



Lamb and Sausage Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

Ingredients

- ☐ 2.5 cups flour
- ☐ 0.5 cup wine dry white
- ☐ 1 large eggs beaten to blend
- ☐ 2 garlic clove minced
- ☐ 4 tablespoons water ()
- ☐ 1 pound lamb shoulder lean fat trimmed trimmed cut into 1/2-inch pieces (1 pound)
- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons orange juice
- ☐ 0.3 teaspoon saffron threads crumbled

- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons shortening chilled cut into 1/2-inch pieces
- ☐ 4 ounces chorizo sweet spanish finely chopped
- ☐ 2 medium size onion sweet halved thinly sliced (such as Vidalia or Maui)

Equipment

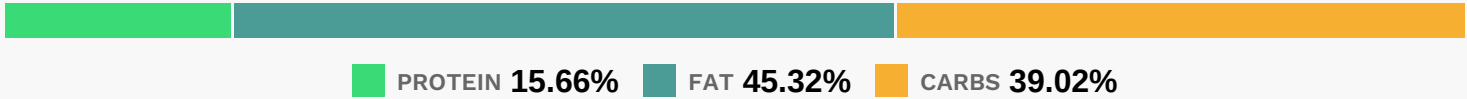
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ plastic wrap

Directions

- ☐ Blend flour and salt in processor.
- ☐ Add shortening; using on/off turns, cut in shortening until mixture resembles coarse meal. Gradually add olive oil, orange juice, and 3 tablespoons ice water; process mixture until moist clumps form, adding more water by teaspoonfuls if dough is dry. Gather dough together; divide in half. Form each dough half into smooth ball; flatten each into disk.
- ☐ Place on work surface; cover with plastic wrap.
- ☐ Let stand at room temperature while making filling.
- ☐ Heat oil in heavy large skillet over high heat.
- ☐ Sprinkle lamb with salt and pepper.
- ☐ Add lamb to skillet and sauté until brown, about 4 minutes.
- ☐ Transfer to bowl.
- ☐ Add onions and garlic to skillet and sauté 2 minutes. Reduce heat to medium-low, cover, and cook until onions are very tender, stirring occasionally, about 15 minutes. Return lamb to skillet.

- ☐ Add wine and saffron; simmer until liquid is reduced by half, about 4 minutes. Stir insobrasada and sauté 2 minutes. Cool filling completely.
- ☐ Preheat oven to 350°F.
- ☐ Roll out each dough disk between 2 sheets of parchment paper to 12-inch round.
- ☐ Transfer 1 dough round to ungreased rimmed baking sheet.
- ☐ Spread lamb filling over dough round, leaving 2-inch plain border. Cover filling with second dough round.
- ☐ Roll up edges, pressing together to seal well. Using small sharp knife, cut small X in center of top crust to allow steam to escape.
- ☐ Brush crust with beaten egg.
- ☐ Bake pie until crust is golden brown, about 35 minutes.
- ☐ Let cool 15 minutes.
- ☐ Serve warm or at room temperature.
- ☐ * Sobrasada is available from La Española (310-539-0455; donajuana.com) or from La Tienda (888-472-1022; tienda.com).

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:22.03, Inflammation Score:-6, Nutrition Score:12.514782607555%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg, Quercetin: 12.05mg

Nutrients (% of daily need)

Calories: 397.35kcal (19.87%), Fat: 19.31g (29.7%), Saturated Fat: 5.07g (31.7%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 35.58g (12.94%), Sugar: 4.97g (5.52%), Cholesterol: 54.97mg (18.32%), Sodium: 188.18mg (8.18%), Alcohol: 1.54g (100%), Alcohol %: 0.89% (100%), Protein: 15.01g (30.01%), Selenium: 23.81µg (34.02%), Vitamin B1: 0.4mg (26.39%), Folate: 104.12µg (26.03%), Vitamin B3: 4.61mg (23.06%), Vitamin B2: 0.33mg (19.13%), Manganese: 0.37mg (18.59%), Iron: 3.13mg (17.37%), Vitamin B12: 1.01µg (16.82%), Phosphorus: 148.28mg (14.83%), Zinc: 1.98mg (13.17%), Vitamin B6: 0.21mg (10.42%), Vitamin C: 7.4mg (8.96%), Vitamin E: 1.28mg (8.53%), Potassium: 277.94mg (7.94%), Copper: 0.16mg (7.77%), Fiber: 1.83g (7.31%), Vitamin K: 7.68µg (7.31%), Magnesium: 28.2mg (7.05%), Vitamin B5: 0.69mg (6.94%), Calcium: 34.05mg (3.41%), Vitamin A: 98.04IU (1.96%)