

## Low-Fat Emince' of Lamb With Green Peppercorns

*From Sam Sheusi, Director of Culinary Arts,  
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### Ingredients:

- 1 lb. lamb leg, cut into thin strips
- 2 T. shallots, chopped
- 8 oz. evaporated skim milk
- 1 T. Dijon mustard
- 1 - 2 tsp. cornstarch
- 2 tsp. water
- 2 T. green peppercorns
- 4 oz. red wine

**To Prepare:** Dry saute' lamb. Brown well and set aside. Deglaze the pan with wine and shallots. Add evapo-

rated skim milk and mustard to pan and simmer. If thicker consistency is desired, add cornstarch dissolved in equal amount of water. Return lamb to pan and add green peppercorns. Do not boil. Salt to taste. Serve over rice pilaf.

♥**Healthful Hint:** Chicken or veal are delicious substitutes for the lamb in this low-fat recipe.