

VEAL OSSOBUCO

INGREDIENTS:

- 2 lb/1k of veal ossobuco (approx. 6 pieces)
- 2 cups of pure revitalized or spring water
- ½ cup of organic red or white wine
- 8 Juniper berries (slightly crushed)
- 2 cloves of chopped garlic; or 8 shakes of dried garlic power
- 1 Tbsp of unsalted butter (optional)
- 2 large mature Portobello/Swiss mushrooms
- 1 red bell pepper
- 1 zucchini
- 8 sprigs of fresh sweet basil; or 4 shakes of dried sweet basil
- 8 sprigs of fresh Italian parsley; or 4 shakes of dried parsley, or Italian Seasoning
- 1 tsp of Celtic seasalt

DIRECTIONS:

Add the veal, water, wine, and juniper berries into a large fry pan, cover, and braise for 1 hour and 15 minutes. Add more water as needed to prevent sticking, drying up, or burning.

Wash the mushrooms well and cleanse the tops with a natural bristle brush. Trim the lose edges and stems and slice smaller pieces of the mushrooms into the fry pan.

Wash the pepper well, cut into 3 or 4 sections along the ridges, and remove the stems and seeds. Cut thin slices into the fry pan.

Add the garlic and butter, cover, and simmer for another 10 minutes.

Wash the zucchini well and cut thin slices or slice through a Betty Boss slicer into the pan.

Add the parsley and basil, cover, and simmer for another 5 minutes.

Salt to taste.

ENJOY this delicious meat dish with gluten-free rice fettuccine, green Sicilian olives, and Garlic Green Beans, steamed Zucchini, or the Garden Salad.

Use **organic** ingredients and **pasture-fed** veal that has been humanely raised and processed.

Serves 2

Suitable for O & B blood types

Veal Ossobuco (Italian for bone with a hole) is a Milanese speciality of cross-cut veal shanks, braised slowly with herbs, vegetables, and wine. Veal comes from young male cattle usually younger than 20 weeks old and is a rich source of protein, vitamin B12, riboflavin, folate, niacin, copper, zinc, phosphorus, iron, and selenium. Gram for gram or pound for

pound, veal has half the fat as lean beef, yet contains similar or higher amounts of protein, minerals, and vitamins. It also digests easily and is very tasty. Use only pasture-fed veal that has been humanely raised and processed; preferably organic.

The **juniper berry** is actually the female seed cone produced by various species of junipers. Because they are fleshy and merge into a unified covering surround the seed, they look like berries.

They have been found in multiple ancient Egyptian tombs and may have been imported into Egypt from Greece, where they were used as a medicine long before their use in food. The Greeks used them in Olympic events because of their belief that they increased physical stamina in athletes. The Romans used Juniper berries as a cheap substitute for black pepper, which was a costly import from India.

The *Juniperus communis* species is used as a spice in European and Scandinavian cuisine and give gin its distinctive flavor. It is the only spice derived from conifers.

Native American Indians used juniper berries (*Juniperus communis*) for a wide range of ailments including as an appetite suppressant in times of hunger. The Blackfoot tribe used them for lung and venereal disease. The Woodland Cree used them for asthma and made a decoction of the green berries for sore backs caused by kidney discomfort. The Carrier tribe used them with a combination of kinnikinnick (*Arctostaphylos uva-ursi*, Ericaceae) leaves or balsam for lung ailments, such as tuberculosis. The Inupiat used the berries to prevent colds and flu. In addition to being used for clearing congestion and as a mild diuretic, juniper berries are also used to help relieve dyspepsia and inflammation.

The Portobello/Swiss mushroom is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum*—food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.

Native to Mexico and other Central American regions, the **red bell pepper/capsicum** has been cultivated for more than 9000 years. China is the largest producer followed by Mexico and the United States.

The red bell pepper is rich in anti-inflammatory and antioxidant phytonutrients such as carotenoid and lycopene, minerals, and fiber. Its carotenoids lutein and zeaxanthin are found in high concentrations in the macula of the eye and protect the macula from oxygen-related damage. The red bell pepper is also a good source of vitamins C, A, B, K, folate, and flavonoids/bioflavonoids/vitamin P, making it beneficial for the heart and skin. The white inner cavity is rich in flavonoids. In addition, the red bell pepper/capsicum contains the alkaloid compound capsaicin, which has anti-bacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. They can be eaten raw or cooked. Paprika is the dried powdered form of the red bell pepper.

