

15-Minute Rosemary Lamb Chops

Nothing complements the flavor of lamb better than rosemary. And our Quick Broil method makes this dish very fast and easy to prepare. Grass fed lamb is a great source of protein on which the structure of the human body depends. It is also a good source of zinc to help boost immune function and B vitamins for energy production.

- 12 lamb chops
- 6 TBS fresh lemon juice
- 3 TBS chopped fresh rosemary,
- 3 medium cloves garlic pressed, 1/4 tsp salt
- 1/4 tsp black pepper

1. Press garlic and let sit for at least 5 minutes to bring out its hidden benefits.
2. Mix together lemon juice, rosemary, pressed garlic, salt and pepper. Rub lamb chops with mixture. Set aside on plate.
3. Preheat broiler on high heat, and place a stainless steel or cast iron skillet large enough to hold the lamb chops under the heat for about 10 minutes to get very hot (about 5-7 inches from heat source). Be sure the handle is metal.
4. Once pan is hot, place lamb chops in pan, and return to broiler for about 4-5 minutes, depending on thickness of lamb. Lamb is cooked quickly as it is cooking on both sides at the same time. Serves 4

– Anichini-Moore Ranch & Farm

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Leg of Lamb with Baked Apples*

5lb. leg of lamb

Herb Marinade

- 1/2 garlic head, cloves peeled
- 1/4 C. olive oil
- 3 tsp. Dijon mustard
- 2 tsp. fresh rosemary
- 2 tsp. fresh thyme leaves
- 1 1/2 tsp. cayenne pepper
- 1 bay leaf
- fresh ground black pepper to taste

1. In a food processor, combine all the herbs Puree into a paste.
2. Place the lamb in a 9x13 glass baking dish and rub with paste. Cover and refrigerate overnight.
3. Preheat the grill to a medium heat. Grill the lamb over the direct heat for 15 to 20 minutes per side for rare, or longer if you like it more well done. Transfer to a large platter and cover with foil. Let stand for 10 minutes before slicing the lamb across the grain. Serve with apples and enjoy!

* Fruit-Stuffed Baked Apples recipe on the next card.

– Rowdy Stickhorse Wild Acres

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Grilled Beef Patties

Here's a little trick that we'd like to share with you when putting together patties for grilling:

We like to add one egg and one package of onion soup mix (per 2 pounds of beef) to add a little extra zing and help hold the meat together so you don't lose it to the bottom of the grill!!!!

–The Ruckers at Stone Bluff Beef

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Fruit-Stuffed Baked Apples

- 1/4 C. raisins
- 6 pitted dates or prunes, sliced
- 1/4 C. chopped walnuts
- 2 tsp. packed brown sugar
- 1 tsp. ground cinnamon
- 6 apples cored and tops peeled
- 1/4 C. water
- 1/4C. brandy
- 4 Tlb. unsalted butter melted

Apples: 1-1/2 hours before you want to eat, preheat the oven to 400. Combine the raisins, dates, walnuts, brown sugar, and cinnamon in a small bowl. Place the apples in a 9 x 13 baking dish. Fill the apples with the date mixture.

Combine the water, brandy, and melted butter in a small bowl. Pour over the apples. Cover and bake, basting occasionally with the sauce, until the apples are tender, about 1 1/4 hours Set aside.

Serve with Leg of Lamb.

– Rowdy Stickhorse Wild Acres

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