

Meats

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Meatloaf (Barefoot Contessa)

Ingredients

- 1 tablespoon good olive oil
- 3 cups chopped yellow onions (3 onions)
- 1 teaspoon chopped fresh thyme leaves
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons Worcestershire sauce
- 1/3 cup canned chicken stock or broth
- 1 tablespoon tomato paste
- 2 1/2 pounds ground chuck (81 percent lean)
- 1/2 cup plain dry bread crumbs (recommended: Progresso)
- 2 extra-large eggs, beaten
- 1/2 cup ketchup (recommended: Heinz)

Preheat the oven to 325 degrees F.

Heat the olive oil in a medium saute pan. Add the onions, thyme, salt, and pepper and cook over medium-low heat, stirring occasionally, for 8 to 10 minutes, until the onions are translucent but not brown. Off the heat, add the Worcestershire sauce, chicken stock, and tomato paste. Allow to cool slightly.

In a large bowl, combine the ground chuck, onion mixture, bread crumbs, and eggs, and mix lightly with a fork. Don't mash or the meat loaf will be dense. Shape the mixture into a rectangular loaf on a sheet pan covered with parchment paper. Spread the ketchup evenly on top. Bake for 1 to 1 1/4 hours, until the internal temperature is 160 degrees F and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.) Serve hot.

ROSEMARY, LEMON, and GARLIC LEG of LAMB

with ROASTED POTATOES

2 large lemon, zest of 1 removed in strips with a vegetable peeler
1/4 cup fresh rosemary leaves
3 large garlic cloves
2 tablespoons olive oil
2 teaspoons fresh lemon juice
1/2 teaspoon salt
7 pound boneless leg of lamb, tied
2 1/2 pounds small red potatoes
3 tablespoons minced fresh chives

- Preheat oven to 350°F.
- Cut off and discard pith from zested lemon.
- Cut off and discard zest and pith from other lemon.
- In a saucepan of boiling water blanch zest 1 minute and drain in colander.
- Cut each lemon crosswise into 6 slices.
- In a small food processor blend rosemary, garlic, zest, 1 tablespoon oil, lemon juice, and salt until mixture is chopped fine.
- With tip of a small sharp knife cut small slits all over lamb and rub rosemary mixture over lamb, rubbing into slits.
- Arrange lemon sliced in middle of large roasting pan and arrange lamb on them.
- Roast lamb in middle of oven 45 minutes.
- Quarter potatoes and in a saucepan cover with salted cold water by 1 inch.
- Bring water to a boil and cook potatoes, covered, 5 minutes.
- Drain potatoes in colander and in a bowl toss with remaining tablespoon oil.
- Arrange potatoes around lamb and sprinkle with salt and pepper to taste.
- Roast lamb and potatoes, stirring potatoes occasionally, 55 minutes, or until a meat thermometer registers 140° F. for medium-rare.
- Transfer lamb to a cutting board and let stand 15 minutes.
- Increase temperature to 500°F. and roast potatoes and lemons in one layer 5 to 10 minutes more, or until golden.
- Transfer potatoes and lemons with a slotted spoon to bowl and toss with chives.
- Transfer potato mixture to a platter.
- Serve lamb, sliced thin across grain, with potatoes, garnished with rosemary and lemon wedges.

Recipe from Gourmet, April 1996
Used for Easter dinner, 1997.

CURRY

1 pound cooked turkey
1/4 cup butter
1 clove garlic, chopped
1 cup chopped onion
1 cup chopped peeled apple
3 tablespoons curry powder
1/2 teaspoon ground ginger

1/2 cup flour
3 cups chicken broth
1 tomato, peeled and chopped
4 ounces flaked coconut
1 1/2 cups milk
salt & freshly ground pepper to taste

- Add garlic, onion, apple, curry and ginger to butter skillet.
- Cook slowly until onions and apples are tender but not browned.
- Stir in flour.
- Gradually stir in chicken broth.
- Cook and stir until mixture boils and is thickened.
- Add tomato.
- Pour over cut-up turkey in casserole.
- Cover and bake in a 325°F. oven for 1 hour.
- Meanwhile, simmer coconut in milk for 20 minutes.
- Strain, pressing all milk from coconut.
- Stir milk into curry mixture
- Add salt and pepper to taste.
- Let cook another 10 minutes.
- Serve over cooked rice.

Original recipe calls for lamb.

Recipe from Fondue, Chafing Dish, and Casserole Cookery by Margaret Deeds Murphy.

GRILLED LAMB CHOPS with HONEY-THYME GLAZE

Note: for this recipe you'll need American lamb not New Zealand lanb

10 garlic cloves
10 large fresh basil leaves
1 1/2 cups olive oil
8 fresh thyme springs
2 frenched racks of lamb (about 1 1/2 pounds each)

For honey-thyme glaze

6 tablespoons pure honey (preferably Puna)
1 tablespoons whole-grain mustard
1/2 tablespoons fresh thyme leaves
1/2 tablespoon balsamic vinegar

kosher salt to taste
cracked white peppercorns to taste

- Smash garlic and thinly slice basil.
- In a bowl stir together garlic, basil, oil, and thyme.
- In a large heavy-duty sealable plastic bag combine lamb racks and marinade and seal bag.
- Marinate lamb, chilled, turning once, 3 hours.
- Make glaze;
- In a bowl stir together glaze ingredients.
- In another bowl reserve 2 tablespoons glaze for serving.
- Prepare grill.

- Remove lamb from marinade and discard marinade.
- Cut each rack into 4 double chops and season with kosher salt and cracked peppercorns.
- Grill chops on an oiled rack set about 6 inches over glowing coals, turning them, 12 to 15 minutes for medium-rare, basting with glaze during last 4 minutes of grilling to avoid burning glaze.
- Just before serving, drizzle chops with reserved glaze.
- Serves 4.

Recipe from Mauna Lani Bay Hotel, Hawaii, in *Gourmet*, May, 1999.

Potatoes, Rice, and Pasta

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PESTO

1c parsley sprigs
1/2c pine nuts
2 cloves garlic
1T dried basil
1/2c oil
1/4c water

Blend until smooth. Add 1/4c grated parmesan cheese. Toss with spaghetti.

PASTA PRIMAVERA

Serves 6 to 8 as a first course.

1/2 cup salted butter