

Lamb Tasting a Big Draw

For the fourth year students from Smith Vocational Agricultural High School and Members of the Smith Pioneer Valley Culinary Association Junior Chapter presented the latest ideas in cooking lamb. Each year the students participate in a lamb cook off that feature the students' ability to cook and present dishes that feature Massachusetts Grown lamb. There are usually two divisions of competition: dishes that feature ground lamb and dishes that feature kabobs or stew meat. The winning recipes are featured at the fair. In addition the students and their Instructors cook and serve lamb chops and Leg of lamb.

Declan's Shepherd's Pot Pie

½ lb. ground lamb
½ tsp. dried rosemary
¼ Yellow Onion, finely chopped
½ tsp. oregano
½ cup corn
1 large Russet Potato
½ c. milk
¼ c. heavy cream
1 ½ Tbsp. butter
1 Tbsp. honey
1 Tbsp. lavender
4 Sheets Phyllo dough
¼ c. Melted butter
7 Mint Leaves

Combine ground lamb with oregano and rosemary. Sauté onion in oil until opaque, add ground lamb and cook until done. Steam or boil corn until done. Cut potatoes into small cubes and boil until fork tender. Boil milk with cream, butter and honey. Put lavender into cheesecloth and add to milk, add salt and pepper to taste. Mash potatoes with milk mixture. Add mint to melted butter and brush phyllo sheets with butter in layers. Bake phyllo at 350 until golden, cut into circles.

To assemble put corn on bottom of oven safe dish, put lamb on top of corn and pipe mashed potatoes on top. Finish with baked Phyllo circle.