

MARCH 26, 1965



Recipe To Remember

GUEST CHEF this week is Mrs. Lillie Mae Cobb, mother and beautician, who tells how to make lamb chops especially delectable.

Beautician Shares Recipe for Delicious Lamb Chops

Personable Mrs. Lillie Mae Cobb, mother of two children, has a penchant for spicy meats, which, as guest chef this week, she shares with the readers of **MUHAMMAD SPEAKS**.

As a school girl, Lillie dreamed of becoming a private secretary, but marriage and children forced a change in her plan. Today she is a creative and dedicated practitioner of beauty culture, with a burning desire to make every woman's hair a crown of glory.

Besides cooking and beauty culture, Mrs. Cobb is an ardent dance fan and boasts of her ability to do all of today's popular dances.

SPICY LAMB STEAKS

5 lbs. lamb steaks
1 garlic clove
1 tbsp. black pepper
1 tbsp. Lawrey salt
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4 cups water

1 medium green pepper
 $\frac{1}{2}$ tsp. ground cummin seed

1 medium onion
4 tbsps. brown flour
 $\frac{1}{2}$ cup tomato catsup

Trim away all the excess fat from steaks. Wash, clean well and roll in brown flour and place in roaster. Chop garlic very fine; chop green pepper and onion and sprinkle all over and around steaks. Then add water and catsup. Cook in oven at 350 to 400 degrees, basting often as this adds flavor and prevents drying.

When done, serve steaming hot with rice and hot apple sauce. Serves a family of six.