

**RECIPES FROM THE LAMB COOKING DEMONSTRATION BY SHARON ERICKSON
AND SUSAN DAY AT THE 9TH ANNUAL IOWA SHEEP & WOOL FESTIVAL**

LAMB MEATBALLS

1lb ground lamb
3/4 c. milk
1/2 c. dry bread crumbs
1-2 cloves garlic (crushed or
minced)
1/2 c. chopped onion
1 tsp seasoned salt
1/2 tsp pepper
1 egg beaten

Mix dry bread crumbs into milk and add
garlic to this mixture. Combine lamb,
onion and seasonings. Add milk mixture
and mix. Add egg and mix. Fry or bake.

BASTING SAUCE/MARINADE

1/2 c. red wine vinegar
1/2 c lemon juice
1/4 c. soy sauce
1/4-1/2 c. oil
2 cloves garlic (crushed or minced)
Seasoning salt & pepper
Any herbs you like (opt)

LAMB FAJITAS

Lean Lamb cut into strips
1/2 tsp soda dissolved in 1/2 C
water
Sliced Onions
Sliced peppers
Fajita seasoning

Soak lamb in soda water 15 min. at room
temp. Rinse with cold water pat dry. Fry
in small amount of oil, add peppers and
onions. Cook until tender. Serve on warm
tortillas.

*Note – the soda water helps prevent the
meat from seizing up and keeps it moist.

SIMPLE LAMB STIR FRY

Lean lamb cut into strips
1 pkg. frozen stir fry vegetables
or cut up fresh vegise of your
choice
Fry lamb; add stir fry seasoning;
add veggies and cook until done.
Serve on rice.