



Lamb and Broccoli Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 1 bunch broccoli for another use, cut into small florets
- ☐ 1 cup cooking wine dry white
- ☐ 2 large eggs
- ☐ 1 leaf flat parsley and tarragon leaves fresh (for garnish)
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoons kosher salt plus more
- ☐ 2 pound lamb shoulder bone-in

- ☐ 3 tablespoons juice of lemon fresh ()
- ☐ 8 cups chicken broth low-sodium
- ☐ 4 medium onions coarsely chopped
- ☐ 1 sprig rosemary
- ☐ 0.3 cup sugar
- ☐ 1 sprig thyme leaves
- ☐ 0.8 cup vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ blender

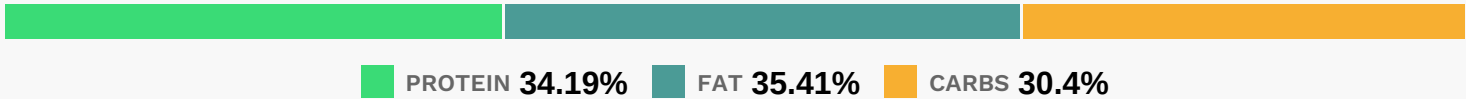
Directions

- ☐ Whisk sugar, 3/4 cup salt, and 10 cups water in a large bowl until salt and sugar dissolve.
- ☐ Add lamb, cover, and chill for at least 12 hours and up to 2 days.
- ☐ Heat oil in a large heavy pot over medium-high heat.
- ☐ Add onions, garlic, rosemary sprig, thyme sprig, and bay leaf. Cook, stirring often, until onions are golden brown and soft, 10–15 minutes.
- ☐ Remove pot from heat and add wine, stirring and scraping up any browned bits from bottom of pan. Return pot to heat and simmer until wine is reduced by half, about 3 minutes.
- ☐ Remove lamb shoulder from brine; add to pot, along with broth. Bring to a boil. Reduce heat; simmer gently, partially covered and skimming fat occasionally, until lamb is fork-tender, 5–6 hours.
- ☐ Transfer lamb to a platter and remove bones.
- ☐ Cut or shred meat into bite-size pieces. If needed, boil cooking liquid in pot until reduced to 6 cups, 15–30 minutes. Season sauce with salt, if needed. Return lamb to pot. DO AHEAD: Lamb

can be prepared 3 days ahead.

- ☐ Let cool slightly, then chill until cold. Cover and keep chilled. Discard fat and reheat before serving.
- ☐ Place eggs in a small saucepan and add water to cover by 1". Bring to a boil and remove from heat. Cover and let sit for 3 minutes.
- ☐ Transfer eggs to a bowl of ice water and let cool completely. Peel.
- ☐ Combine eggs, garlic, 3 tablespoons lemon juice, and 1/2 teaspoons salt in a blender. With the motor running, gradually add oil, blending until a creamy sauce forms. Season garlic emulsion with salt and more lemon juice, if desired.
- ☐ Cook broccoli in a large pot of boiling salted water until crisp-tender, about 4 minutes.
- ☐ Drain; rinse under cold water.
- ☐ Divide stew among bowls and garnish with broccoli, parsley, tarragon, and garlic emulsion.

Nutrition Facts



Properties

Glycemic Index: 59.85, Glycemic Load: 8.95, Inflammation Score: -9, Nutrition Score: 30.373913008234%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 8.43mg, Kaempferol: 8.43mg, Kaempferol: 8.43mg, Kaempferol: 8.43mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 18.25mg, Quercetin: 18.25mg, Quercetin: 18.25mg, Quercetin: 18.25mg

Nutrients (% of daily need)

Calories: 380.67kcal (19.03%), Fat: 14.39g (22.14%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 23.84g (8.67%), Sugar: 14.2g (15.78%), Cholesterol: 122.96mg (40.99%), Sodium: 416.41mg (18.1%), Alcohol: 4.12g (100%), Alcohol %: 0.76% (100%), Protein: 31.27g (62.53%), Vitamin C: 99.4mg (120.48%), Vitamin K: 113.9µg (108.48%), Vitamin B3: 10.85mg (54.23%), Vitamin B12: 3.01µg (50.1%), Selenium: 29.89µg (42.7%), Phosphorus: 402.78mg (40.28%), Zinc: 5.1mg (33.99%), Vitamin B2: 0.54mg (31.82%), Potassium:

1040.91mg (29.74%), Folate: 111.01µg (27.75%), Vitamin B6: 0.51mg (25.45%), Manganese: 0.42mg (20.9%), Iron: 3.74mg (20.76%), Copper: 0.37mg (18.5%), Vitamin B5: 1.65mg (16.47%), Fiber: 3.97g (15.89%), Magnesium: 63.18mg (15.8%), Vitamin B1: 0.23mg (15.54%), Vitamin A: 739.78IU (14.8%), Vitamin E: 1.65mg (10.98%), Calcium: 106.83mg (10.68%), Vitamin D: 0.33µg (2.22%)