

## Oriental Cooking

**Greek Bitockes.** — This is lamb meat which is rather fat, minced with a seasoning of bread crumbs dipped in milk, salt, pepper, raw eggs, and sheep cheese passed through a sieve. Shape into small disks of  $\frac{1}{3}$ " thick, roll in flour and cook in oil in a frying pan. Turn with a spatula. Cover with fresh, clear tomato sauce.

**Lamb Gueveche or Turkish Stew.** — Brown some stewing lamb with some new onions and a bunch of herbs. Drain, and keep warm. Next, brown separately, in oil : fresh string beans, small marrows cut like large olives, eggplant cut in the same way, Greek crosnes, and strips of green pepper. Season to taste, and place the lamb sauté in a djinjere (a special dish used in the Orient). The drained vegetables should be placed on top, as well as large slices of raw tomatoes. Seal tightly, and cook over a slow fire without moistening at all. This stew is good, and tasty.

The meat browned in pieces, and their garnishes cooked raw in oil produce savoury mixtures. This type of stew should become better known everywhere.

**Turkish Lamb on Skewers.** — For this entrée, it is preferable to use large cubes of lamb or mutton from the saddle, the leg, or the shoulder. These pieces are marinated in oil and milk for 1 or 2 hours, longer if possible. Put these pieces of meat on wood or bamboo skewers, alternating them with pieces of new onions, fresh tomatoes, bay leaves — all well seasoned previously. Grill over a very hot fire, and when cooked, sprinkle with powdered thyme. Take off the skewer, and serve on a layer of rice Pilaff. It is often accompanied by sour cream or yoghourt.

## Saddles, Quarters and Barons of Lamb

**Baron of Lamb "à la Cybelle".** — By the name of baron is meant the saddle and the two legs (joined together) of a young milk lamb. It is in reality half the lamb (the hind half). It is evident that this dish can only be prepared with a very small lamb. The best ones are those of Pauillac. The carving is done by slicing the thick pieces at the top of the two legs, which are left in place. The top part of the saddle is also removed, and sliced, and then put back into place so that the joint is presented as a whole.

For 18 to 20 people, trim a baron of lamb. Season the interior with salt and spices. It is envelopped in a caul and trussed with care. Next, roast either in an oven or on a spit, basting from time to time with the fat which runs out. Cook 20 minutes for each 1 lb. of meat. About  $\frac{1}{2}$  hour before it is cooked, pour into the dripping pan  $\frac{1}{2}$  cup of Sauterne wine, 1 tsp. lemon juice, and pour this over the meat. After having cut (see illustration, p. 25) and arranged the meat, place at either end pyramids of cauliflower covered with Hollandaise sauce. On each side, place, alternating, artichoke hearts garnished with Soubise purée and a Dauphine potato



croquette on top, and heaps of small new carrots. Place cutlet frills on the legs. Serve this dish hot. Accompany it with the rich gravy in the pan, with the fat removed, strained, and placed in a sauceboat.

**Baron of Lamb "à la Judic".** — Garnish the baron with braised lettuce, scooped out tomatoes, grilled and filled with peas, and small potato croquettes. The gravy should be mixed with tomato and served as the sauce.

*Note.* — Since the baron is a roast, it may be garnished with any vegetables in season.

**Greek Saddle of Lamb.** — The saddle is served well done, and may be garnished like saddle of mutton, in various ways. Here is an excellent summer entrée. Roast in the oven or in a pot a saddle of lamb, and while it is cooking, prepare a rizotto "au gras" (see Vegetables), and also some cucumbers or small marrows. Arrange the sliced saddle in the middle of the dish. Place the rizotto in two piles at the end of the dish, and the stuffed marrows at each side.

As a sauce, serve the gravy with tomatoes added to it, highly spiced.

The saddle of lamb may be garnished in the same way as the saddle of mutton. The difference is that mutton is served not quite as well done as lamb.

*As it is a very fine and excellent meat, a delicious cold dish may be made of it as follows.*

**Strasbourg Saddle of Lamb.** — Remove the bones from the underneath, taking care not to pierce the skin on top. Season the meat. In the place where the bones were, put 1 or more pieces of raw foie gras, well seasoned, and truffled. The foie gras should be cut like thick sausages. Envelop the stuffing, trying to keep the original shape. Tie it, and enclose all in some pork caul, also tied with string. Place in the oven in a pan. When it is well browned, pour off the fat, add enough port wine and aspic jelly to half cover the meat. Season, cover, and stew slowly for about an hour. Then place the saddle in an earthenware pie dish, after having removed the string and the caul. Pour the liquid round it; this should entirely cover the meat. The next day, carefully remove the fat from the surface, and cut the meat in the dish and serve like that. This is a very fine cold dish.

**Quarter of Lamb "à la Marie-Louise".** — The quarter or haunch is a leg and half the saddle, up to the first ribs. Simply roast in a hot oven for about 45 minutes for a milk lamb. The garnish consists of artichoke hearts filled with Soubise purée and new potatoes in butter.

The haunch is, really, half a baron of lamb cut in half across. It may be garnished in many ways like all other large joints of meat.

**"Carre" of Lamb "à la Fermière".** — The name "carre" in butchery means the side of mutton or lamb which is represented by all the ribs together. This joint should be prepared by the butcher, the cutlets are loosened, the chine is completely removed. Roast the joint, well done for lamb. Garnish with carrots, turnips, string beans, peas, potatoes, and cauliflower — either mixed together or in separate bunches. It may also be prepared à la Boulangère or à la Bretonne, or in any other way which is used for a leg. This is a fine dish, and suitable for a formal dinner.