Choose deep red peppers that taut, heavy, and firm. Store ripe peppers in the refrigerator and wash with cold water to retain their antioxidant capacity.

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.

Garlic is a member of the *Allium* family, which includes onions and leeks. It contains a unique combination of powerful flavonoids and sulfur-containing compounds 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 hours, at room temperature. Thus, not all garlic (fresh or extracts/supplements) provide the same benefit. e.g. Cooking, microwaving (used on imported garlic), or adding garlic to acidic foods like lemon juice, cause it to lose some of its properties. Ageing garlic (powdered or supplements) to make it odorless, also reduces its beneficial allicin, and thus, compromises its effectiveness. Letting garlic sit after being chopped or crushed increases its benefits.

Garlic helps clear the ill-effects of bronchitis, lung congestion, coughs, sore throats, sinus, asthma, and food poisoning. It also helps treat bacterial and fungal infections.

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'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, prevents platelets from becoming too sticky and thereby lowers the risk of platelets forming a clot. The other is the production of hydrogen sulfide (H₂S) gas, which occurs when red blood cells take sulfur-containing molecules in garlic and then use this gas to help blood vessels expand and balance blood pressure. H₂S is placed in the same category as nitric oxide (NO).

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 (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 organic garlic, organic powdered garlic can be used for convenience.

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

For an effective odorless garlic supplement, choose a coated (enteric) tablet or capsule, high in allicin, which will dissolve in the intestine instead of the stomach.

Basil is rich in vitamin K and C, manganese, copper, pro vitamin A carotenoids, folate, iron, magnesium, and calcium, and small amounts of B2, B6, dietary fiber, omega 3 fats, phosphorus, potassium, zinc. Basil's unique flavonoids provide protection at the cellular level. *Orientin* and *vicenin*, in particular, protect cell structures and chromosomes from radiation and oxygen-based damage. Together these nutrients and antioxidants help prevent free radical damage. Only after cholesterol has been oxidized does it build up in the blood vessel walls.

Basil also has antibacterial properties and volatile oils, which contain astragole, linalool, cineole, eugenol, sabinene, myrcene, and limonene. They are effective in restricting growth

of numerous bacteria including *Listeria monocytogenes*, *Staphylococcus aureus*, *Escherichia coli* O:157:H7, *Yersinia enterocolitica*, and *Pseudomonas aeruginosa*.

The essential oil from Basil inhibits several species of pathogenic bacteria that have become resistant to commonly used antibiotic drugs, such as *Staphylococcus*, *Enterococcus* and *Pseudomonas* (*Journal of Microbiology Methods* July 2003). Basil (and thyme) essential oil reduces *Shingella* (bacteria that triggers diarrhea and causes intestinal damage). The eugenol component of basil's volatile oils are also anti-inflammatory.

Native to India, Asia, and Africa, basil is scientifically known as *Ocimum basilicum*. It is prominently featured in Italian, Thai, Vietnamese, and Laotian cuisines. In Italy, it was a symbol of love, while in India it was cherished as an icon of hospitality. There are more than 60 varieties of basil, such as sweet basil, lemon basil, anise basil, which reflect their unique taste and aroma.

Select both fresh and dried basil that is organically grown to insure they have not been irradiated. Fresh basil should be vibrant, dark green with a strong fragrance. Branches of fresh basil will last 5-7 days in a container with water on the counter, or in a plastic bag or closed container in the fridge. Dried basil will keep fresh up to eight months if stored in a closed glass jar in a cool, dark, and dry place.

Lundberg Family Farms, USA: <http://www.lundberg.com/> 1 530 538-3500

Tinkyada, Canada: <http://www.tinkyada.com/> 1 888 323-2388

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

Selina Naturally/Celtic seasalt, USA: <http://www.selinanaturally.com/> 1 888 644-7754