



4-Hour Lamb



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 bay leaves
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 750 ml cooking wine dry white
- ☐ 15 large sprigs rosemary fresh
- ☐ 15 large sprigs thyme leaves fresh
- ☐ 2 heads garlic peeled
- ☐ 1 tablespoon kosher salt
- ☐ 6 pound leg of lamb (see Cook's Note)

☐ 6 servings olive oil good

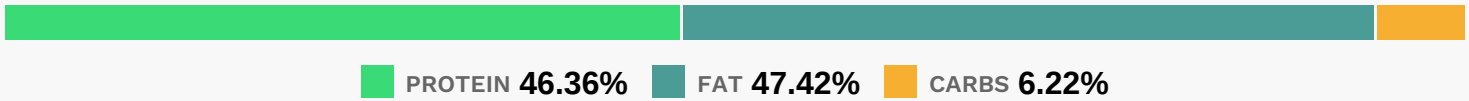
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Preheat the oven to 300 degrees F.
- ☐ Rub the lamb all over with olive oil and season all over with salt and pepper.
- ☐ Heat a very large Dutch oven such as Le Creuset over medium-high heat until its hot.
- ☐ Add the lamb and sear on all sides for about 12 minutes, until its browned all over.
- ☐ Remove the lamb to a plate.
- ☐ Add the wine and 2 cups of water to the pan and cook for a minute or two, scraping up all the brown bits in the bottom.
- ☐ Add the garlic, rosemary, thyme, and bay leaves and the lamb on top.
- ☐ Place the lid on the pot and bake in the oven for 4 hours, basting occasionally. (If you dont have a lid, you can cover it tightly with 2 layers of aluminum foil.)
- ☐ After 4 hours, the lamb should be incredibly tender and falling off the bone.
- ☐ Remove the lamb to a plate, cover it tightly with foil and allow it to rest. Strain the sauce into a saucepan and bring to a boil. Lower the heat and simmer for 10 minutes to reduce. The lamb will be too tender to slice; serve it warm with spoons and the sauce.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.56, Inflammation Score:-10, Nutrition Score:33.049564921338%

Flavonoids

Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg, Luteolin: 1.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 615.21kcal (30.76%), Fat: 27.15g (41.77%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 6.92g (2.52%), Sugar: 1.31g (1.46%), Cholesterol: 182.89mg (60.96%), Sodium: 1349.15mg (58.66%), Alcohol: 13.06g (100%), Alcohol %: 3.72% (100%), Protein: 59.73g (119.47%), Vitamin B12: 7.72µg (128.59%), Selenium: 68.64µg (98.06%), Vitamin B3: 18.08mg (90.42%), Zinc: 11.32mg (75.45%), Phosphorus: 594.09mg (59.41%), Vitamin B2: 0.76mg (44.76%), Iron: 6.5mg (36.11%), Vitamin B6: 0.69mg (34.29%), Vitamin B1: 0.43mg (28.53%), Potassium: 995.01mg (28.43%), Manganese: 0.54mg (26.81%), Magnesium: 99.73mg (24.93%), Vitamin B5: 2.21mg (22.1%), Copper: 0.42mg (21.23%), Folate: 71.42µg (17.85%), Vitamin E: 2.66mg (17.73%), Vitamin K: 10.19µg (9.7%), Vitamin C: 7.51mg (9.1%), Calcium: 68.15mg (6.81%), Fiber: 1.09g (4.37%), Vitamin A: 202.55IU (4.05%)