

1607 hands.

WYOMING

Recipes for the OREGON TRAIL TOUR BOOK

Foods found in southern Wyoming, through which US 30 passes.

RAGOUT OF LAMB -- 2 pounds shoulder lamb, 2 teaspoons salt, 2 minced onions, 1 large can tomatoes, 1 cup water, $\frac{1}{2}$ can peas, flour, bacon fat. Brown the lamb in the bacon fat. (Lamb should be cut in small pieces). Add tomatoes and bring to boil, then add onions and brown. Add water, put all in a casserole or stewing dish, cook slowly for two hours, replenishing the water as it boils away.

LAMB POT ROAST WITH CARROTS.- Lamb neck is often used for this roast. Tomatoes and carrots are cooked with the roast in an iron pan or roasting pan.

VENISON MINCE MEAT is often used in mince meat pies in this region. Venison is substituted for beef in the regular mince meat recipe. ✓

FRIED TROUT -- fresh from nearby streams or lakes is a specialty. Usually rolled in flour and fried with bacon. ✓