



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF DR. MIKE: THE FOOD SHAMAN

IN THIS ISSUE: MOROCCAN ROASTED LEG
OF LAMB

Moroccan Roasted Leg of Lamb

*“All animals are equal, but some
animals are more equal than
others.”*

~ George Orwell, Animal Farm

Last week, we discussed farm to table practices and the critically of sourcing ingredients. This week, Chef Luca Paris dishes on some tempting lamb recipes; succulent tender lamb roasted in a heady blend of Moroccan flavors.

For the details in acquiring, as well as the additional health benefits of properly sourced lamb, see last week’s newsletter (Number 45, which can be downloaded at www.chefdrmike.com).

Make sure to look for organic, 100% grass-fed lamb or grass-finished lamb. Lamb raised in such a fashion, often in small flocks, has long been a Mediterranean Diet staple. This diet is consistently a winner in offering flavor and health benefits.



Join Chef Luca Paris and Dr. Mike this week on Code Delicious as we discuss the Farm to Table recipes like this Moroccan Spiced Lamb

Moroccan Roasted Leg of Lamb

Presented by Chef Luca Paris

The combination of cumin, paprika, fresh mint, garlic and lemon juice makes for an exotic Moroccan marinade for this leg of lamb recipe.

It is best to marinate the lamb for at least two to three hours or even overnight. This allows the meat to really absorb the aromatic flavors.

Cooking time on lamb varies according to portion size and personal taste. This recipe is for a 2 lbs leg of lamb. For pink meat, roast the lamb for 1 hour and 20 minutes. For medium to well-done, leave it in the oven for a further 20-25 minutes.

Ingredients:

- 2 lbs leg of lamb, bone removed
- 1 tsp ground cumin
- 4 garlic cloves, crushed
- 2 tsp paprika
- 1/4 cup of mint leaves
- 2 tsp of sea salt
- 1/4 cup of olive oil
- 1/8 cup of lemon juice
- 1 cup of cous-cous
- 1/4 cup of dried currants
- 1/4 cup of pine nuts, toasted
- 1 cup of vegetable stock
- 1 tsp of curry powder
- 1 Tbsp of olive oil
- Salt & pepper for seasoning



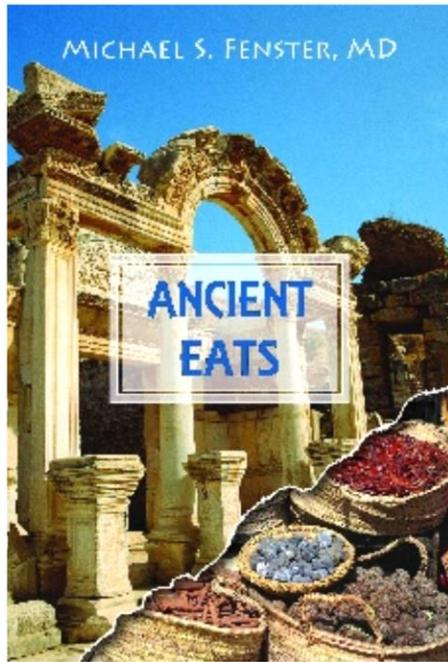
Check out all the
podcasts of Code
Delicious with Dr.
Mike; hit the link:
[Code Delicious](#)

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Moroccan Roasted Leg of Lamb (continued from Page 1)

Recipe by:
Chef Luca Paris
Luca's Mediterranean Café



Ancient Eats-NOW AVAILABLE!!

You can now order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: [Ancient Eats](#)



Natural and scrumptious foods like free range and pastured heritage breed meats from **Butcher Box** are great source of nutrition and flavor!

Ingredients for sauce (continued):

- 1 1/2 cups of natural yogurt
- 1/2 cucumber, peeled
- 1 garlic clove, crushed
- 1/4 tsp of sea salt
- 1/2 cup of lemon juice
- 1 Tbsp of chopped mint
- 1 Tbsp of chopped cilantro

Directions:

Prepare the marinade by grounding the garlic, mint, cumin, salt and paprika with a mortar and pestle. Alternatively, you can use a food processor. Ground ingredients into a paste and then add the olive oil and lemon juice. Mix well.

Make little incisions in the lamb and then coat it well with the marinade. Make sure you coat the inside and outside of the lamb thoroughly.

Place lamb in a bowl and cover. Place it in the fridge for at least two hours or even overnight.

Remove the lamb from the fridge one hour prior to cooking. Pre-heat the oven to 350F.

Place the lamb in a baking dish and roast for 1 hour and 20 minutes for pink meat. Roast the lamb for an extra 20 minutes for medium to well-done meat.

Meanwhile, prepare the cucumber sauce. Mix together the yogurt, cucumber, garlic, lemon juice, mint and cilantro. Add the salt and mix well. Set aside.

Prepare the cous-cous about 20 minutes before serving the lamb. Bring the vegetable stock to a boil in small pot. Remove the pot from the heat and add the cous-cous. Cover and let it sit for about 5 minutes. Transfer to a serving bowl.

Add 1 Tbsp of olive oil to the cous-cous. Stir well with a fork. Add the curry powder and stir again. Next, add a pinch of salt.

Add the raisins and pine-nuts to the cous-cous and stir with the fork.

Remove the lamb when ready and slice it. Spoon some of the liquid from the pan onto the lamb. Serve on a bed of cous-cous and spoon the yogurt sauce on top.

HEALTHY BYTES BY THE NUMBERS

150%

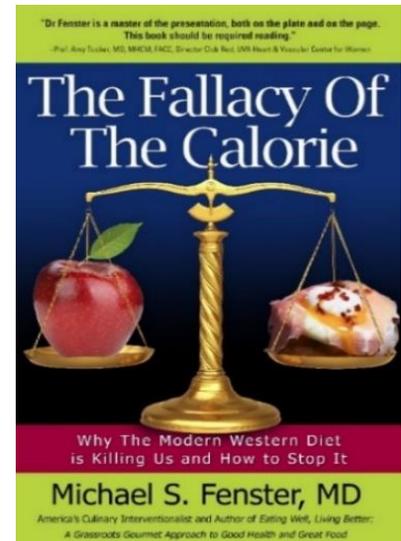
The percentage of EPA, DPA, and DHA found in Australian and New Zealand lamb

0%

The amount of EPA, DPA, and DHA found in US Lamb

Droulez, V., Williams, P., Levy, G., Stobaus, T., & Sinclair, A. (2006). Composition of Australian red meat 2002. 2. Fatty acid profile. *Food Australia*, 58(7):335-341.

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at [Amazon.com](#).