

Fresh American Lamb Livens Up The Grill

(NAPSA)—Whether you're enjoying the warm outdoors by dining in either elegant or casual style, it's the right time to welcome the savory tastes of American Lamb to the patio table. Marrying this sweet and mild-flavored meat with an outdoor grill and in-season flavor provides a spectrum of tastes that is sure to impress family and friends.

Numerous American Lamb cuts are ideal for alfresco dining, including tender rib or loin chops, leg steaks, or ground lamb for "lamb-burgers" grilled to juicy perfection.

"In choosing a lamb cut, local domestic lamb will ensure freshness and a high meat-to-bone ratio," says Chef Pano Karatassos, a nationally renowned chef. "With American-produced Lamb you have a fresher, not so 'gamy' taste that can sometimes accompany the imported product."

Lamb has a great affinity with many herbs and spices, including classics such as garlic, rosemary, oregano, paprika, fennel and mustard. "The key to marinating and seasoning lamb is not to go overboard, as the flavor of the meat itself offers a mouth-watering taste," says Karatassos. "For a refreshing change of pace during warm weather, gently coating the lamb with tangy fruit flavors of the season offers a satisfying sweet kick."

To penetrate the lamb with tangy sweetness on the outdoor grill, try a creative marriage of American Lamb with raspberry jam, which combines juicy, paprika-spiced American Lamb leg steaks with a savory raspberry glaze vitalized by red wine vinegar.

If rain dampens outdoor dining plans, try a variety of other cooking methods that bring American Lamb's flavor indoors. Roasting, sautéing or stir-frying techniques can also enliven this fresh protein source.

To find American Lamb near you, call or visit your local grocery store meat counter, butcher or gourmet food retailer. For more information on the American Lamb difference, along with recipes suitable for every season, visit www.lambinfo.com.



RASPBERRY GLAZED AMERICAN LAMB STEAKS

4 servings

Preparation time: 15 minutes

Cook time: 15-20 minutes

4 American Lamb center leg steaks (approximately 2 pounds total), cut 1-inch thick

1 teaspoon salt

1 teaspoon pepper

1 teaspoon sweet paprika

½ cup red wine vinegar

½ cup white wine or chicken broth

½ cup raspberry jam, seedless

1 tablespoon green onion, minced

1 tablespoon cornstarch

1 tablespoon water

One hour before grilling, rub salt, pepper and paprika into lamb steaks. In medium saucepan, combine vinegar, white wine or broth, raspberry jam and green onion. Stir over medium heat until jam is melted. In a small bowl, stir together cornstarch and water; add to raspberry mixture and stir sauce until smooth and clear.

Grill steaks over moderate coals for 6 to 7 minutes on each side or to desired doneness: 145°F for medium rare, 160°F for medium or 170°F for well. Baste the sauce on the steaks, face-up side only, in the last 2-3 minutes of grilling. Brush on the last of glaze before serving. Serve thinly sliced or whole, as desired.

Recipe and image provided by the American Lamb Board