



## Capreto Cacio e Uova: Lamb with Cheese and Egg Sauce

 Gluten Free

READY IN



310 min.

SERVINGS



12

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon peppercorns black
- 3 carrots coarsely chopped
- 4 ribs celery coarsely chopped
- 3.5 pounds chicken wings
- 1 cup cooking wine dry red
- 6 large eggs
- 1 sprig rosemary fresh

- 1 juice of lemon juiced
- 10 pounds lamb shoulder cut into small pieces
- 0.3 cup olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 1 medium onion sliced
- 2 onions coarsely chopped
- 0.7 cup parmigiano-reggiano freshly-grated
- 1 bunch parsley stems
- 1 bunch parsley italian finely chopped
- 12 servings salt and pepper to taste
- 2 tablespoons tomato paste

## Equipment

- bowl
- frying pan
- sauce pan
- ladle
- pot
- wooden spoon

## Directions

- Rinse the meat, pat dry and set aside.
- In a large skillet, heat the oil over medium-high heat.
- Add the onion and cook over medium heat until softened, about 5 minutes. Season the meat with salt and pepper and add to the skillet to brown on all sides, about 10 minutes. Work in batches if necessary to avoid overcrowding the pan.
- Add the rosemary and wine and let the wine evaporate.
- Add 1/4 cup of the stock, cover and reduce the heat to low. Moisten with the chicken stock as necessary to avoid scorching. Cook for 1 to 2 hours, until the meat is very tender.

- In a medium bowl, beat the eggs, cheese, a pinch of pepper, the lemon juice and parsley and pour the mixture over the cooked meat. Stir and cook over medium heat a few minutes, until the eggs coagulate.
- Serve immediately.
- In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- Add all the chicken parts and brown all over, stirring to avoid burning.
- Remove the chicken and reserve.
- Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.

## Nutrition Facts

**PROTEIN 44.01%**

**FAT 51.3%**

**CARBS 4.69%**

### Properties

Glycemic Index:25.07, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:41.605217322059%

### Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 20.86mg, Apigenin: 20.86mg, Apigenin: 20.86mg, Apigenin: 20.86mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

### Nutrients (% of daily need)

Calories: 634.85kcal (31.74%), Fat: 34.65g (53.3%), Saturated Fat: 10.32g (64.48%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.37g (1.95%), Sugar: 2.68g (2.98%), Cholesterol: 304.19mg (101.4%), Sodium: 583.76mg (25.38%), Alcohol: 2.1g (100%), Alcohol %: 0.61% (100%), Protein: 66.88g (133.76%), Vitamin K: 167.78µg (159.79%), Vitamin B12: 6.88µg (114.6%), Selenium: 74.46µg (106.37%), Vitamin B3: 19mg (94.99%), Zinc: 11.54mg (76.93%), Vitamin A: 3737.39IU (74.75%), Phosphorus: 651.05mg (65.1%), Vitamin B2: 0.78mg (46.02%), Vitamin B6: 0.74mg (36.83%), Iron: 6.23mg (34.6%), Potassium: 1051.61mg (30.05%), Vitamin B5: 2.84mg (28.35%), Folate: 100.48µg (25.12%), Vitamin B1: 0.37mg (24.6%), Magnesium: 91.34mg (22.84%), Vitamin C: 18.04mg (21.86%), Copper: 0.38mg (19.16%), Vitamin E: 2.34mg (15.58%), Calcium: 151.74mg (15.17%), Manganese: 0.28mg (13.98%), Fiber: 1.75g (7%), Vitamin D: 0.6µg (3.99%)