

SHEPHERD'S HARVEST SHEEP AND WOOL FESTIVAL AT THE WASHINGTON COUNTY FAIRGROUND IN LAKE ELMO, MINNESOTA



*John Michael Lerma Demonstrates New Ways to
Cook Lamb.*

Sunday, May 11 - 12:00, 1:00 & 2:00 - Bldg B

Author, chef and Food Network personality, John Michael Lerma will share creative secrets for preparing lamb.

LAMB SOUP

2 teaspoons extra virgin olive oil
½ medium onion, finely chopped
¾ pound boneless lamb shoulder, cut into one-inch cubes
1 cup warm beer
½ teaspoon freshly ground black pepper
½ packet brown gravy mix
2 cups beef stock
1½ cups yellow gold or russet potatoes, cubed
1 cup carrots, sliced thinly
1 cup green cabbage, shredded (preferably Savoy cabbage)

1. Heat the olive oil in heavy bottom stock pot or cast iron Dutch oven over a medium-high heat. Add onions and sauté until golden, about 5 minutes. Do not brown.
2. Add lamb and cook 6 minutes, stirring occasionally, until browned on all sides. Add beer and pepper. Reduce heat to low. Cover and simmer for 30 minutes.
3. Blend in beef stock and gravy mix. Stir well to mix.
4. Add potatoes and carrots, cover and simmer about 15 minutes until vegetables are fork tender. Stir in cabbage and cook until cabbage slightly wilts. Serves 4-6

LAMB AND ASPARAGUS

½ cup good quality dry white wine
1 red onion, finely chopped
3 garlic clover, crushed
1 ½ pounds boneless lamb, chopped into small cubes
3 cups of asparagus, cut into 1-inch slices
Sea salt
Freshly ground black pepper

1. Heat ½ of the wine in a heavy bottom frying pan over medium heat. When wine begin to boil, add the onion and garlic. Cook until softened.
2. Add lamb and cook about 6 minutes, stirring occasionally, until browned on all sides.
3. Add remaining wine and asparagus. Cover and continue cooking for about 10 minutes or until lamb is tender. Season to taste with salt and pepper. Serves 4

OPEN-FACE LAMB SANDWICH

1 pound top round lamb, cut into 1-inch thick medallions
2 tablespoons extra virgin olive oil
Sea salt
Freshly ground black pepper
3 cups Greek Yogurt (or regular plain yogurt, strained)
Juice of one lemon (about 3 tablespoons)
1 garlic clover, chopped
2 medium seedless cucumbers, peeled, and cut into half moons
1 tablespoon sea salt for salting cucumbers
1 tablespoon finely chopped fresh dill
Sea salt and freshly ground black pepper to taste
¼ pound arugula or small bunch of watercress
4 large slices rustic sourdough bread, toasted

1. Preheat a grill/grill pan on high heat.
2. Coat the lamb with a little bit of the olive oil and season both sides with salt and pepper. Cook the lamb until medium rare, about 4 minutes per side. Let rest for about 10 minutes. *May be made a day ahead and refrigerated.
3. Meanwhile, place the cucumber in a medium bowl and sprinkle with 1 tablespoon sea salt. Let stand for 30 minutes to draw out water. Drain well and wipe dry with paper towel.
4. In a food processor with steel blade, add cucumber, lemon juice, garlic, dill and a few grinds of black pepper. Process until well blended. Stir this mixture into the yogurt. Season to taste with salt and pepper. Chill until ready to use. *May be made a day ahead and refrigerated.

5. Assemble the sandwiches by topping the bread with some of the cucumber mixture. Top the cucumber mixture with the lamb slices. Finally, mound some arugula on top of the lamb. Serves 4

PROSCIUTTO LAMB BURGERS

½ cup plain dried bread crumbs
¼ cup chopped fresh flat-leaf Italian parsley
1 large egg, lightly beaten
2 tablespoons whole milk
½ cup grated Pecorino Romano
¼ cup chopped sun-dried tomatoes
¾ teaspoon sea salt
¾ teaspoon freshly ground black pepper
1 pound ground lamb
6 large slices prosciutto, sliced medium-thin (for wrapping the burgers)
¼ cup extra virgin olive oil
Fresh basil leaves, for topping each burger
Fresh tomato slices, for topping each burger
Extra-virgin olive oil, for drizzling
Balsamic vinegar, for drizzling

1. In a large bowl combine the bread crumbs, parsley, egg, milk, cheese, sun-dried tomatoes, salt, and pepper. Stir to combine. Add the lamb and stir until incorporated. Divide the mixture into 6 (1-inch) thick burgers. Place the slices of prosciutto on a cutting board or piece of parchment paper. Place 1 lamb burger in the center of each slice of prosciutto and wrap the prosciutto around the burger.
2. Place a large, heavy bottom skillet over medium heat. Add the olive oil and heat for 2 minutes. Place the lamb burgers, prosciutto-covered side down in the pan and cook over medium heat until the prosciutto is golden, about 6 to 8 minutes. Turn the burgers and finish cooking, about 6 to 8 minutes more.
3. Remove the burgers from the pan and place on a serving platter or individual plates. Top each burger with 2 to 3 basil leaves, 1 to 2 slices of tomato, and a drizzle of extra-virgin olive oil and balsamic vinegar. Serve immediately. Serves 6