



Chicken Fried Lamb with White Wine Pan Gravy

READY IN



63 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 teaspoon cayenne pepper
- 2 teaspoons dijon mustard
- 0.5 cup cooking wine dry white
- 1 cup flour all-purpose
- 0.5 teaspoon thyme leaves fresh chopped (3 to 4 sprigs)
- 1 teaspoon garlic powder
- 2 teaspoons kosher salt

- 6 servings kosher salt and pepper black freshly ground
- 2 pounds leg of lamb boneless trimmed (or shoulder)
- 0.3 cup vegetable oil for cooking
- 1 tablespoon vegetable oil
- 2 cups vegetable stock
- 1 eggs whole plus more if needed, for dredging
- 0.5 cup milk whole

Equipment

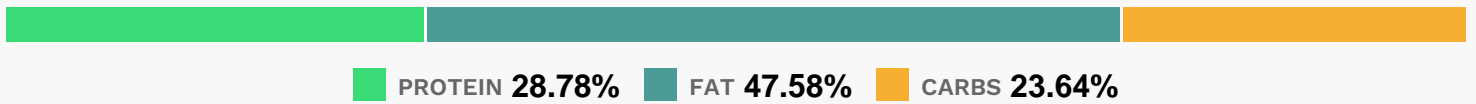
- frying pan
- oven
- whisk
- wire rack
- wooden spoon
- pie form

Directions

- Preheat the oven to 250 degrees F.
- Cut the meat with the grain into 1/2-thick slices. Season each piece on both sides with the salt and pepper.
- Place the flour in a pie pan and mix in the garlic powder and cayenne pepper.
- Place the eggs in a separate pie pan and beat. Dredge the meat on both sides in the egg, and then the flour. Repeat with all the meat pieces. (Reserve the remaining flour for the pan gravy.)
- Place the meat on a plate and allow it to sit for 10 to 15 minutes before cooking.
- Place enough of the vegetable oil to cover the bottom of a 12-inch skillet and set over medium-high heat. Once the oil begins to shimmer, add the meat in batches, being careful not to overcrowd the pan. Cook each piece on both sides until golden brown, approximately 4 minutes on each side.

- Remove the lamb to a wire rack set in a half sheet pan and place in the oven to stay warm while the other pieces are being prepared. Repeat until all the meat is browned.
- Add the vegetable oil to the pan.
- Add the white wine to deglaze the pan and reduce by half.
- Whisk in 2 tablespoons of the reserved flour. Then whisk in the Dijon mustard and the vegetable stock. Continue to whisk until the gravy comes to a boil and begins to thicken.
- Add the milk and thyme and whisk until the gravy coats the back of a wooden spoon, 5 to 10 minutes. Season to taste with more salt and pepper, if needed.
- Serve over the lamb steaks.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:12.51, Inflammation Score:-6, Nutrition Score:16.178260632183%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 346.08kcal (17.3%), Fat: 17.33g (26.67%), Saturated Fat: 3.93g (24.55%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 18.48g (6.72%), Sugar: 1.99g (2.21%), Cholesterol: 90.68mg (30.23%), Sodium: 1185.94mg (51.56%), Alcohol: 2.06g (100%), Alcohol %: 1.01% (100%), Protein: 23.59g (47.18%), Selenium: 32.84µg (46.92%), Vitamin B12: 2.75µg (45.78%), Vitamin B3: 7.26mg (36.32%), Zinc: 4.05mg (27%), Phosphorus: 250.71mg (25.07%), Vitamin B2: 0.41mg (24.24%), Vitamin B1: 0.32mg (21.28%), Vitamin K: 22.1µg (21.05%), Iron: 3.04mg (16.91%), Folate: 64.53µg (16.13%), Manganese: 0.27mg (13.49%), Vitamin B6: 0.23mg (11.27%), Potassium: 374.51mg (10.7%), Vitamin B5: 0.99mg (9.9%), Magnesium: 38.34mg (9.59%), Vitamin E: 1.35mg (9.01%), Copper: 0.17mg (8.44%), Vitamin A: 389.56IU (7.79%), Calcium: 44.77mg (4.48%), Fiber: 0.9g (3.61%), Vitamin D: 0.37µg (2.47%)