

# Community Shopper's Guide

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Features, Recipes, Chronicle Camera, Better Living

## Recipes

### Spicing up traditional meals

This Easter, try a new approach to two favorite Easter specialties.

Roast leg of lamb is traditional -- but give the lamb grapefruit juice-mint marinade for 24 hours, and you'll discover just how flavorful and succulent this treat can be. After the lamb is roasted, the grapefruit juice marinade is combined with red wine for a delicious sauce to spoon over the warm slices.

For dessert -- a big, beautiful Easter egg! (It's actually Cranberry Ice Cream-Chocolate Easter "Egg" Cake.) It may look ambitious, and it may taste as if prepared by a master pastry chef, but this artful creation isn't difficult to make. Just take the three steps one at a time. First comes the ice cream, a delightful new hybrid easily made by combining whole berry cranberry sauce, lemon peel and lemon juice with vanilla ice cream. Next is the cake lining -- slices of pound cake drizzled with orange liqueur or orange juice, then shaped around the frozen ice cream in a melon mold. The egg "shell" is a chocolate coating poured over the cake in two separate steps. Whipped cream piped onto the chocolate surface and green-tinted coconut sprinkled around the egg's base provide the finishing details.

#### ROAST LEG OF LAMB MARINATED WITH MINT

- 1 five-to-six-pound leg of lamb
- 2 tablespoons dried mint leaves
- 2 cups Ocean Spray Indian River Grapefruit Juice
- 1 cup water
- 2 bay leaves
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup chicken broth
- 1 tablespoon cornstarch
- 1/4 cup dry red wine

Trim excess fat off lamb. With the tip of a small knife, make 1-inch deep "X" shaped incisions over lamb, about 1-1/2 inches apart. Insert some mint into each cut. Place lambs in a deep dish large enough to hold it comfortably. Mix the grapefruit juice, water, bay leaves, salt and pepper; pour over lamb. Marinate the lamb, covered, in the refrigerator for 24 hours, turning occasionally. Preheat oven to 325 F. Remove lamb from marinade; set

marinade aside. Pat lamb dry with paper towels; place on a rack in a roasting pan. Roast for 1-1/2 hours which will be medium rare or to desired doneness.

Transfer lamb to platter; keep warm. Pour off all fat from roasting pan. Add marinade to pan; heat to deglaze the pan, stirring to loosen the browned bits. Continue to boil to reduce the liquid by half. In a cup, blend broth and cornstarch; stir into pan liquid along with wine. Cook and stir until sauce thickens slightly. Taste and add salt and pepper if necessary. Serve sauce with lamb. Garnish lamb platter with cooked julienne carrots, green beans and a few mint springs, if desired.

#### CRANBERRY ICE CREAM-CHOCOLATE EASTER "EGG" CAKE

- 1 quart or 2 pints vanilla ice cream
- 1 can (16 ounces) Ocean Spray Whole Berry Cranberry Sauce, chilled
- 1 teaspoon grated lemon peel
- 1 tablespoon lemon juice
- 1 package (16 ounces) frozen pound cake, thawed
- 1/2 cup orange liqueur or orange juice
- 1 package (12 ounces) semi-sweet chocolate pieces
- 1/4 cup light corn syrup
- 1/4 cup butter or margarine
- 1/2 cup heavy cream
- Green-tinted coconut (optional)

Spoon ice cream into a large, preferably a metal bowl. Fold in cranberry sauce, lemon peel and lemon juice until mixed. Freeze cranberry ice cream until firm enough to spoon, about 1 hour. Meanwhile, cut pound cake lengthwise into 6 strips. Place cake strips, cut sides up, on a large sheet of waxed paper. Drizzle or brush surfaces with orange liqueur or juice. Line the inside of a 1-quart (8 x 6-inch) melon mold with plastic wrap, leaving enough overhang to cover top of mold. Place 2 cake strips, drizzled sides up, around side to line mold. You will have to cut cake to fit. Use another strip and cut cake pieces to completely line the bottom, making sure there are no gaps between strips. Reserve the other 3 cake strips for the top layer. When ice cream is firm, spoon into mold, mounding it in the center.



Easter Dinner features roast leg of lamb garnished with julienne carrots and green beans, served with a grapefruit-mint sauce. Cranberry Ice Cream - Chocolate Easter "Egg" Cake is a splendid ending for this festive meal.

Cover ice cream with remaining cake strips, place drizzled sides down, cutting them to fit smoothly on top. Cover top of mold with plastic wrap. Freeze mold overnight. Several hours before serving, in double boiler over hot water, melt chocolate with corn syrup and butter until smooth; keep warm. Uncover mold; spread a thin layer of chocolate on top to cover cake. Refreeze until chocolate is firm. To unmold cake, place an inverted plate on top of mold; turn mold and plate over; lift off

mold and remove plastic wrap. Frost cake with remaining chocolate. Reheat if chocolate is too thick to spread easily. Return cake to freezer. Beat cream in a small bowl until stiff. Spoon into a pastry bag; use to decorate cake. Sprinkle base of cake with coconut, if you wish. To serve, cut cake into wedges using a hot knife.

To tint coconut, combine a few drops green food coloring with a tablespoon water; toss with a cup of flaked coconut. Spread on waxed paper and let dry.

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