

MEAT: RACK OF LAMB

Makes about 8 servings, 2 chops each

Two racks of lamb with their rib bones intertwined.
2 (3 1/2 to 4 pound) racks of lamb with 8 to 9 chops each

2 to 3 cloves garlic, split
salt, pepper
Dried rosemary, crushed

Have butcher "French" bone end racks, rub each rack generously with garlic and season lightly with salt, pepper and rosemary. Cover exposed bone tips with small pieces of foil. Place lamb on racks in shallow baking pans and roast at 375 degrees F until thermometer placed in the thickest part of chops registers 140F for medium rare, 160F for medium or 170F for well done. Remove roast from oven and place bone sides together, intertwining ends of rib bones to resemble stacked rifles. Discard foil and cover bone tips with paper frills, if desired. Allow to stand 10 minutes before carving.

ROAST HAM WITH ONION STUFFING

Makes 8 to 10 servings.

A savory roast ham.

4 pound pork boneless leg (fresh ham)
salt
3 cups water
6 medium onions, chopped
2 cups soft bread cubes
1 egg beaten
2 tablespoons margarine or butter
1 tablespoon dried sage leaves, crushed
1 teaspoon salt
1/4 teaspoon pepper

Spread pork flat and sprinkle lightly with salt. Heat water to boiling. Add onions, Cook 5 minutes. Drain. Mix together onions and remaining ingredients. Spread half of onion mixture on pork and roll up. Fasten with metal skewers. Place pork, fat side down, on rack in shallow roasting pan. Spoon any remaining stuffing over top of thickest part of pork and does not rest on the stuffing. Roast, uncovered, at 325F until thermometer registers 170F, 3 to 3 1/2 hours.

STEAK AND KIDNEY PIE

Makes 6 servings

A perennial pub favorite.

Riling:

1 pound beef bones round steak
1 beef kidney (about 3/4 pound)
1/3 cup plus 2 tablespoons flour
1/4 cup oil
1 1/4 cups water
2 medium onions, chopped
4 oz fresh mushrooms, sliced
1 1/2 teaspoons salt
1 teaspoon Worcestershire sauce
1/2 teaspoon dried thyme leaves
1/4 teaspoon pepper

Pastry Topping:

1/3 cup plus 1 tablespoon shortening
1 cup flour
1/2 teaspoon salt
2 to 3 tablespoons cold water

To prepare Filling, cut beef into 3/4" cubes. Remove membrane from kidney. Cut kidney into halves. Remove white veins and fat with kitchen scissors. Cut kidney into 3/4" cubes. Coat beef and kidney with 1/3 cup flour. Heat oil in 10" skillet over medium heat until hot. Cook meat in hot oil until brown on all sides. Add 1 cup water, onions, mushroom, salt, Worcestershire sauce, thyme and pepper. Heat to boiling. Reduce heat. Cover and simmer 1 hour. Heat oven to 400F. Meanwhile, to prepare Pastry, cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans sides of bowl (1 to 2 teaspoons water can be added if necessary). Gather pastry into a ball and shape into flattened round on lightly floured cloth-covered board. Roll out to fit top of casserole. Cut 1" slits in pastry. Bake on ungreased baking sheet until crust is golden brown, 25 to 30 minutes. Mix together 1/4 cup cold water and 2 tablespoons flour. Stir into meat mixture. Heat to boiling, stirring constantly. Boil and stir 1 minute. Pour mixture into ungreased 1 1/2 quart casserole. Place baked crust on meat mixture in casserole.

PRESERVES: LEMON-LIME MARMALADE

Makes 6 to 8 pints.

Who says marmalade is orange?

3 cups thinly sliced unpeeled limes
1 cup thinly slices, seeded, unpeeled lemons
3 quart water
9 cups sugar

Combine lime and lemon slices and water in large kettle. Bring to boil and boil 20 minutes, or until peels are tender. Drain and measure liquid. Add enough water to make 3 quarts liquid, then combine liquid, fruit and sugar in kettle. Bring to boil and cook rapidly until mixture sheets off spoon or to 221 degrees on candy thermometer. Pour into hot sterilized jars and seal.

MANGO CHUTNEY

Makes 8 cups.

A British version of simpler Indian condiment

1 1/2 cups vinegar
1 1/2 cups brown sugar
5 cups diced or sliced mango
1 tablespoon minced garlic
2 tablespoons ground ginger
1 teaspoon ground coriander
1 tablespoon curry
1/4 teaspoon cayenne pepper
1 teaspoon salt