

DELICIOUS, LOW CARBOHYDRATE RECIPES

Enjoy our favorite high protein, low carbohydrate recipes for chicken, beef, lamb and seafood. For helpful information on reaching and maintaining a healthy weight visit www.Foxkins.com.

Many of these recipes suggest broiling – an easy way to prepare delicious, quick, meat-based meals. **How to Broil:** To broil satisfactorily requires a hot pan, hot broiler and *hot* fire. Leave oven door open, and the meat will not catch on fire. The broiling pan with rack should slide in and out easily. Pull out to turn meat, push back quickly to prevent meat from getting cold. Never season or add butter while meat is cooking under the flame. Large and small pieces of meat may be broiled this way.

CHICKEN RECIPES

“Young” chickens weight from 1½ - 2 pounds. Broilers usually weight from ½ - 1 pound; larger than that are not considered choice. Baked chicken recipes can use a grown hen.

Baked Chicken

Select a nice, plump hen in good condition. Prepare for cooking by washing, drying and rubbing over the outside with butter. Place in a roaster and put in hot oven to sear. When seared well, cover and reduce heat to medium or slow. Roast until done. Remove cover and brown again to make crisp.

Broiled Chicken

Use young chickens weighing from a half to three-quarters pounds each. Very young chickens are not fat. Prepare the chicken as above and cut in half. Bend drumstick back to thigh, and cut through the muscle to make joint limp, shape and place in pan, skin side up. Broil, adding small amount of butter, turning often to prevent burning. Season during cooking (pull out chicken to season). When done, remove to platter.

To Smother Broiled Chicken

Prepare young chickens the same as for broiling. Place chicken in hot broiling pan, skin side down; dot with butter and place under blaze in broiling oven. Cook until seared, turn, dot with butter and broil again, keeping pan far enough from the blaze to prevent butter catching fire. When both sides are browned, add a cup of hot water (the amount depending on the number of chickens being broiled) to the broiling pan and let steam and cook in pan; add seasoning and plenty of butter; let cook slowly until very tender, turning and browning. More water may be required. When tender, allow all liquid to cook away and again crisp the chicken. There should be sufficient butter to do this.

BEEF RECIPES

Tips: Beef should be bright red, with fine streaks of fat through the meat, and plenty of firm fat around the outer edge. A four-pound pot roast, shoulder clod, or a chuck roast will require two or three hours of slow cooking, while prime rib, which is a most choice roast, will cook in one - one-and-a half hours, depending on how rare or done you desire. Allow 20 minutes per pound after searing. Sear the roast first to keep the juices in. A prime rib roast of less than four pounds is apt to be dry; it is so thin, the juices escape. Steaks cut an inch or more thick are more satisfactory.

Broiled Steak

Select a choice cut one-inch thick or more. Wipe with damp cloth and remove anything objectionable, including gristle. Clip edge to prevent curling. Place steak on a broiling pan and put under blaze as near as possible without touching blaze or heat unit. Cook about 3 minutes, turn, broil the other side, turn again, and repeat until as done as desired.

Foxkins Diamond Program for Weight Management

253- 833-7300

204 Auburn Avenue, Auburn, Washington 98002

email: info@foxkins.com

website: www.foxkins.com

LAMB RECIPES

Lamb is delicious plain or dressed up. Select between choice and very choice cuts including: steaks, chops, cutlets, breast, shoulder, leg o'lamb, and stew meat. Remove the outside skin or membrane, the "fell", before cooking; some people do not care for flavor it gives lamb. Lamb should be well-scrubbed before cooking: use baking soda, wiping the meat thoroughly afterwards.

Roast Leg o'Lamb

Scrub lamb well with baking soda and rinse with cold water. Dry the meat. Rub over with some kind of fat. Place in baking pan and sear well on both sides in a hot oven or under the flame of a gas range. Reduce heat, add one cup of hot water, roast twenty minutes to the pound, basting occasionally. When half done, add salt, pepper or any seasoning desired such as onion or mustard or other herbs you may want to try. Turn while roasting to brown all sides. If water cooks away, add more, a little at a time. Cook in open pan. It is important to let the roast rest at room temperature for at least 10 minutes after removing it from the oven to allow natural juices to flow back into the meat.

Roast Leg o'Lamb

1 bone-in leg of lamb (about 8 pounds)
1/4 cup flat-leaf parsley leaves
freshly ground black pepper.

4 garlic cloves, cut into 5 slices each
1 tablespoon kosher salt

1. Scrub lamb well with baking soda and rinse with cold water. Dry the meat.
2. With the tip of a sharp knife, poke 20 holes in the leg of lamb about 1½ inches deep. Into each hole, stuff one slice of garlic and one parsley leaf. Rub the leg of lamb all over with salt and pepper. (This step can be done up to one day in advance.)
3. Heat oven to 425°F. Place lamb in a roasting pan; roast 30 minutes. Reduce heat to 325°F., and baste the leg with any juices that have accumulated in the pan. Cook about 2 hours, until an instant-read thermometer registers 130°F. (medium-rare doneness) in the thickest part. Remove roast from oven and allow to rest at least 10 minutes.
4. Transfer roast to a cutting board. Carve in thin slices, parallel to the bone. If desired, make a natural gravy using the pan drippings, water and ThickenThintm thickener (not starch).

