

Pan-Asian Dishes Pack Flavor Punch

Dish the HOTTEST LEMON CUISINE

FAMILY FEATURES EDITORIAL SYNDICATE

Cuisine doesn't get any hotter than this. Food experts across the nation point to Pan-Asian flavors as the freshest trend of the year, taking note of the unique ways in which their flavors tickle the palate with brilliant ingredient pairings.

Mai Pham, award-winning cookbook author and owner of the nationally acclaimed Lemon Grass Restaurant in Sacramento, Calif., makes bold flavor statements with these tapas-style "small plates," which are perfect for entertaining as well as both casual and elegant meals. An expert in Vietnamese and Thai cuisine, Chef Pham marries flavors from across Asia with American Lamb and USA-grown peanuts, making a unique culinary statement. "American Lamb and USA-grown peanuts offer wonderful flavors and textures integral to Pan-Asian dishes," Chef Pham says. She favors the sweet, mild taste and versatility of fresh American Lamb for showcasing Pan-Asian flavors. American Lamb's availability at the grocery store and butcher allows the creative cook to dish up trendy tastes year-round. If you don't find the cut you're looking for, just ask — and preorder when possible. USA-grown peanuts, tremendously versatile, flavor-packed and widely available as well, are both familiar and exotic, making them a critical component in these inspired dishes. Spicy Lemongrass American Lamb with Peanuts in Lettuce Cups can be assembled by guests or served as bundles. Whimsical adult finger food, Grilled American Lamb on Sugarcane with Sweet Chili-Peanut Sauce can be made on sticks of lemongrass, bamboo sticks or canned sugarcane. Asian American Lamb Noodle Salad with Peanuts is a study of contrasts between crunchy peanuts, tender American Lamb and chewy noodles. And, the flavors in all of these dishes shine at room temperature, making them perfect for entertaining.

Thrill your guests with these unique Pan-Asian-inspired offerings ... their intriguing blends of fresh flavors and familiar ingredients are sure to garner praise!

For additional recipes, visit www.americanlamb.com and www.nationalpeanutboard.org.



Grilled American Lamb on Sugarcane with Sweet Chili-Peanut Sauce

Nutrition per serving: 65 calories, 5g protein, 2g carbohydrates, 4g total fat (59% of fat from calories), 15mg cholesterol, 0.4g fiber, 95mg sodium, 1.12mg niacin, 0.04mg vitamin B-6, 0.40mcg vitamin B-12, 0.44mg iron, 1mg zinc

Grilled American Lamb on Sugarcane with Sweet Chili-Peanut Sauce

20 appetizer servings
Preparation Time: 25 minutes
Cook Time: 6 minutes

- 2/3 cup finely chopped jicama, patted dry
- 3 tablespoons chopped cilantro (leaves and stems)
- 2 stalks lemongrass (white part only), finely chopped
- 2 tablespoons chopped shallots
- 2 tablespoons fish sauce
- 2 eggs, beaten
- 1 tablespoon granulated sugar
- 2 teaspoons finely chopped garlic cloves
- 1 teaspoon prepared Thai red curry paste
- 1 teaspoon finely chopped Kaffir lime leaves or lime zest
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon salt
- 2/3 pound ground American lamb
- 5 tablespoons chopped roasted peanuts, divided
- 5 canned sugarcane sticks, quartered (each about 1 1/2-inch wide and 5 inches long) or 20 thick skewers soaked in water for 30 minutes
- 1 cup prepared Thai sweet chili sauce

In medium bowl, blend first 12 ingredients. Mix in lamb and 3 tablespoons peanuts. Cover and refrigerate 30 minutes.

To prepare each skewer, form 3 tablespoons lamb mixture into 1-inch-thick roll. Place upper half of stick or skewer lengthwise in center of lamb roll and press skewer into lamb, forming meat around skewer (moisten hands for easy preparation). Spray prepared sticks or skewers each with nonstick cooking spray. Cook on barbecue grill or in large skillet, turning every 2 minutes (about 6 minutes total) until lamb is no longer pink inside. Serve with Thai sweet chili sauce sprinkled with 2 tablespoon peanuts.

