



Braised Lamb Tacos



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



10

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ancho chile powder
- ☐ 24 ounce lager beer (I like Great Lakes Dortmunder Gold)
- ☐ 16 ounce canned tomatoes crushed canned
- ☐ 3 tablespoons canola oil
- ☐ 10 servings cilantro leaves for topping
- ☐ 1 cinnamon sticks
- ☐ 1 tablespoon coriander seeds
- ☐ 10 servings corn tortillas warmed for serving

- ☐ 1 tablespoon cumin seeds
- ☐ 10 cloves garlic smashed
- ☐ 1 jalapeno chopped
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 5 pound leg of lamb bone-in (ask your butcher to do this)
- ☐ 2 tablespoons brown sugar light packed
- ☐ 1 cup olive oil extra-virgin
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 1 cup sherry vinegar

Equipment

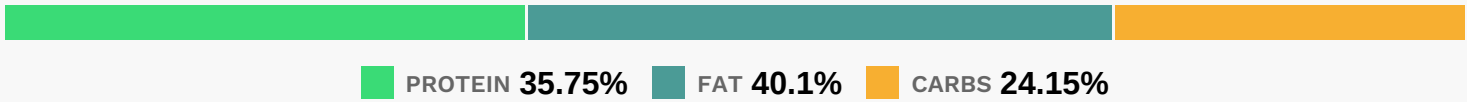
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Toast the cumin and coriander seeds in a small skillet over medium heat, swirling the pan, until slightly darkened, about 2 minutes.
- ☐ Transfer to a large bowl.
- ☐ Add the vinegar, olive oil, garlic, red pepper flakes, cinnamon stick, brown sugar, chile powder and tomatoes; whisk to combine.
- ☐ Put the lamb in a large nonreactive container and add the marinade; cover and refrigerate overnight or up to 48 hours.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Remove the lamb from the marinade and pat dry; reserve the marinade. Season the lamb with salt and pepper.

- ☐
- Heat the canola oil in a large Dutch oven over medium-high heat. Working in batches, add the lamb and cook until browned, 3 to 4 minutes per side.
- ☐
- Add the reserved marinade, the beer and jalapeno and bring to a simmer. Cover, transfer to the oven and braise until very tender, about 2 hours.
- ☐
- Remove from the oven and let cool slightly. Skim off any excess fat.
- ☐
- Remove the lamb and pull the meat off the bone, discarding the bones and fat. Strain the liquid into a smaller pot and keep warm. Shred the meat with your fingers and transfer to a bowl.
- ☐
- Pour the warmed braising liquid over the meat and toss to coat. Divide among corn tortillas and top with cilantro. Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:23.3, Glycemic Load:7.25, Inflammation Score:-6, Nutrition Score:21.557391166687%

Flavonoids

Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 383.09kcal (19.15%), Fat: 16.14g (24.84%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 18.65g (6.78%), Sugar: 4.69g (5.22%), Cholesterol: 91.44mg (30.48%), Sodium: 368.54mg (16.02%), Alcohol: 2.65g (100%), Alcohol %: 0.99% (100%), Protein: 32.38g (64.75%), Vitamin B12: 3.87µg (64.52%), Selenium: 36.57µg (52.24%), Vitamin B3: 10.33mg (51.66%), Zinc: 6.08mg (40.53%), Phosphorus: 395.06mg (39.51%), Vitamin B2: 0.43mg (25.11%), Iron: 4.32mg (23.98%), Vitamin B6: 0.46mg (22.8%), Magnesium: 77.34mg (19.34%), Potassium: 668.53mg (19.1%), Manganese: 0.37mg (18.54%), Vitamin B1: 0.27mg (18.31%), Vitamin E: 2.57mg (17.11%), Copper: 0.34mg (16.79%), Fiber: 3.22g (12.88%), Vitamin B5: 1.24mg (12.42%), Folate: 44.9µg (11.23%), Vitamin K: 9.24µg (8.8%), Vitamin C: 7.08mg (8.59%), Calcium: 71.15mg (7.12%), Vitamin A: 262.23IU (5.24%)