

Tuscan Lamb

Lelah Swallow

3rd place Lamb Cookoff

5th Annual Iowa Sheep & Wool Festival

Ingredients

1 pound of ground lamb

¼ cup bread crumbs or Panko (Japanese Bread Crumbs)

Buttermilk powder

1 egg

Garlic, minced

White Pepper

Salt

2 tablespoons olive oil

Green or sweet onion

1 medium size red onion

24 mini sweet peppers

1 medium size zucchini, cored and cut into 1-1/2" sections

Mushrooms

1 can vegetable broth

1 cup white wine

1 can spinach or a bag of fresh

1 can white beans

½ pound carrots, cut in half lengthwise

1. Combine the ground lamb, bread crumbs, buttermilk powder, and the egg. Add garlic, white pepper and salt to the mixture to your taste. Add olive oil, chopped onion, middle of the zucchini, chopped mushroom stems. Mix together well.
2. Place into a pan the following in order listed: vegetable broth, white wine, spinach, white beans, red and green onion, carrots, white pepper, garlic and salt, to taste.
3. Stuff peppers, mushroom caps and zucchini with the meat mixture and place on top of the layered items in step number two.
4. Place the pan on onto the grill grate in offset chamber and bake at 250°F until the vegetables are tender and the meat is at 155°F internally.
5. Remove from the cooker. Remove stuffed peppers, mushroom caps and zucchini to serving platter. Add gorgonzola cheese to beans and mash, pour over stuffed items and serve, garnished with dill or chives or tops of green onions.