

## LAMB CUTLETS WITH MANGO SAUCE

### INGREDIENTS:

**6-8 lamb cutlets**

**¼ cup of pure, revitalized or spring water**

**3 Tbsp or 6-8 shakes of low sodium, wheat-free tamari sauce**

**1-2 mango cheeks** (fresh or frozen)

**6 sprigs of mint leaves**

**6 shakes of garlic powder** (adjust to taste)

### DIRECTIONS:

**Wash lamb cutlets and place them into a fry pan with ¼ cup of water.**

**Sprinkle the tamari sauce over the cutlets.**

**Slice mango pieces into the fry pan.**

**Sprinkle the mint leaves over the ingredients**

**Sprinkle the garlic powder over the ingredients.**

**Sauté on med-high heat for about 5 minutes. Add water if need be. Do not let the sauce dry out. Then turn the cutlets over, cover the pan and sauté for another 3-5 minutes until cooked medium rare.**

**Place 3-4 cutlets in each dish and pour the mango sauce over them.**

**ENJOY this delicious dish with sweet potatoes and/or the the Garden Salad.**

**Serves 2**

**Use organic ingredients and 100% pasture/grass-fed meat**

**Suitable for O & B blood types**

**Lamb** belongs to the group of mammals known as *ruminants* from the family of the *Bovidae*. Alongside of lamb, the bovids include bison, buffalo, antelope, gazelle, goats, and domestic cattle. This special group of ruminants are cloven-hoofed. Their unique digestive system that enables them to stay healthy on a diet of grasses and forage plants.

The genus and species for lamb is *Ovis aries*. "Lamb" refers to meat from baby sheep that was less than 12 months old. Most lamb are brought to slaughter between six and eight months old. Meat from an adult sheep is called "mutton."

The nutrient quality of the lamb is greatly determined by the quality of the mother's diet. That is why **100% grass-fed** lamb is far superior in every way, than conventional lamb.

It contains less overall fat, 25% higher amounts of omega-3 fats, 49% more ALA (building blocks for omega-3), and various other nutrients. The ratio of omega-3 to omega-6 fats is far better in grass-fed lamb than in commercially raised lamb. This better ratio reduces the risk of inflammation, cardiovascular diseases, and cancer. Spring and summer grazing lambs store more nutrients than fall and winter grazing lambs.

Grass-fed lamb is also an excellent source of B12 and a good source of other B vitamins such as niacin, riboflavin, folate, B6, and pantothenic acid. Its B vitamins nourish the nervous system while its protein, zinc, and pantothenic acid strengthen the immune system and reduce oxidative stress. Lamb is less fatty than pork or Atlantic salmon. 50% of the fat in lamb is mono-unsaturated.

In addition, grass-fed Lamb is a very good source of protein and minerals such as iron,

potassium, phosphorus, sodium, selenium, zinc, copper and manganese.

Grass-fed lamb provides two times more iron than chicken or pork, and six times more than fish. The natural iron and potassium in lamb help carry oxygen to the muscles for energy and is important for brain performance, memory, and concentration.

Sheep were among the first animals ever to be domesticated by humans, more than 10,000 years ago in Turkey, as a source of food and textiles. The Romans introduced sheep into Great Britain, over 2,000 years ago. In the 16th century, armies of the Spanish explorer Hernán Cortés brought sheep into the Western Hemisphere on their explorations.

Lamb is a staple in cuisines throughout the world including Turkey, Greece, New Zealand, Australia, Africa and the Middle East. Australia, (with 70 million head) and New Zealand, (with 32 million head), export more lamb than any other countries. In 2011, they exported 1.4 billion pounds of lamb.

