



Grilled Lamb with Curried Vegetables and Grape Pine Nut Gremolata

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1473 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups beef broth
- ☐ 8 brussels sprouts halved
- ☐ 4 tablespoons butter divided ()
- ☐ 0.5 head cauliflower cored cut into bite-size florets
- ☐ 4 servings curry powder for sprinkling
- ☐ 2 cups cooking wine dry red
- ☐ 8 ounces fingerling potatoes (8)

- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1.5 tablespoons mint leaves fresh thinly sliced
- ☐ 1.5 tablespoons parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2.5 cups low-salt chicken broth
- ☐ 1 teaspoon olive oil
- ☐ 1 tablespoon onion minced
- ☐ 0.5 cup pinenuts toasted
- ☐ 2 lamb loins racks of
- ☐ 0.5 pound grapes red seedless stemmed
- ☐ 1 small onion red chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup verjus* or white

Equipment

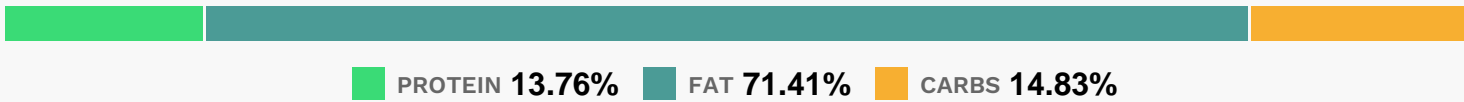
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add onion and garlic and cook until soft, stirring often, about 5 minutes.
- ☐ Add wine and grapes. Simmer over medium heat until almost all liquid is evaporated, stirring occasionally, about 20 minutes.
- ☐ Add broths. Boil over medium-high heat until reduced to 2 scant cups, about 40 minutes. Strain into measuring cup, pressing on solids to release liquid; discard solids in strainer. Season with salt and pepper. DO AHEAD:Can be made 3 days ahead. Cover; chill.
- ☐ Melt 1 tablespoon butter in medium skillet over medium-high heat.
- ☐ Add onion, garlic, and ginger; sauté until soft, about 3 minutes.
- ☐ Add curry powder and 3 tablespoons butter. Stir until melted and bubbling.
- ☐ Remove from heat.
- ☐ Preheat oven to 350°F.
- ☐ Place potatoes on small baking sheet.
- ☐ Drizzle with 3 teaspoons oil, sprinkle with salt and pepper, and toss to coat. Roast until tender, about 25 minutes. Cool slightly.
- ☐ Cut potatoes crosswise into 3/4inch pieces; transfer to medium bowl.
- ☐ Heat 2 teaspoons oil in large skillet over medium-high heat.
- ☐ Add cauliflower and sauté until brown in spots, about 3 minutes.
- ☐ Add 1/4 cup water, cover, and cook until tender, adding more water by tablespoonfuls as needed, about 3 minutes longer.
- ☐ Transfer cauliflower to bowl with potatoes. Wipe skillet clean.
- ☐ Add remaining 2 teaspoons oil to same skillet.
- ☐ Add brussels sprouts and sauté until brown in spots, about 3 minutes.
- ☐ Add 1/4 cup water, cover, and simmer until tender, adding more water by tablespoonfuls as needed, about 3 minutes longer.
- ☐ Transfer to bowl with cauliflower and potatoes. DO AHEAD:Curry butter and vegetables can be made 2 hours ahead.
- ☐ Let stand separately at room temperature.
- ☐ Bring verjus and sugar to boil in small saucepan, stirring until sugar dissolves. Reduce heat to medium-high and boil until reduced to 1/4 cup, about 5 minutes. Cool.

- ☐ Preheat oven to 250°F.
- ☐ Place grapes on rimmed baking sheet lined with parchment or foil. Roast until reduced in size by half, about 1 1/2 hours. Cool.
- ☐ Mix syrup, grapes, pine nuts, and next 5 ingredients in medium bowl. DO AHEAD: Gremolata can be made 1 hour ahead.
- ☐ Let stand at room temperature.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Sprinkle lamb all over with salt, pepper, and curry powder. Grill lamb until thermometer inserted lengthwise into lamb registers 130°F for mediumrare, about 15 minutes.
- ☐ Transfer to work surface and let rest 10 minutes. Slice lamb crosswise into 1/2-inch-thick slices.
- ☐ Meanwhile, melt 2 tablespoons curry butter in heavy large skillet over medium heat; add vegetables and cook until heated through, stirring frequently, about 4 minutes. Season to taste with salt and pepper and additional curry butter, if desired. Rewarm sauce.
- ☐ Divide vegetables among 4 plates. Divide lamb slices among plates.
- ☐ Drizzle sauce over lamb. Spoon gremolata over.
- ☐ *Tart juice made from unripened fruit, usually wine grapes; available at specialty foods stores and from igourmet.com.

Nutrition Facts



Properties

Glycemic Index:129.96, Glycemic Load:22.82, Inflammation Score:-9, Nutrition Score:47.383043289185%

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: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg, Apigenin: 3.36mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg

1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg, Quercetin: 8.36mg

Nutrients (% of daily need)

Calories: 1473.49kcal (73.67%), Fat: 111.18g (171.05%), Saturated Fat: 46.42g (290.16%), Carbohydrates: 51.96g (17.32%), Net Carbohydrates: 45.53g (16.56%), Sugar: 26.21g (29.12%), Cholesterol: 218.73mg (72.91%), Sodium: 872.58mg (37.94%), Alcohol: 12.6g (100%), Alcohol %: 1.59% (100%), Protein: 48.21g (96.42%), Vitamin K: 124.2µg (118.29%), Manganese: 2.14mg (106.94%), Vitamin C: 86.59mg (104.96%), Vitamin B3: 20.55mg (102.76%), Vitamin B12: 5.46µg (91.06%), Selenium: 45.13µg (64.47%), Phosphorus: 627.32mg (62.73%), Zinc: 8.71mg (58.08%), Potassium: 1608.44mg (45.96%), Vitamin B2: 0.75mg (44.07%), Vitamin B6: 0.84mg (42.03%), Iron: 7.11mg (39.49%), Copper: 0.75mg (37.44%), Magnesium: 138.64mg (34.66%), Vitamin B1: 0.51mg (34.14%), Folate: 130.13µg (32.53%), Fiber: 6.43g (25.72%), Vitamin B5: 2.5mg (25%), Vitamin E: 3.24mg (21.58%), Vitamin A: 896.82IU (17.94%), Calcium: 129.15mg (12.91%)