From top: Asian American Lamb Noodle Salad with Peanuts and Spicy Lemongrass American Lamb with Peanuts in Lettuce Cups

Asian American Lamb Noodle Salad with Peanuts

16 appetizer servings
Preparation Time: 25 minutes
Marinate Time: 30 minutes
Cook Time: 18 minutes

- 10 green onions (white and pale green parts only), chopped
- 3 tablespoons sesame oil, divided
- 3 tablespoons rice wine or apple juice
- 3 tablespoons soy sauce
- 3 tablespoons light brown sugar
- 2 tablespoons oyster sauce
- 1 teaspoon salt
- 1 pound American lamb shoulder, well trimmed and cut into 1/4-inch-thick bite-size pieces
- 3 tablespoons peanut oil, divided
- 3 shallots, thinly sliced, divided
- 6 ounces sweet potato noodles or (mung bean) cellophane noodles
- 3 to 5 cups baby spinach leaves
- 1/4 pound snow peas, strings removed
- 1 carrot, julienned and blanched
- 1/4 cup coarsely chopped roasted peanuts

In medium bowl, combine green onions, 2 tablespoons sesame oil, rice wine or apple juice, soy sauce, brown sugar, oyster sauce and salt. Remove 2 tablespoons and mix into lamb. Cover, refrigerate and marinate for 30 minutes. Reserve remaining sauce.

Prepare noodles according to package directions. Remove from heat, rinse, drain and toss with remaining 1 tablespoon sesame oil, set aside.

In large nonstick skillet, heat 1 tablespoon peanut oil over medium heat. Add one-half of shallots and stir 10 seconds. Add lamb and cook, stirring occasionally until no longer pink (about 4 to 6 minutes.) Transfer to large bowl, keep warm.

Wipe out skillet and add remaining 2 tablespoons peanut oil. Add remaining shallots and stir 10 seconds. Mix in noodles and reserved sauce, cooking 3 to 4 minutes or until sauce is absorbed. Add spinach, snow peas and carrots. Stir-fry 3 to 4 minutes or until spinach is just wilted. Pour over lamb. Add peanuts, toss and serve.

Nutrition per serving: 201 calories, 8g protein, 15g carbohydrates, 12g total fat (52% calories from fat), 27mg cholesterol, 1g fiber, 390mg sodium, 2mg niacin, 0.07mg vitamin B-6, 0.79mcg vitamin B-12, 1mg iron, 2mg zinc

Spicy Lemongrass American Lamb with Peanuts in Lettuce Cups

16 appetizer servings
Preparation Time: 25 minutes
Cook Time: 5 minutes

- 3 tablespoons fish sauce, divided
- 3 tablespoons lime juice, divided
- 2 teaspoons finely chopped garlic cloves, divided
- 1 teaspoon cornstarch
- 2/3 pound American lamb shoulder, trimmed and finely chopped
- 2 tablespoons light brown sugar
- 1 teaspoon chopped Thai bird chilies or crushed red pepper flakes
- 2 tablespoons peanut oil
- 2 shallots, thinly sliced
- 1 cup coarsely chopped fresh mint leaves
- 2/3 cup jicama, peeled and chopped into 1/4-inch pieces, squeeze dry
- 1/4 red onion, finely chopped
- 8 sprigs cilantro, finely chopped
- 5 stalks lemongrass (white part only), sliced and then chopped
- 1 tablespoon finely chopped galangal (Thai ginger) or ginger root
- 1/2 cup chopped roasted peanuts, divided
- 2 to 3 heads iceberg lettuce inner leaves, each trimmed to about 4 inches wide

In medium bowl, combine 1 tablespoon each fish sauce and lime juice, 1 teaspoon garlic and cornstarch. Add lamb and blend well, set aside.

In small bowl, combine remaining 2 tablespoons each fish sauce and lime juice, 1 teaspoon garlic, brown sugar and chilies. Stir well, set aside.

In medium pan, heat oil over medium heat. Add shallots and cook 10 seconds. Add lamb, stir and cook until no longer pink (about 5 minutes). Mix in sauce. Just before serving, toss lamb with mint, jicama, red onion, cilantro, lemongrass, ginger and 1/4 cup peanuts.

Invite guests to put 2 or 3 tablespoons lamb mixture on each lettuce leaf. Top with remaining peanuts, roll and enjoy.

Nutrition per serving: 100 calories, 5g protein, 6g carbohydrates, 7g total fat (60% calories from fat), 14mg cholesterol, 1g fiber, 307mg sodium, 1.18mg niacin, 0.07mg vitamin B-6, 0.41mcg vitamin B-12, 1mg iron, 1mg zinc

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