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South Culinary Student Wins Recipe Competition
Creative Lamb Rib Chops recipe wins over judges in Lamb Board contest.

First-quarter South Seattle Community College culinary student Michael Brown won top honors in the American Lamb Board’s Fall in Love with Lamb Recipe Contest Seattle. His autumn-inspired winning recipe for Bourbon Cider Glazed Lamb Rib Chops with Smoked Apple-Almond Relish, accompanied by Butternut Squash Mashers with Herbed Goat Cheese, will be featured in Seattle Magazine and on the American Lamb Board Fans of Lamb website, http://www.fansoflamb.com/stealorsharerecipes/folrecipes.aspx.

The recipe contest was part of the inaugural Seattle Lamb Jam, which took place October 25 at Bell Harbor Convention Center, and featured 17 chefs and 17 wineries. Brown, who was recognized at the event, will receive prizes including a professional knife kit, meat thermometer and lamb lover’s gift pack.

Michael Brown

Recipes follow.

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Media Inquiries:
(206) 768-6873 / coehler@sccd.ctc.edu
Bourbon Cider Glazed Lamb Rib Chops
w/ Smoked Apple-Almond Relish
and Butternut Squash Mashers w/ Herbed Goat Cheese
Servings 4

Lamb Rib Chops
Ingredients:
8 French cut lamb rib chops (2 each)
Olive Oil
Salt
Pepper

Directions:
Season lamb chops with salt and pepper.
Bring pan to high heat and add olive oil.
Sear chops quickly in pan for 2-3 minutes then turn chops over and remove from stove.
Brush glaze on top of each chop and place chops in a 350° F oven for 5-7min until medium rare.

Bourbon Cider Glaze
Ingredients:
1 oz Bourbon Whiskey
2 Tbsp Cider Vinegar
1/2 Tbsp Honey
1/2 Tbsp Whole Peppercorn Mélange
1/4 Cup Chicken Stock

Directions:
Add all ingredients to pan and bring to simmer.
Continue to simmer until sauce has reduced to a syrupy consistency.
Remove from heat.

Smoked Apple Almond Relish
Ingredients:
1 Red Apple
1 Green Apple
1/8 cup Honey Roasted Slivered Almonds
1/8 cup Dried Cranberries
1 Medium Shallot diced
1 Tbsp Chopped Fresh Mint
2 Tbsp Lemon Juice
1 tsp Yellow Curry Powder
1/2 tsp Smoked Paprika
1 tsp Sugar
Salt TT
Pepper TT
Directions:
Prepare smoker and add presoaked wood chips, either applewood or oak.
Cut sides of apples off about ½ inch; use two slices of each apple, the rest you can use for something else.
Rub apples with cut side of lemon while squeezing lemon juice over them.
Place apples flesh side up in smoker for 15-20 min on a ½ inch sheet pan layered with ice and apples in aluminum foil on top of ice. (Wrap apples up so melting ice doesn't touch apples but leaves top open for smoke to infuse apples.)
Remove and allow to cool in fridge for 30 minutes.
Cut apples into small 1/8 inch size julienne strips leaving skin on the end of each piece.
Add to bowl with all other ingredients and allow flavors to meld for 2 hours.
Before topping lamb chops warm relish through in sauté pan with a little butter.

**Butternut Squash Mashers w/ Herbed Goat Cheese**

**Ingredients:**

- 1 Butternut Squash (about 2 lbs)
- 3 Tbsp Unsalted Butter
- 1 tsp Kosher Salt
- 1 1/2 tsp Fresh Ground Black Pepper
- 1/4 cup Heavy Cream
- Herbed Goat Cheese

**Directions:**

- Preheat oven to 400° F.
- Cut off and discard ends of squash.
- Peel, cut in half lengthwise and remove seeds.
- Cut squash in about 3/4 " cubes and place on baking sheet.
- Stir together melted butter, salt, and pepper.
- Toss together and spread in a single layer.
- Roast for 30 minutes, turning half way through, or until the squash is very tender.
- Try not to let it brown.
- Transfer squash and the pan drippings to a food processor and add warm heavy cream.
- Pulse mixture until consistency of mashed potatoes is reached.
- Before Serving top with herbed goat cheese and broil topping for a few minutes until golden brown and melted.