

Here's what's cookin'.

Serves 4

Recipe from the kitchen of

LAMA SHANKS, TPA. LA.



1 LARGE ONION, SLICED THIN

1 CUP TOMATO CATSUP

1 1/2 WATER

1/2 " MINT JELLY

2 TABLESPOONS LEMON JUICE

4 LAMA SHANKS, CRACKED

FLOUR, SALT, PEPPER, TO BROWN
MEAT IN.

3 TABLESPOONS FAT

Soil the first 5 ingredients & heat
until the jelly melts.

Dredge shanks in flour etc. and brown
them in fat.

Pour off excess fat after browned.

Then pour the sauce on, cover, & simmer
fasting once in awhile 1 1/2 hours.