



## Guinness-Brined BBQ Lamb Steaks

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 cups guinness ale
- ☐ 1.5 cups guinness bbq sauce
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon coarse salt
- ☐ 3 pounds lamb leg steaks bone-in (see Know-How)
- ☐ 3 tablespoons smokin' rub
- ☐ 0.3 cup sugar
- ☐ 1 cup water

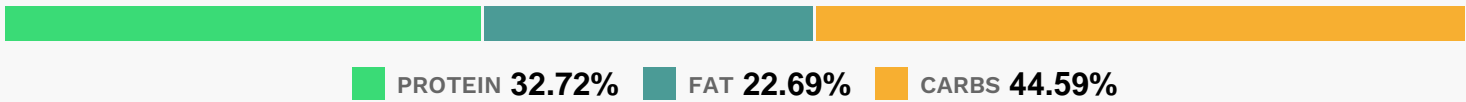
# Equipment

- ☐ grill
- ☐ kitchen thermometer

# Directions

- ☐ Combine the Guinness, salt, sugar, water and 2 tablespoons spice rub in a 1-gallon zipper-lock bag. Drop in the lamb steaks, press out the air, and seal. Refrigerate for 2 to 6 hours.
- ☐ Light a grill for direct medium-high heat, about 425°F.
- ☐ Remove the lamb from the brine and pat dry. Discard the brine. Coat the lamb with the oil and season with the rub. Set aside for 10 minutes.
- ☐ Brush the grill grate and rub with oil. Grill the steaks for about 7 minutes per side for medium-rare (135°F on an instant-read thermometer). Baste with a thin layer of the sauce during the last minute of grilling.
- ☐ Rest the meat for 5 minutes before serving.
- ☐ Serve the steaks with the remaining sauce on the side.
- ☐ Substitute any kind of chile rub or Cajun seasoning for the Smokin' Rub. Substitute prepared BBQ sauce spiked with a tablespoon of instant powdered espresso for the grilling sauce. Use lamb shoulder chops instead of lamb leg steaks. Know-How: Making Lamb Steaks
- ☐ If you can't find lamb leg steaks, you can get the same cut by slicing a boneless leg of lamb 1/2 inch thick.
- ☐ From Fire It Up: More Than 400 Recipes for Grilling Everything by Andrew Schloss and David Joachim. Text copyright © 2011 by Andrew Schloss and David Joachim; photographs copyright © 2011 by Alison Miksch. Published by Chronicle Books LLC.

# Nutrition Facts



# Properties

Glycemic Index:27.65, Glycemic Load:10.42, Inflammation Score:-7, Nutrition Score:28.238260486852%

# Flavonoids

Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 597.82kcal (29.89%), Fat: 14.11g (21.7%), Saturated Fat: 3.86g (24.09%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 61.06g (22.2%), Sugar: 48.17g (53.53%), Cholesterol: 137.17mg (45.72%), Sodium: 2990.28mg (130.01%), Alcohol: 4.6g (100%), Alcohol %: 1.12% (100%), Protein: 45.77g (91.55%), Vitamin B12: 5.81µg (96.84%), Selenium: 52.76µg (75.38%), Vitamin B3: 14.69mg (73.44%), Zinc: 8.53mg (56.87%), Phosphorus: 456.74mg (45.67%), Vitamin B2: 0.63mg (37.26%), Iron: 5.69mg (31.62%), Vitamin K: 28.59µg (27.23%), Vitamin B6: 0.54mg (26.93%), Potassium: 921.2mg (26.32%), Vitamin B1: 0.34mg (22.57%), Magnesium: 86.25mg (21.56%), Manganese: 0.41mg (20.34%), Copper: 0.39mg (19.51%), Vitamin B5: 1.77mg (17.67%), Folate: 62.66µg (15.66%), Vitamin E: 1.98mg (13.21%), Calcium: 85.83mg (8.58%), Vitamin A: 319.2IU (6.38%), Fiber: 1.3g (5.22%), Vitamin C: 1mg (1.22%)