



Curried Lamb "Cigars"

 Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 tablespoons canola oil
- ☐ 1 cup chicken broth low-sodium canned
- ☐ 3 tablespoons curry powder
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 garlic cloves minced
- ☐ 1 pound lamb
- ☐ 1 teaspoon habanero sauce plus more for serving

- ☐ 1 small onion finely chopped
- ☐ 36 servings salt and pepper freshly ground
- ☐ 2 star anise pods whole
- ☐ 36 servings sugar
- ☐ 1 small sweet potatoes and into peeled cut into 1/2 -inch dice
- ☐ 2 small tomatoes diced
- ☐ 1 cup coconut milk unsweetened
- ☐ 36 servings vegetable oil for frying
- ☐ 36 sheets triangular of yufka
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ wax paper
- ☐ slotted spoon

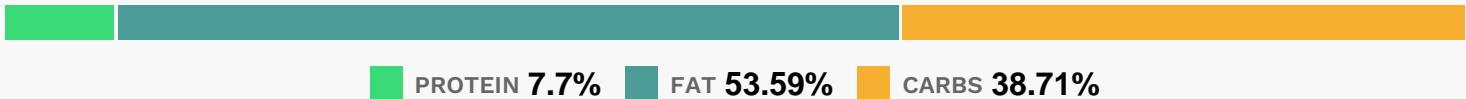
Directions

- ☐ In a large skillet, heat the canola oil.
- ☐ Add the lamb and cook over high heat, stirring occasionally, until no trace of pink remains, about 7 minutes. Using a slotted spoon, transfer the meat to a plate.
- ☐ Add the onion and garlic to the skillet and cook, stirring, until softened but not browned, 2 to 3 minutes.
- ☐ Return the meat to the skillet and add the curry powder. Cook, stirring, until fragrant, about 2 minutes.
- ☐ Add the coconut milk and chicken broth and bring to a boil.
- ☐ Add the sweet potato, tomatoes, star anise, bay leaf, the 1 teaspoon of habanero sauce and a generous pinch each of salt, pepper and sugar. Simmer over moderately low heat until the

sweet potato is tender and the liquid is absorbed, about 20 minutes.

- ☐ Transfer the filling to a bowl and let cool. Discard the star anise and bay leaf. Stir in the feta.
- ☐ Lightly brush both sides of 1 yufka triangle with water. Set it on a work surface with the pointed end away from you. Keep the remaining pastry covered with plastic wrap.
- ☐ Spread 1 tablespoon of the filling along the bottom edge of the triangle.
- ☐ Roll the pastry up from the bottom, folding in the sides as you go.
- ☐ Transfer to a platter, seam side down. Repeat with the remaining yufka and filling.
- ☐ Heat 2 inches of vegetable oil in a large deep skillet. Fry the cigars in batches, 6 at a time, turning, until golden and crisp, about 3 minutes.
- ☐ Drain on a rack set over a baking sheet.
- ☐ Make Ahead: The uncooked cigars can be frozen in an airtight container between layers of wax paper for several weeks. Don't defrost before frying.
- ☐ Notes: Yufka is rolled slightly thicker than phyllo; often fried to make the Turkish savory pastries called sigara borek. It is available at Middle Eastern grocery stores and by mail from Adriana's Caravan (800-316-0820). Asian spring roll wrappers (not egg roll wrappers) are the best substitute.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:8.87, Inflammation Score:-4, Nutrition Score:3.2791304481418%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 140.34kcal (7.02%), Fat: 8.58g (13.21%), Saturated Fat: 3.39g (21.16%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.42g (4.88%), Sugar: 12.6g (14%), Cholesterol: 10.43mg (3.48%), Sodium: 222.77mg (9.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.55%), Vitamin A: 566.91IU (11.34%), Vitamin K: 7.18µg (6.84%), Manganese: 0.11mg (5.42%), Vitamin B12: 0.32µg (5.35%), Vitamin B3: 0.98mg (4.9%), Selenium: 3.21µg

(4.58%), Phosphorus: 38.88mg (3.89%), Zinc: 0.57mg (3.81%), Vitamin E: 0.55mg (3.67%), Iron: 0.55mg (3.05%), Vitamin B2: 0.05mg (2.82%), Potassium: 88.91mg (2.54%), Copper: 0.05mg (2.48%), Vitamin B6: 0.05mg (2.4%), Magnesium: 8.54mg (2.14%), Fiber: 0.53g (2.12%), Vitamin C: 1.43mg (1.73%), Vitamin B1: 0.03mg (1.68%), Calcium: 15.56mg (1.56%), Folate: 6.12µg (1.53%), Vitamin B5: 0.14mg (1.45%)