Broiled Lamb Chops

The chops should be about one-inch thick. Prepare the chops by removing the outside skin and any extra fat. Have a very hot frying pan or skillet, place the chops in it and as soon as the first side is browned, turn the chops. Turn several times, keeping pan hot, never cover, cook about eight to ten minutes. When done, remove to a hot platter, season with salt, pepper and melted butter. Serve at once.

Lamb Chops with Mustard Sauce

8 double-thick lamb rib chops
Salt and pepper
2 teaspoons whole grain mustard (optional)
1 cup reduced-sodium beef broth, thickened with 1 tablespoon ThickenThintm (not starch)

1/4 cup dry red wine
2 tablespoons Dijon mustard
1 tablespoon butter

1. Season lamb chops well with pepper. In a heavy 12-inch skillet over high heat, brown chops in two batches, moving them as little as possible in the pan. Transfer to a plate. Reduce heat to low.
2. Return all the chops back to the pan. Cook 5 minutes for medium doneness. Transfer to a plate.
3. Pour red wine into pan; increase heat to high. Scrape up any browned bits with a wooden spoon. Cook wine until almost totally reduced, one minute. Add thickened broth. Bring to a boil, cook one minute, and remove from heat.
4. Stir in mustards and butter. Season to taste with salt. Return chops to pan to heat through.

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Spiced Lamb Chops

4 leg of lamb steaks (chops), ½ inch thick (about ¾ pound each)
2 tablespoons curry powder
1 teaspoon salt
½ teaspoon freshly ground pepper
¼ teaspoon five-spice powder
1 tablespoon oil

1. Heat oven to 350°F. Combine curry, salt, pepper and five-spice powder in a cup. Sprinkle each side of steaks with one teaspoon of the spice mixture.
2. Heat oil in large skillet over medium-high heat; add 2 steaks and cook 1½ minutes per side just until deep brown. Transfer to broiler pan. Repeat browning process with the remaining 2 steaks.
3. Broil steaks 3 – 4 minutes until just pink in center or to desired doneness

PORK RECIPES

Pork is rich with fat so it is often used sparingly in warm weather. Cuts of pork include chops, loin, ham, shoulder, ribs, backbones and tenderloin.

Baked Ham

Scrub ham and place in a baking pan, skin side down, on a trivet or rack to keep it off the bottom of the pan. Bake in hot oven 15 to 20 minutes with temperature hot enough to sear outside. Reduce heat to low (275°F.) and bake 20 minutes per pound. No basting is necessary. Do not cover the ham; leave the pan open. When done, let cool sufficiently to handle. Remove skin and trim off anything objectionable. If desired, rub with a bit of mustard, dry or mixed, then rub all over with as much Splenda® as will soak in. Brown quickly in hot oven.

Baked Ham Slice

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| Center cut of ham – 3 inches thick | 1/2 cup brown-sugar substitute |
| 1 cup of boiling water | Spices (as desired; clove, cinnamon, etc) |
| 3 tablespoons vinegar | |

Place ham slice in baking pan. Pour 1 cup of boiling water, vinegar and half of the brown-sugar substitute over it. Bake 2 hours at 350°F. When halfway done, add a sprinkle of spices and the remainder of brown-sugar substitute, basting occasionally until done. To carve, cut diagonally through the slice beginning at one end. If ham is salty or very dry, it may be soaked several hours in cold water before baking.

Cajun Pork Chops

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| 4 boneless center-cut pork chops, ½" thick | 1/2 teaspoon ground cumin |
| 1/2 tablespoon butter | 1/2 teaspoon garlic powder |
| 1/2 tablespoon oil | 1 tablespoon paprika |
| | 1/2 teaspoon sage |
| | 1/2 teaspoon salt |
| | 1/2 teaspoon freshly ground pepper |
| | 1/4 teaspoon cayenne pepper (or to taste) |

1. Combine cumin, garlic powder, paprika, sage, salt, pepper, and cayenne in a bowl. Coat chops with seasoning mixture on both sides.
2. Heat butter and oil over high heat in a large skillet until very hot. Place chops in skillet, reduce heat to medium. Cook 7 – 8 minutes, turning once halfway through cooking time.

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Maple-Mustard Glazed Salmon

4 eight-ounce salmon steaks
Salt and pepper
2 tablespoons sugar-free maple or pancake syrup
1 tablespoon country-style Dijon mustard
2 teaspoons reduced-sodium soy sauce

1. Heat broiler; line broiler pan with aluminum foil.
2. Rinse and pat dry salmon steaks. Sprinkle with salt and pepper.
3. In a small bowl, combine syrup, mustard and soy sauce.
4. Place salmon on broiler pan; brush with half the mixture. Broil 4 minutes.
5. Turn salmon; brush with remaining mixture and broil 2 – 3 minutes more for medium doneness.

Halibut with Herbed Brown Butter

4 halibut steaks, about 1-inch thick (6-8 ounces each)
2 tablespoons olive oil
3/4 teaspoon salt, divided
1/4 teaspoon ground pepper, divided
4 tablespoons butter
2 tablespoons mixed chopped fresh herbs (parsley, tarragon, basil, thyme)
1/2 teaspoon freshly grated lemon ind

Halibut: In large nonstick skillet, heat olive oil over high heat until it shimmers. Season fish with half the salt and pepper. Cook halibut 5-6 minutes, turning once, until just cooked through. Remove to serving plate.

Herbed Brown Butter: In same skillet, melt butter over medium-high heat. Cook about 3 minutes, until it bubbles and turns light brown. Remove from heat and add mixed herbs, grated lemon rind, and remaining salt and pepper. Pour sauce from skillet over fish and serve immediately.