Lamb is highly perishable and should be kept cold in the fridge or frozen. Thaw frozen lamb in the fridge with a dish under it or in a tightly sealed bag, submerged in water in the sink. When handling raw lamb do not let it contact other foods. Be sure to wash the cutting board, utensils, and hands well after handling raw meat. Lamb roast and chops can stay fresh in the fridge for 3-5 days and in the freezer for 6-9 months. Ground lamb will only stay fresh in the fridge for up to 2 days and fresh in the freezer for 3-4 months. When freezing, pack as tightly as possible and over wrap to prevent freezer burn.

“Prime” and “Choice” are the two best of the five USDA grades. “Choice” is leaner than “Prime.” Always select **100% grass-fed** lamb with white fat (not yellow).

Lamb is available in five different cuts: shoulder, rack, shank/breast, loin, and leg. “Rib chops” come from the rib and “loin chops” come from the loin. Blade and arm chops come from the shoulder. Sirloin chops come from the leg.

Two websites that can help you find small local farms in your area are [www.localharvest.org](http://www.localharvest.org) and [www.eatwild.com](http://www.eatwild.com)

Cultivated in South Asia for thousands of years, the **mango** fruit is one of the most popular and delicious of all tropical fruits. Its scientific name is *Mangifera Indica* and botanically it belongs with the *Anacardiaceae* family.

The mango is the national fruit of India, Pakistan, and the Philippines. It is also the national tree of Bangladesh. Almost half the world’s mango production comes from India, with the second largest source being China.

Mango fruit is rich in pre-biotic dietary fiber and a variety of poly-phenolic flavonoid antioxidant compounds. It is also rich in beta and alpha carotene, beta cryptoxanthin, lutein zeaxanthin, folate, vitamins C, A, E, K, and B complex, potassium, magnesium, with traces of other minerals. Research shows that mango fruit can protect against colon, breast, prostate, lung, and leukemia cancers.

The pulp of this sweet tropical fruit can be used as a juice, sauce, or dessert; in smoothies, curries, and chutneys.

Instead of peeling, which can be messy, cut off half (a cheek) on each side of the mango close to the pit. Then, cut a tick-tack-toe design into the flesh of the mango. Hold the mango, flesh side up, with both hands and push up on the skin side to elevate the square mango pieces. Then, simply cut them off the skin.

Mangos are seasonal fruits. For the best flavor, select mangos that are ripe but firm.

They can be stored at room temperature while firm. When fully ripe they should be stored in the fridge or frozen for future use.

**Mint** contains a good amount of dietary fiber, manganese, copper, iron, magnesium, potassium, calcium, vitamins A, C, and folate.

Native to temperate areas of Europe, Asia, and Africa, mint comes in hundreds of varieties and has a long history. Its name is derived from the nymph *Menthe*, who was turned into a plant by the goddess Proserpina, when she found out that Pluto was in love with her.

Greeks used it to clean their banquet tables and added it to their baths for stimulation. Romans used it in sauces, as an aid to digestion and as a mouth freshener. They also brought it to Britain. Monks used it in medieval times for its culinary and medicinal properties.

Mint is widely used as a relaxant, breath freshener, and in products such as tooth paste, herbal teas, candy, chewing gum, and mouth washes. Its menthol oil is very soothing for nausea and motion sickness. The aroma of mint assists digestion by activating the salivary glands and stimulating the glands that secrete digestive enzymes. With its germicidal qualities, mint is also effective in clearing up congestion of the nose, throat, bronchi, and lungs providing relief for respiratory disorders, asthma, and the common cold. Extracts from mint leaves inhibit the release of histamines to alleviate hay fever and allergies. Mint juice is a soothing skin cleanser, which helps cure infections and itchiness making it useful for insect bites. White mint oil is a good antiseptic and anti-pruritic substance.

Mint grows well in damp moist conditions but requires sunshine for its leaves.

Select both fresh and dried mint that is organically grown to insure they have not been irradiated. Fresh mint should be deep green and firm. Store it in a plastic bag or closed container in the fridge, where it will keep for several days. Dried mint will keep fresh up to twelve months if stored in a closed glass jar in a cool, dark, and dry place.