



County Fair



APRIL 2017

THE FRESH TAKE

OUR MONTHLY NEWSLETTER

Open Mon-Fri 8a-9p, Sat & Sun 8a-8p

www.countyfairfoods.net

ALL ABOUT EGGS!



Eggs are GOOD for your eyes! They contain lutein which helps prevent age-related cataracts and muscular degeneration.

Can't remember if an egg is fresh or hard boiled? Just spin the egg! If it wobbles, it's raw. If it spins easily, it's hard boiled.

White-shelled eggs are produced by hens with white feathers and ear lobes. Brown shelled eggs are produced by hens with red feathers and ear lobes.

Eggs contain all the essential protein, minerals and vitamins, except Vitamin C. But egg yolks are one of few foods that naturally contain Vitamin D!

I AM THE EGGMAN...
I AM THE EGGMAN...



HAPPY SPRING!

The springtime weather may be a bit unpredictable, but you know that you can always count on County Fair for tasty treats and quality meats to fill your Easter basket! Hop on over to County Fair! We want to wish you an Egg-stra special Easter! *The Baffes Family*



FROM OUR COUNTY FAIR KITCHEN

Leg of Lamb

5 to 7 pounds
lamb leg, bone-in
3 tablespoons olive oil
Salt & freshly
ground black pepper

6 cloves chopped garlic
3 stems fresh
minced rosemary



DIRECTIONS

1. Take the lamb out of the refrigerator one hour before cooking to promote faster, more even cooking. Rub with olive oil and sprinkle liberally with salt & pepper.
2. Broil for 5 minutes until the top of the leg is seared and browned. Flip the lamb over and broil the other side.
3. Take out of the oven and rub both sides with garlic and rosemary. Reposition oven rack to the middle of the oven and set temperature to 325°F.
4. Tent the pan loosely with foil to keep the garlic and rosemary from burning. Put back in the oven at 325°F for one hour.
5. Remove the foil after one hour and check temperature. The lamb is ready (medium-rare to medium) when the temperature is 135°F (or above). If needed, continue cooking until done, checking the temperature every 20 minutes.
6. Let the lamb rest for at least 15 minutes before carving. Enjoy!!

Order your holiday lamb and hams today! 773-238-5582

Look for our **expanded**
Garden Center in our
South Lot at the end of April!



10800 South Western Ave.



773-238-5576