

# DESIGNED TO INSPIRE

food + recipes + conscious living + lifestyle tips

column and photography by **Sandra Yearms Joblonicky**

## Joy to the World...Happy New Year!

'Tis the season to celebrate and bring on the greens, and I'm not talking about those on your dinner plate. We've become such a 'faux' world we're going to forget what fresh pine smells like because we are so indoctrinated by marketing geniuses peddling poisonous chemical smells out of aerosol cans. Get to the Trader's! They always have a variety of fresh pine at a good price. Slide some branches into your tree, and all over the house. Heavenly!



## Children December Issue Meditation & Prayer

Meet my grandson Sam. He's now 19 and a sophomore at UT Austin. As a youngster, he spent many weekends with me and, meditation was

always one of our favorite times together. To signal the start, we'd light our special candle and he would strike the aluminum rod on our mini chime with the mallet...many, many, MANY times! We'd discuss whatever was on our minds, say special prayers for our family and friends, and then we would chant the Sanskrit mantra for protection ... Om Dum Durgayei Namaha... as he beat out his accompanying drum rhythm on the floor. (Loosely translated: beware to those who try to harm ANY I protect) **Ahead of Our Time** We laughed a lot, and I knew the purity of our prayers and intentions would not be judged by our posture and breathing.

## New Year's Eve Celebrate It Your Way

Growing up we celebrated 'The Eve' with a party at my aunt and uncle's, and to this day, I still like celebrating at home.

I spruce up, put on some glitzy earrings, cook my pork and sauerkraut for good luck, sip my favorite bubbly, listen, to music, and call my family. **Dust Off Your Favorite Traditions** Pick your style. Ditch the plastics, bring out the cloth napkins...party!



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### Comments and Requests

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## A Visual Feast with Finger Foods

- + lamb chops sliced from the rack come with a built-in bone handle
- + cheese board with grapes, nutty manchego, sharp yellow and chocolate stilton
- + crispy roasted garbanzo beans
- + a bowl of oil cured black olives
- + a bowl of raw nuts
- + tart cranberry relish to balance everything out



## Lamb

Preheat oven to 400°

- + 1 - 6-8 rib rack of lamb trimmed & frenched, at room temp
- + Combine: 1/2 C fresh bread crumbs, minced garlic, Tbsp minced fresh rosemary, 2 Tbsp olive oil to moisten
- + Score lamb fat with diamond cuts, season rack with Himalayan salt, gently rub in
- + In large oven proof skillet heat a pour of evoo; sear rack on all sides over high heat and set aside
- + Coat rack with bread crumb mixture and pat to form a crust. You can foil the bones but they are tastier charred
- + Place the roast, bone side down (fat up) on a rack positioned on top of the skillet, in center of oven. Add some water to skillet to catch drippings, drizzle over uncut roast

### Rare - Medium Rare

125°-130°, 20 to 25 minutes

### Medium Rare - Medium

135°-140°, 25 to 30 minutes

- + Let lamb rest; slice just before serving.

## Roasted Garbanzo Snack

Open 3 cans chickpeas, drain and rinse beans thoroughly. Lay on towel, cover with another towel and roll the beans around to remove the thin skins. Place dry, clean beans in a bowl, drizzle (don't drown them) with evoo to coat evenly. Roast in 400° preheated oven on a parchment lined cookie tray in a single layer, until they are browned and crunchy, about 30 to 40 minutes. Sprinkle with your favorite seasonings...sweet or savory style.

**New Year's Eve morning**...it's time to turn on the music and get cookin! Don't forget to bless all the bounty, it adds a lot of sweetness to the New Year's celebration.