

LowcountryLife Food & Friends

Dinners commemorating 100th anniversary of the Titanic re-create last meal **7C**



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Celebrate spring with some lamb

When one thinks of meat, the main course of the most important meal of the day comes to mind. One wants the best cuts and the best quality. Good meat, no matter what the animal, is never flabby.

Although meat is graded, much can be told by sight. The most obvious sign is color. Lamb, pork and veal are best when clear and light-colored, a sign that the animal is young. Lamb should be deep pink; pork a pinkish-beige; and veal a delicate rose. When tinged with red, veal is on its way to becoming beef. Dark red lamb is really mutton.

Like other food from animals, lamb is a good source of high-quality proteins with sufficient amounts of all the essential amino acids. Like other meats, it is high in fat. Lamb is the flesh of sheep under a year old. Spring lamb, which is considered the most desirable kind, is six weeks to three months old. Lamb is generally preferred well done.

Spring into lamb and try new cuts and new recipes:

Herb-Broiled Lamb Chops

- 12 loin or rib lamb chops, 1-in. thick
- 2 teaspoons dried basil
- 2 teaspoons marjoram
- 2 teaspoons thyme
- 2 teaspoons salt

Wipe chops with a damp cloth. Rub ingredients on chops. Cover and chill for 1 hour. Broil 4-inch from heat.

Lamb Chop Casserole

- 6 medium potatoes, peeled and sliced
- 4 medium onions, sliced
- 6 lamb chops
- Salt and pepper to taste

Boil potatoes and onions in water for 5 minutes. Pour into flat-baking dish or casserole with water. Lay chops on top, be sure water just covers potatoes and onions, not chops. Season to taste.

Bake at 350 degrees until chops are brown; turn chops and bake until the other side is brown.

Greek-Style Roast Lamb

- 1 4-to-5-pound leg of lamb
- 2 cloves garlic, slivered
- Juice of 2-3 lemons
- Salt and pepper to taste
- 4 tablespoons oregano
- 5 potatoes, quartered

Cut small slits in roast; stuff with garlic. Rub lemon juice generously over roast; sprinkle with salt, pepper and oregano. Brown quickly at 400 degrees; add water.

Reduce heat to 300 degrees; cook slowly, until tender. Remove roast; keep warm. Add potatoes to boiling juices, cook in oven for 30 minutes.

PASSOVER



MATTHEW MEAD • The Associated Press

For Passover, burgers must be bun-less. Passover Sliders are dipped in egg and coated with seasoned matzo meal.

pass the MATZO

Cooks take dietary restrictions as a challenge

By **JIM ROMANOFF** • The Associated Press

During Passover each year, much of the culinary focus is on the Seder, the celebratory meal that commemorates the Jewish liberation and exodus from ancient Egypt.

But the special dietary restrictions that go with the holiday last at least a week, which can challenge even the most creative of cooks to come up with interesting meals.

During the week of Passover, Jews are supposed to adhere to dietary restrictions intended to remind them that their ancestors were in such a hurry to get out of Egypt, they didn't even wait for their bread to rise, instead taking matzos, the unleavened flatbreads that still are eaten today.

Please see **MATZO** on 2C

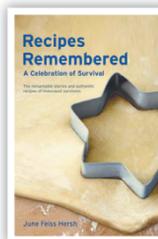
MORE INSIDE

Get recipes for **Passover Sliders** and **Matzo Brei Shepherd's Pie** on 2C.

Recipes tells stories of Holocaust survivors

By **BILL DALEY**
Chicago Tribune

The Passover story of the deliverance of the Israelites from bondage in Egypt resonates particularly strongly for Wolfgang "Wolfie" Rauner, who escaped Nazi persecution for a new life in the United States.



Rauner, 83, arrived in the U.S. on June 21, 1941, from Nazi-occupied Luxembourg, where his German Jewish family had fled in the years before World War II. His family settled in New York; today he lives in Queens.

"We were freed," he said simply when asked why Passover is so special. "We were the freed ones."

Every year at Passover, he makes his mother's matzo balls and remembers. He shares his story, and the recipe, in an unusual cookbook, "Recipes Remembered."

Please see **RECIPES** on 2C

Clock ticks for latest in flavor trends

By **S. IRENE VIRBILA**
Los Angeles Times

Have you ever noticed that all of a sudden it seems as if almost every restaurant you walk into is serving the same dish? Burrata salad, braised pork belly, pig ears in some form, short ribs — and some version of Nancy Silverton's butterscotch budino. It's as if all the chefs with a certain sensibility are working from the same playbook.

Trends in food come and go as assiduously as hemlines rise and plummet in the fashion world. It's hard to pin down why any one dish seems to take off.

In the past, if Thomas Keller did something at French Laundry in Los Angeles or Ferran Adria came up with a dish that didn't demand an elaborately outfitted laboratory to accomplish, then before you knew it, everybody would try some version of it.

That's what happened with Keller's famous butter-poached lobster, a technique that kept the crustacean from drying out and bathed each bite in that most seductive of fats. For a while, that lobster dish was everywhere. And then it wasn't.

Please see **TRENDS** on 2C

FLAVORS OF THE MOMENT

Lamb

Kurobuta pork, Kobe beef and Jidori chicken are out, and now it's time for lamb to make a comeback. But not just lamb sirloin or scottadito — lamb belly, tongue, brains and even lamb neck. It's part of the nose-to-tail movement.

Poutine

The Canadian snack of French fries topped with cheese curds and sometimes gravy seems to feed right into the American fast-food psyche.

Pot de creme

Pastry chefs are circling back to pot de creme, the fragile French custard baked in a porcelain ramekin, classically with a pert lid. It could be vanilla, chocolate, coffee, even banana or passion fruit. It's all about texture and slipping a spoon into the delicate custard.

PICKS

This weekend, the Avid Gardeners will present "The Mystical Garden" flower show from 10 a.m. to 4 p.m. Sunday at the Plantation House in Hilton Head Plantation. Details: 843-681-5346



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