

## **Winners Announced in the “Four Seasons, Endless Reasons” American Lamb Chef’s Recipe Contest**

**DENVER (September XX, 2004)** – One chef’s culinary inspiration, an earthy fresh American Lamb stew full of sweet and spicy Asian flavors, recently captured the top honor as the best American Lamb entrée recipe. The creator, Bay Area chef Heidi Krahlung, received a \$10,000 grand prize for her recipe, “Autumnal American Lamb Stew with Red Kuri Squash and Almonds,” in the first ever “Four Seasons, Endless Reasons” American Lamb Chef’s recipe contest.

Krahlung’s grand-prize winning recipe embodied the essential criteria developed by the contest’s judges: It creatively featured one of American Lamb’s most flavorful cuts – in this case, boneless shoulder – and used season-specific ingredients, such as fall’s seasonal smooth and buttery Kuri Squash. Krahlung combined these ingredients to make a hearty stew with a richly distinctive and delicious flavor, exotically accented by seasonings such as cilantro, cinnamon, saffron and ginger.

“I love the way the ingredients complement the American Lamb in this stew to create a succulent fall-season treat,” says grand-prize winner Krahlung, owner of *Insalata’s Restaurant* in San Anselmo, California. “Plus, it’s such a versatile dish, because with a few easy seasonal modifications, chefs can add it to their menus so patrons can enjoy it year-round. I’m so happy it’s a winner!”

### **Chefs demonstrate versatility of American Lamb**

Chosen as the grand-prize winner in a blind tasting by a group of esteemed judges at the Culinary Institute of America (CIA), Krahlung’s “Autumnal American Lamb Stew” beat out 11 other highly creative entrée recipes (a total of three finalists for each of the four seasons). Recipe submissions came from a wide assortment of chefs, including prestigious executive chefs, rising

stars, culinary educators and chef-students from around the country. Judges evaluated each season's recipes based on how creatively and deliciously they featured American Lamb and used seasonally-appropriate ingredients and cooking methods. All of the winning recipes got high marks for their originality, flavor, seasonality and especially, their suitability for use in the food-service industry.

“This contest gave a group of our nation's top-notch chefs the chance to exhibit their ingenuity and creativity, while helping to promote American Lamb as an ideal year-round delicious and healthy menu item for almost any restaurant around the country,” states XXX of the Culinary Institute of America (CIA). “It was wonderful to experience such a wide array of seasonal recipes, attesting to American's Lamb's adaptability to each season's specific offerings.”

### **A lamb for every season**

In addition to Krahling's grand-prize, the judges awarded four \$1,000 first place awards for four winning seasonal recipes by four gifted chefs:

- **Fall 1st Place winner:** American Lamb Shank with Espresso Reduction, created by Peng Looi, owner and head chef of *August Moon Chinese Bistro* and *Asiatique* in Louisville, Kentucky;
- **Winter 1st Place winner:** Festive Rack of American Lamb with Dried Cherry Chipotle Chutney served with Grilled Polenta Stars on a Bed of Gorgonzola Cheese, created by Becky McKinley, owner of *Dining by Design* in Amarillo, Texas;
- **Spring 1st Place winner:** American Lamb Fricassee, created by Sam Arnold, owner and head chef of the *Fort Restaurant* in Denver, Colorado; and
- **Summer 1st Place winner:** Grilled Rack of American Lamb with Frissee, Fingerling Potatoes, Fresh Figs, Shaved Parmesan and a Thyme Vinaigrette, created by Christian Gray, chef at the 4-star Italian restaurant *Spiaggia* in Chicago.

### **American Lamb's exceptional flavor and leanness make it a healthy menu staple**

Each of the five award-winning recipes highlights how the distinctive taste of American Lamb holds up perfectly with various cooking methods and that American Lamb is the ideal

choice for numerous types of seasonal entrees. “We’re delighted by the unique use of American Lamb in all these recipes,” says Spence Rule, Chairman of the American Lamb Board, which administers the national lamb promotion program. “This contest truly brought out the sweet, tender and mild taste of American Lamb that makes it such a versatile year-round entree.”

