"Oh no," said the Menu Specialist. "We will have a Crown Roast of Lamb, simplified. To be sure, a crown roast is full of frills and curves, but the meat cutter can trim and shape it so skillfully that it will be easy to roast. I shall give you a short, easy method for well-browned yet juicy crown roast, with a savory mushroom stuffing. Would you like to have my recipe, for your Easter dinner?"

I told the Menu Specialist we would be glad to try the Crown Roast of Lamb, simplified, if she'd tell us how. These are her directions:

When you go to the butcher shop tell the butcher you want the crown roast made without a ground meat filling. Also even though he call it sheer folly, have the layer of fat that lines the inside trimmed down until it is only about a quarter of an inch thick, but still covers the lean, completely. This way, you gain more space for the stuffing. And the individual chops, when served, do not have an over-thick rim of fat. A thin fat layer is enough to act as a self-baster and keep the lean from drying out. With rack, open pan and well-regulated oven, crown roast demands little more attention than a plain cut.

Now let me tell you exactly how to go about cooking your crown roast of lamb. First, rub the meat well with salt, pepper and flour. Place it on the rack, in a shallow roasting pan. As you know, the bare rib bones form the points of the 'crown.' To keep the ends of the ribs from over-browning,



slip over them pieces of raw potato. Add no water. Leave the pan uncovered.

Begin the roasting in a very hot oven -- 480 degrees Fahrenheit. Leave the lamb in the oven at this high temperature for 20 to 30 minutes, or until the surface is seared and browned lightly. Then reduce the oven quickly to moderate heat -- 300 to 325 degrees Fahrenheit. If necessary, open the oven door for a few minutes to bring down the temperature. Continue the roasting at this moderate even heat for 60 minutes longer. Occasionally, spoon up the pan drippings over the lean meat at the base of the crown.

About 30 minutes before the roast is done, combine the ingredients of the Mushroom Stuffing. There are eight ingredients in the Mushroom Stuffing. These are the eight:

1 pound fresh mushrooms	1/4 cup chopped onion
5 tablespoons butter	4 cups fine dry bread crumbs
1 cup chopped celery	1-1/4 teaspoons salt, and a
1 cup chopped parsley	Dash of pepper.

Eight ingredients, for Mushroom Stuffing: (Repeat).

Cook the mushrooms in the butter in a heavy skillet for about five minutes. Scoop them out and set aside. In the remaining liquid, cook the celery, parsley and onion, until the onion turns yellow. Stir in the bread crumbs, salt and pepper. Add the mushrooms. Mix all the ingredients thoroughly. Set the skilletful of stuffings in the oven to heat thoroughly. Lift the roast onto a hot platter, pile the hot mushroom stuffing into the center. Take the potato caps off the ends of the rib bones, and replace the potatoes with paper frills. Serve the roast at once, with gravy made from the pan drippings.

* Mint sauce or jelly is the traditional accompaniment for roast lamb, but pineapple seems to be even more popular, in our American menus. So, if you want both, serve browned slices of pineapple on the platter with the roast, and garnish with sprigs of fresh mint.

By the way, I read a letter the other day from a friend who had tried this new way of preparing a crown roast. The "crown" served four adults and a youngster on Sunday, three adults and the child on Monday, and the same number on Tuesday. I confess I don't see how it was made to go quite that far. Of course it is just a case of one chop or two, for a crown roast is made of the "rack" -- the part divided up into rib chops.

Well, we must be getting on. Now that I have described the main dish of our Easter dinner, I must go back to the beginning, and give you the menu in detail. Shall we begin with grapefruit? That's a pleasing appetizer. Then bring on the Crown Roast of Lamb with Mushroom Stuffing. I can imagine the "Ohs" and "Ahs" of pleased surprise when this dish appears! The rest of the menu includes Carrots and Celery cooked together; Asparagus on Toast; Mint Jelly; a Spring Salad; and dessert. For dessert, I suggest Lemon Pie; or Lemon Sherbet and Sponge Cake.

Now just supposing you don't care to serve a Crown Roast of Lamb with Mushroom Stuffing. Then why not feature a Roast Shoulder of Lamb, with

