



The BayLeaf

Waycross College Library

Volume 8 Issue 2



Spring 2009

Lamb with Bay and Lemon

- 4 lamb chops
- 1T corn oil
- 1T butter
- 2/3 C white wine
- 2/3 C lamb or vegetable stock
- 2 bay leaves
- Pared rind of 1 lemon
- Salt and pepper

1. Using a sharp knife, carefully remove the bone from each chop, keeping the meat intact.
2. Shape the meat into rounds and secure with a length of string
3. Heat the oil and butter together in a large skillet until the mixture begins to froth.
4. Add the lamb noisettes to the skillet and cook for 2-3 minutes on each side, or browned all over
5. Remove the pan from the heat. Remove the meat, then drain off all of the excess fat and discard. Place the noisettes back in the pan.
6. Return the pan to the heat. Add the wine, stock, bay leaves, and lemon rind and cook for 20-25 minutes, or until the lamb is tender. Season the lamb and sauce to taste with a little salt and pepper.
7. Transfer to serving plates. Remove the string from each noisette and serve with the sauce.

From the *Greatest Ever Low-Carb* cookbook published by Parragon. This and other great cookbooks can be found in the Waycross College Library.

National Library Week's Scavenger Hunt was a huge success and a great deal of fun! We would like to thank Sharon Komanecy for her invaluable assistance in the first Waycross College Library scavenger hunt. Also, thanks goes out to all of the staff and faculty who made fantastic "guardians" who definitely made the hunt far more interesting with their challenges. You all were great! The students really enjoyed the event and made it clear that they would love another one next Spring! First prize was a pizza party sponsored by the Multicultural Student Alliance.



First Place

Papani Saini, Jason Knowlton,
Joel Deal



Second Place

Chris "Magick" Bowers,
Tonya Lowman,
Eric Duncan,
Ritesh Upadhyaya

New Books

The Big Idea
By Johnny Deutsch

Chapter after Chapter
By Heather Sellers

Erased: Missing Women, Murdered Wives
By Marilee Strong

Great Jobs for History Majors
By Stephen Lambert
&
Julie DeGalan

1100 Words You Need to Know
By Murray Bromburg

The Piano Teacher: a novel
By Janice Lee

Spotlight on Galileo Database

"All About Birds" is really a website from the Cornell Lab of Ornithology in Galileo. You can locate it under Databases A-Z. It is an excellent source of information for ecology students and bird lovers. It includes information about watching birds, attracting birds, identifying them, and getting involved in bird conservation. There is information about over 585 species on the site's bird guide. There are identification tips, sound, and video for 50 plus common species of birds. Click on the tab, Living Bird, to view the fascinating dance of the sharp-tailed grouse.