

## RACK OF LAMB WITH BROCCOLINI SAUCE

### INGREDIENTS:

- 6-8 rack of lamb cutlets**
- ¾ cup of pure, revitalized or spring water**
- 1 bunch of broccolini; or equal amount of frozen broccoli florets**
- 1 Tbsp extra virgin olive oil**
- 1-2 cloves of garlic (adjust to taste)**
- 3 Tbsp or 6-8 shakes of low sodium, wheat-free tamari sauce**
- 4-5 sprigs of mint leaves; or 4-8 shakes of dried mint leaves**
- 2-4 sprigs of rosemary; or 4-8 shakes of dried rosemary**
- 2-3 sprigs of oregano; or 4-6 shakes of dried oregano**
- 6 shakes of garlic powder (adjust to taste)**

### DIRECTIONS:

**Follow the recipe for Broccolini Sauce and set aside.**

**Trim the fat off the rack of lamb.**

**Cut the rack of lamb into cutlets, wash, and place them into a fry pan with ⅓ cup of water.**

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

**Sprinkle the mint, rosemary, & oregano sprigs 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. 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 broccolini sauce over them.**

**ENJOY this delicious dish with rice/quinoa pasta 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)

Originally developed by the Sakata Seed Co. of Yokohama, Japan in 1993, **broccolini** is a cross between broccoli and Chinese kale known as gai-lan. It is milder, a bit sweeter, and more tender than broccoli. Nutritionally, it is a rich source of vitamins K, C, folate, pantothenic acid, B6, B2, choline, and other B vitamins. It is also contains vitamins E, A/ betacarotene, and other carotenoids such as lutein and zeaxanthin. Broccolini is high in fiber, chromium, phosphorus, manganese, potassium and other minerals. This unique combination of nutrients gives broccolini strong anti-inflammatory, antioxidant, and detoxification properties. Its rich supply of phytochemicals help maintain the nervous system, brain function, vision, blood pressure, and bone health. As a member of the cruciferous family, broccolini contains a high concentration of glucosinolate compounds, which releases myrosinase enzymes. This enzyme activity produces a variety of antioxidant compounds such as sulphoranes, indoles, and isothiocyanates. Glucosinolates and other phytochemicals lower the risk of colon or lung cancer and help to prevent bladder, breast, prostate, stomach, and esophageal cancer. These vital nutrients also help to prevent heart disease and stroke.

Select fresh broccolini that is firm, tender, and dark dark green in color. Store in a baggie in the fridge and use within a week.

**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 *Menthe*.

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 toothpaste, 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.

**Rosemary** contains dietary fiber, vitamin A, carotenoids, potassium, calcium, magnesium, manganese, iron, and other trace minerals.

Rosemary's unique substances help stimulate the immune system, increase circulation, and improve digestion. It also contains anti-inflammatory compounds that help reduce asthma attacks and improve concentration by increasing blood flow to the head and brain.

Native to the Mediterranean, rosemary has been prized for millennia, for its pine-like aroma, pungent flavor, and as a natural medicine. In ancient Greece, students placed sprigs of it in their hair when studying for exams with the belief it stimulated and strengthened the memory. In old England, it was used for costumes, decorations, and on wedding gifts. In the 14th century, rosemary oil was first extracted and used to make a popular cosmetic called Queen of Hungary water. In the 16th and 17th centuries, rosemary became popular as a digestive aid. Rosemary grows on a small, evergreen shrub belonging to the *Labiatae* family, that is related to mint.

Select both fresh and dried rosemary that is organically grown to insure they have not been irradiated. Fresh rosemary should be deep green and will keep for a week in the fridge if stored in a plastic bag or a small, closed container. Dried rosemary will keep fresh for six months if stored in a closed glass jar, in a cool, dark, and dry place.

**Oregano** is rich in dietary fiber, vitamin K, manganese, iron, calcium, and potassium. It also contains folate and trace amounts of other vitamins and minerals. Oregano has one of the highest antioxidant activity ratings, and its phytochemicals, carvacol and thymol are powerful antimicrobials. Its rosmarinic acid supports the immune system and its beta-caryophyllin (E-BCP) inhibits inflammation. Research shows its essential oils may kill certain types of *Candida*, *Listeria* and MRSA, making it useful in hand soaps and disinfectants. Oregano's antiviral and anticancer properties (carvacol extract in particular) help relieve upper respiratory infections, promote sweat, and lead to growth arrest and cell death in

various types of cancer (colon, breast, prostate, skin, leukemia).

Native to northern Europe and grown in many regions of the world, **oregano** is recognized for its aromatic properties. Botanically it is known as *Origanum vulgare*. Its name is derived from the Greek words oros (mountain) and ganos (joy). The Greeks and Romans used it as a symbol of joy and happiness and to make laurel crowns for their brides and grooms.

Oregano is also called wild marjoram since it is closely related to sweet marjoram. It has been cultivated in France since the Middle Ages and is an important herb in Mediterranean and Mexican cooking. It was brought to the US by GIs returning from the war. The two main varieties, Mediterranean (Greek, Turkish, & European) and Mexican, come from two different plants. Mexican oregano is stronger, pungent, and more like lemon verbena, which works well with spicier dishes. Mediterranean oregano works better with Italian dishes, lamb, salads, and milder dishes.

Select both fresh and dried oregano that is organically grown to insure they have not been irradiated. Fresh oregano should be vibrant green and firm. It will keep for a week in the fridge if stored in a plastic bag or a small, closed container. Dried oregano will keep fresh for six months if stored in a sealed glass jar, in a cool, dark, and dry place.