



# Delightful Food Ideas

## American Lamb Bridges Cultures And Spring Holidays



**Step up to large parties: A luscious leg of lamb is budget friendly and can feed a whole crowd with ease.**

(NAPSA)—Fresh, high-quality American lamb is available year-round, but sales more than double as families around the country gather for Easter and Passover feasts. A culinary bridge across cultures, lamb is a common staple of spring cooking that dates back to ancient times and is rooted in a number of religious traditions.

Today, lamb is a widespread and culturally significant part of the family dinner table. Offering more than just a great rack of lamb, affordable cuts of American lamb like shank and shoulder provide home chefs great value and more meat on the bone than imports. Consider these easy but elegant ways to enjoy American lamb:

• **Showstopping Crown Roast**—An impressive presentation that is surprisingly easy to prepare at home, this crowd-pleasing roast can be paired with fresh mint chutney for a modern take on a classic flavor combination.

• **Budget-Friendly Loin Chop**—A lesser-known and wallet-friendly cut, loin is quick to make on the grill or pan seared. Simple salt-and-pepper seasoning brings out the rich, natural flavor of Amer-

ican lamb that is complemented by fresh vegetables such as asparagus, fresh peas and artichokes.

• **Crowd-Pleasing Leg**—A whole leg of lamb is versatile and can easily feed a large group. Order a butterflied boneless leg of lamb from the butcher and stuff with a simple mixture of garlic, lemon juice, thyme, oregano and bread crumbs for a delicious Greek-style lamb roast. As an added bonus, use the leftovers for salads, sandwiches and soups.

For more information on additional cuts—such as Denver ribs, shoulder or blade chops—and year-round recipes, go to [www.americanlamb.com/html/recipes/](http://www.americanlamb.com/html/recipes/). Visit the American Lamb Board Web site at [www.americanlamb.com](http://www.americanlamb.com) to sign up for an American lamb newsletter that will keep you up to date on all lamb news, recipes and contests. New subscribers get Fan of Lamb gear and goodies.

The Board, appointed by the Secretary of Agriculture, is focused on the freshness, flavor, nutritional benefits and culinary versatility of American lamb. The work of the American Lamb Board is overseen by the U.S. Department of Agriculture.