



WHATSheATE



## Grilled Lamb Loin with Cabernet-Mint Sauce and Garlic Mashed Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



748 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 lb plus 1 tablespoon butter
- ☐ 2 cups wine dry red
- ☐ 3 cups fat-skimmed beef broth low-sodium
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons thyme leaves dried fresh
- ☐ 30 cloves garlic peeled

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 tablespoon parsley italian chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.8 pounds russet potatoes peeled cut into 1 1/2-inch chunks
- ☐ 0.5 teaspoon salt
- ☐ 4 oz shallots chopped
- ☐ 1 fat-trimmed lamb loin
- ☐ 0.5 cup whipping cream

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ potato masher
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave

## Directions

- ☐ Rinse lamb and pat dry. Chop 10 cloves of garlic. In an 8- by 10-inch baking dish, mix half the chopped garlic, 1/2 cup olive oil, vinegar, shallots, thyme, parsley, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Add lamb and turn to coat. Cover and chill at least 4 hours or up to 1 day, turning occasionally.
- ☐ On a 12- by 12-inch sheet of foil, mix remaining 20 cloves garlic with 1/2 tablespoon olive oil to coat; seal foil around garlic.
- ☐ Bake in a 350 regular or convection oven until cloves are soft when pressed, about 45 minutes, turning packet over halfway through baking.

- ☐ While garlic is baking, in a 10- to 12-inch frying pan over high heat, boil wine until reduced to 1 cup, about 10 minutes.
- ☐ Add broth and boil, stirring occasionally, until mixture is reduced to about 1 1/2 cups, about 20 minutes.
- ☐ Whisk in 1 tablespoon butter, then stir in mint and the roasted garlic. Keep warm over low heat.
- ☐ In a 5- to 6-quart pan, combine potatoes and remaining chopped garlic; add water to cover. Bring to a boil over high heat; cover, reduce heat, and simmer until potatoes mash easily when pressed, 20 to 25 minutes.
- ☐ Meanwhile, heat cream with the remaining 1/2 cup butter in a microwave-safe container in a microwave oven at full power (100%), stirring at 20-second intervals, until butter is melted and mixture is steaming (do not boil), about 1 1/2 minutes total.
- ☐ Drain potatoes and garlic. Mash with a potato masher or a mixer until almost smooth.
- ☐ Add cream mixture and mash to desired consistency; if potatoes are thicker than desired, add a little milk.
- ☐ Add salt and pepper to taste. Keep warm over low heat if necessary.
- ☐ While potatoes cook, lift lamb from marinade and drain well (discard marinade).
- ☐ Lay on a barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on gas grill. Turn occasionally until lamb is browned on all sides and a thermometer inserted in center of thickest part reaches 135 for medium-rare (pink in the center), 20 to 25 minutes, or until done to your liking.
- ☐ Transfer lamb to a board and let rest in a warm place at least 5 minutes.
- ☐ Mound mashed potatoes equally on plates.
- ☐ Cut and remove string from lamb; slice loin crosswise and fan slices over potatoes. Spoon sauce with garlic around meat and mashed potatoes.
- ☐ Notes: Have the butcher bone a lamb loin (1 3/4 to 2 lb.; make sure you don't get a tenderloin or the sirloin) and roll and tie it into a roast about 8 inches long and 2 1/2 inches wide. You can marinate the lamb and prepare the sauce through step 3 up to 1 day ahead; bring sauce to a simmer over low heat before serving.
- ☐ Pour Buttonwood Farm Winery's "Trevin" Bordeaux blend to match the Cabernet sauce here.

## Nutrition Facts



Properties

Glycemic Index:88.44, Glycemic Load:34.37, Inflammation Score:-10, Nutrition Score:21.567391188248%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg, Malvidin: 31.49mg Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg, Peonidin: 2.22mg Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg, Catechin: 9.24mg Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg, Epicatechin: 12.79mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 2.42mg, Apigenin: 2.42mg, Apigenin: 2.42mg, Apigenin: 2.42mg Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg, Luteolin: 2.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 748.34kcal (37.42%), Fat: 41.21g (63.39%), Saturated Fat: 22.86g (142.9%), Carbohydrates: 58.9g (19.63%), Net Carbohydrates: 54.16g (19.69%), Sugar: 9.35g (10.39%), Cholesterol: 113.21mg (37.74%), Sodium: 856.57mg (37.24%), Alcohol: 12.6g (100%), Alcohol %: 2.27% (100%), Protein: 16.96g (33.92%), Vitamin B6: 1.14mg (56.89%), Manganese: 0.93mg (46.55%), Potassium: 1565.8mg (44.74%), Vitamin C: 28.61mg (34.67%), Vitamin A: 1521.61IU (30.43%), Vitamin K: 26.97µg (25.69%), Phosphorus: 250.91mg (25.09%), Iron: 4.09mg (22.75%), Vitamin B3: 4.26mg (21.32%), Magnesium: 79.89mg (19.97%), Fiber: 4.74g (18.96%), Copper: 0.38mg (18.82%), Vitamin B1: 0.27mg (18.25%), Selenium: 12.18µg (17.4%), Vitamin B2: 0.25mg (14.8%), Zinc: 2.08mg (13.87%), Calcium: 138.62mg (13.86%), Folate: 53.24µg (13.31%), Vitamin E: 1.82mg (12.14%), Vitamin B12: 0.72µg (12%), Vitamin B5: 1.14mg (11.37%), Vitamin D: 0.48µg (3.17%)