

Seasoned lamb enriches salad

CELEBRATE summer with fresh dishes like this Lamb, Lime & Mango Salad. Lamb's rich flavor and buttery tenderness make it a star choice for grilling, while mango is one of the world's most popular fruits.

Celebrity chef Allen Susser, owner of Chef Allen's Restaurant in Miami, often reaches for mangos in his "Palm Tree Cuisine." He says the natural sweet-and-sour flavor of the mango emphasizes a variety of dishes, including lamb.

Susser believes American lamb, in its own right, adds a full-flavor component to the plate. "It can be combined with any number of forward aromatic seasonings such as garlic, fennel or rosemary. The unique flavor is so delicious and lamb is versatile enough to be presented casually or elegantly," he says.



- 1 firm, ripe mango, peeled, pitted and diced
- 1 small avocado, peeled, pitted and diced
- 4 large green onions, including light green parts, diced

Dressing

- 2 tablespoons Thai fish sauce
- 3 tablespoons freshly squeezed lime juice
- 1 tablespoon soy sauce
- 2 teaspoons minced, fresh red Thai or jalapeño pepper
- 2 teaspoons packed brown sugar

In food processor, combine the garlic, the cilantro stems, salt, pepper and 2 tablespoons oil. Spread the paste on both sides of lamb and marinate for 30 minutes.

Warm remaining oil in large, heavy skillet, cooking lamb on each side three to four minutes (medium rare). Remove from pan and cool; cut lamb into small strips.

To serve, divide lettuce leaves among four plates and arrange mango, avocado, green onions and small strips of lamb on top.

In a small bowl, combine all of the dressing ingredients, and then stir until the sugar is dissolved. Drizzle salad with dressing and scatter with cilantro leaves.

Makes four servings.

■ For tips on choosing the ripest mangos and more mango recipes, go online to www.mangoinfo.org. Learn more about cooking with lamb at www.americanlambboard.org.

Lamb, Lime & Mango Salad

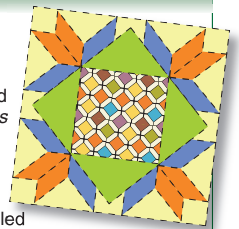
Lamb

- 3 cloves garlic, minced
- 10 sprigs cilantro, stems and leaves separated
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 tablespoons peanut oil, divided
- 12 ounces lamb steak, trimmed of fat

Salad

- 1 head frisée lettuce, inner leaves washed and dried

Quilts from the Past



THIS 1930 vintage quilt pattern was published by the *Kansas City Star*, which noted it was intricate and not for the "unskilled or impatient." In reality, the pattern was more than 40 years old when the *Star* published it as a 9-inch block.

For the less patient and all levels of skill, we've had this intricate pattern (if you use small designs in the material) redrafted into a 12-inch block pattern.

For your copy send \$3 cash or money order, made out to Farm Progress Cos. Send your order to **Swallows in the Window** #162, 6200 Aurora Ave. 609E, Urbandale, IA 50322.

Quilt catalog

For those interested in vintage quilt patterns, we've assembled a catalog of more than 150 blocks available that we have republished since 1993. These patterns are mainly from the early 20th century. For your copy of the catalog and ordering information for the redrafted patterns, send \$8 cash or money order, made out to Farm Progress Cos., to Quilt Catalog, 6200 Aurora Ave. 609E, Urbandale, IA 50322.

Size does matter.

Introducing the **MK 100 x 36G TRUCK LOADER** ... a Powerhouse in a little package.

The new MK 100x36G auger is short on length and long on versatility. It combines the capacity, quality and safety of a regular-sized auger with the flexibility and maneuverability of a shorter one. Just drive your tractor up to the bin, lower and swing the hopper into position and you're ready to load your truck or trailer. It's convenient, easy to set-up and best of all, it's economical.

WESTFIELD
Performance & value you can trust.

Westfield Industries (A Division of Ag Growth Industries L.P.) T: 204.746.2396 F: 204.746.2679
• For size and specs visit us at grainaugers.com or contact us at sales@grainaugers.com

Need More Land?

We Can Help.

You've had your eye on that piece of land for long enough. Now's the time to get it. 1st Farm Credit Services is the recognized leader in competitively priced real estate loans. With nearly 90 years of experience providing flexible financing alternatives to our clients, we offer an unmatched depth of knowledge in the agricultural real estate market.

Select the right product for your operation from the most comprehensive array of products available in the marketplace today. So whether it's few more acres or multiple parcels of land, call 1st Farm Credit Services. If you can imagine it, we can make it happen.

1st Farm Credit Services
At the heart of a growing America.

Call 1-800-444-FARM www.usfarmcredit.com