

## TAMARI LAMB SHANKS WITH HERBS

### INGREDIENTS:

- 2 lamb shanks
- 2-3 cups of pure revitalized or spring water
- 6-8 shakes of San J or Spiral, low sodium, wheat-free, gluten-free tamari
- 6-8 shakes of dried garlic powder; or 2 cloves of chopped garlic
- 4 sprigs of fresh oregano; or 2 sprinkles of dried oregano
- 4 sprigs of fresh rosemary; or 2 sprinkles of dried rosemary
- 4 sprigs of fresh mint; or 2 sprinkles of dried mint

### DIRECTIONS:

Wash the lamb shanks and place them in a 3½qt/13.3L sauté pan. Add 2 cup of water. Sprinkle the shanks with dried garlic powder, or add small pieces of chopped garlic into slits made with the point of a sharp knife. Sprinkle the tamari sauce on the shanks. Cover and braise on a low boil for approximately 1 hour.

Turn the shanks over and add more more water, if need be to prevent the liquid from drying. Cover and cook on low heat for another 15 minutes. Do not burn the meat or let the liquid sauce dry out. Sprinkle the oregano, rosemary, and mint over the shanks. Cover and cook for another 15 minutes or until tender.

ENJOY this delicious lamb dish with Feta Broccolini, quinoa-rice pasta, and/or the Garden Salad.

Serves 2

Use **organic** or **pasture-fed** lamb and **organic** herbs and garlic  
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 UDSA 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)

Native to central Asia, **garlic** is one of the oldest cultivated plants in the world, going back 4,000 years to the ancient Egyptians. It was placed in the tomb of pharaohs and given to the slaves that built the Pyramids to enhance their endurance and strength. Greeks and Romans also used garlic before sporting events and going off to war. By the 6th century BC, garlic was known in both China and India.

It is a member of the *Allium* family, which includes onions and leeks. Garlic contains a unique combination of powerful flavonoids and sulfur-containing nutrients including thiosulfinates (allicin), sulfoxides (alliin), and dithiols (ajoene). Allicin, one of garlic’s most highly valued sulfur compounds, stays in tact for only 2-16 hrs. at room temperature.

The diallyl sulfides in garlic improve iron metabolism because it helps to increase production of a protein called ferroportin, which enables stored iron to become bioavailable.

Garlic is also a good source of selenium.

Garlic’s combination of anti-inflammatory and anti-oxidative stress compounds help prevent or improve degenerative cardiovascular conditions like atherosclerosis and the forming of blood clots.

Garlic lowers blood pressure in two ways:

One particular disulfide called ajoene, has been shown to have anti-clotting properties. It prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot.

The other is the production of hydrogen sulfide (H<sub>2</sub>S) gas. Red blood cells take sulfur-containing molecules in garlic and use them to produce H<sub>2</sub>S, which in turn help our blood vessels expand and balance blood pressure. H<sub>2</sub>S is placed in the same category as nitric oxide (NO). However, not all garlic extracts can be used in the same way, and thus, do not provide this same benefit. Plus, cooking, microwaving, or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Letting garlic sit after chopped or crushed it, increases its benefits.

Garlic is a rich source of manganese, vitamins B6 and C. It also contains some copper, selenium, phosphorus and a small amount of calcium and vitamin B1. Garlic's selenium, a co-factor of glutathione peroxidase (an important antioxidant enzyme), works with vitamin E in a number of vital antioxidant systems. Garlic's B6 helps lower homocysteine, which can damage blood vessel walls.

Garlic has strong antibacterial and antiviral properties. Its disulfide, ajoene helps keep yeast candida Albicans in check.

Select fresh garlic that is plump, firm, and free of sprouts or mold. In addition to fresh garlic, buy organic, for convenience.

Store garlic in an open basket in a cool dry place and away from sunshine and heat.

**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 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.

**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.

**San J International Inc.:** <http://www.san-j.com/> USA 1 800 446-5500

**Spiral Foods:** <http://www.spiralfoods.com.au> Australia 612 8231-4400/613 8616-7800

**Simply Organic/Frontier:** <http://www.simplyorganic.com/> USA 1 800 437-3301