



Coffee-Braised Spoon Lamb

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



375 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 large carrots cut into chunks
- 1 cup cooking wine dry red
- 0.3 cup flat-leaf parsley chopped
- 6 garlic cloves divided
- 8 servings kosher salt and pepper black freshly ground
- 7 lbs leg of lamb bone-in trimmed
- 0.3 cup olive oil
- 1 large onion quartered

- 2 shallots peeled
- 3 cups freshly strong coffee divided brewed
- 1 tomatoes quartered

Equipment

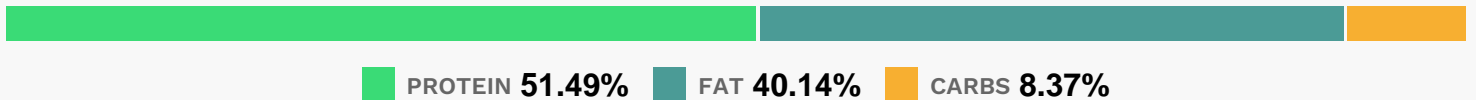
- bowl
- frying pan
- ladle
- oven
- sieve
- blender
- roasting pan
- aluminum foil
- spatula

Directions

- Preheat oven to 40
- Mince 2 garlic cloves and rub onto lamb, spreading evenly. Generously sprinkle lamb with salt and pepper. Put lamb on a V-shaped rack in a large roasting pan. Surround rack with onion, carrots, shallots, tomato, and remaining 4 garlic cloves.
- Drizzle olive oil over vegetables and lamb.
- Roast 30 minutes. Reduce heat to 350 and cook another 30 minutes.
- Reduce heat to 25
- Transfer lamb to a plate and lift rack from pan. Set the roasting pan on a burner over high heat, add wine, and boil, using a wide metal spatula to stir and scrape caramelized vegetables from bottom of pan, until wine has reduced by half. Stir in 2 cups coffee.
- Remove from heat. Set lamb back in pan (without rack); spoon juices over it. Cover tightly with foil.
- Return to oven and cook until lamb is tender and pulling away from the bone, about 5 hours, turning lamb once halfway through cooking.

- Transfer lamb to a platter and cover with foil. Reheat remaining 1 cup coffee and pour with liquid and vegetables from pan into a blender, working in batches if needed. Pulse until smooth.
- Pour sauce through a strainer set over a bowl, using the back of a spoon or ladle to push it through if needed. Season sauce with salt and pepper.
- Pour half of sauce over lamb and serve the rest in a bowl.
- Sprinkle lamb with parsley.

Nutrition Facts



Properties

Glycemic Index:29.48, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:34.973912881768%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg, Epicatechin: 3.23mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 439.32kcal (21.97%), Fat: 18.22g (28.02%), Saturated Fat: 4.99g (31.18%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.44g (3.82%), Cholesterol: 160.03mg (53.34%), Sodium: 185.5mg (8.07%), Alcohol: 3.15g (100%), Alcohol %: 0.88% (100%), Caffeine: 35.55mg (11.85%), Protein: 52.58g (105.16%), Vitamin A: 6301.56IU (126.03%), Vitamin B12: 6.75µg (112.52%), Selenium: 59.29µg (84.7%), Vitamin B3: 16.27mg (81.34%), Zinc: 9.84mg (65.57%), Phosphorus: 515.41mg (51.54%), Vitamin B2: 0.73mg (42.78%), Vitamin K: 41.2µg (39.23%), Potassium: 986.87mg (28.2%), Vitamin B6: 0.56mg (28.09%), Iron: 5.03mg (27.92%), Vitamin B1: 0.41mg (27.37%), Vitamin B5: 2.2mg (22.02%), Magnesium: 81.05mg (20.26%), Folate: 77.06µg (19.26%), Copper: 0.37mg (18.29%), Vitamin E: 1.87mg (12.5%), Manganese: 0.25mg (12.26%), Vitamin C: 9.31mg (11.29%), Fiber: 1.85g (7.38%), Calcium: 43.99mg (4.4%)