Domestic lamb producers raise American Lamb to meet U.S. consumers’ preferences, by ensuring the highest quality product with a consistently mild flavor and a higher meat to bone ratio, which add up to an excellent yield and overall value for the American Lamb purchaser. American Lamb is leaner and meatier than any other type of lamb, and unlike most red meats, American Lamb doesn’t have saturated fat marbled throughout the cuts. Instead, most of the fat is on the outer edges and can be easily trimmed away, leaving one of the leanest red meats available. Carb-counting diners looking for a mouth-watering protein option that can fully satisfy them will be thrilled to see American Lamb on the menu.

With more than 75,000 American Lamb producers throughout the U.S., lamb cuts of all varieties are available year-round and purveyors are easy to locate. Another reason for chefs to feature American Lamb on their menus: More than 90 percent of American Lamb is graded USDA “choice” or better.

### **American Lamb recipes**

The recipes will be posted on [www.americanlamb.com](http://www.americanlamb.com), starting September 29, 2004. For more low carbohydrate and nutritious recipe ideas from the American Lamb Board, visit [www.lambinfo.com](http://www.lambinfo.com). Restaurant- and food-service versions of chefs’ recipes and the “American Lamb Makes the Plate” video produced by the CIA for culinary professionals are available upon request.

The American Lamb Board is a national promotion, research and information organization whose purpose is to strengthen the position of Lamb and Lamb products in domestic and foreign markets, and to develop, maintain and expand markets for Lamb and Lamb products. The American Lamb Board is a 13-member board comprised of producers, feeders, seed stock producers and first handlers, appointed by the Secretary of Agriculture to administer the activities of the American Lamb check-off program initiated in 2002.

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“I love the way the ingredients complement the American Lamb in this stew to create a succulent fall-season treat,” says grand-prize winner Krahlung, owner of *Insalata’s Restaurant* in San Anselmo, California. “Plus, it’s such a versatile dish, because with a few easy seasonal modifications, consumers can enjoy it year-round. I’m so happy it’s a winner!”

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season's recipes based on how creatively and deliciously they featured American Lamb and used seasonally-appropriate ingredients and cooking methods. By creating recipes according to season, the chefs demonstrated for consumers that with the fresh American Lamb cuts available year-round, there are countless creative, easy and delicious ways to prepare American Lamb for any dining occasion, any night of the year.

“This contest gave a group of our nation's top-notch chefs the chance to exhibit their ingenuity and creativity, while helping to promote American Lamb as an ideal year-round entrée choice at dinner tables and restaurants around the country,” states XXX of the Culinary Institute of America (CIA). “It was wonderful to experience such a wide array of seasonal recipes, attesting to American's Lamb's adaptability to each season's specific offerings.”

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### **Recipes highlight American Lamb's exceptional flavor**

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program. “This contest truly brought out the sweet, tender and mild taste of American Lamb that makes it such a versatile year-round entree.”

Each of the five award-winning recipes shows how the distinctive taste of American Lamb holds up perfectly with various cooking methods and that American Lamb is the ideal choice for numerous types of seasonal entrees. Domestic lamb producers raise American Lamb to meet U.S. consumers’ preferences, by ensuring the highest quality product with a consistently mild flavor and a higher meat to bone ratio, which add up to an excellent consumer value. With more than 75,000 American Lamb producers throughout the U.S., lamb cuts of all varieties are available year-round at butcher shops, gourmet retailers and many local grocery butcher counters.

### **American Lamb recipes are ideal for at-home dining and entertaining**

Consumers don’t have to wait for a holiday or special occasion meal at a restaurant to enjoy American Lamb dishes like these. The winning recipes are easy-to-read and prepare, yet festive and elegant enough for any dinner party. Plus, with zero carbohydrates, and fat that even home cooks can easily trim away, American Lamb is an excellent and healthy protein staple for most family diets.

The winning recipes will be posted on [www.americanlamb.com](http://www.americanlamb.com), starting September 29, 2004. For more recipe ideas from the American Lamb Board, visit [www.lambinfo.com](http://www.lambinfo.com). Restaurant- and food-service versions of chefs’ recipes and the “American Lamb Makes the Plate” video produced by the CIA for culinary professionals are available upon request.

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