



Lamb Braised in Milk with Fennel



Gluten Free



Very Healthy

READY IN



145 min.

SERVINGS



5

CALORIES



719 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 2.5 pounds lamb shoulder boneless trimmed cut into 2-inch pieces
- ☐ 5 servings salt and pepper
- ☐ 1 fennel bulb diced
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup parsley finely chopped
- ☐ 1 teaspoon fennel seeds (with a chef's knife) crushed finely
- ☐ 2 cups milk

- ☐ 0.5 cup heavy cream
- ☐ 1 sprig rosemary
- ☐ 2 cups farro (can substitute brown rice)
- ☐ 5 servings salt

Equipment

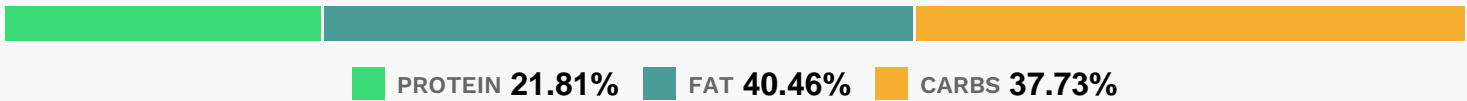
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Brown the lamb pieces on all sides: In a large (5 to 6 quart) thick-bottomed Dutch oven, heat 2 Tbsp of olive oil on medium high. Pat dry the lamb pieces. Season well with salt and pepper. Working in batches, place lamb pieces in the pan (do not crowd). Do not stir. Turn only once a side has browned. Brown all sides.
- ☐ Remove from pan and set aside.
- ☐ Sauté fennel, add garlic, fennel seeds: Reduce heat in pan to medium.
- ☐ Add remaining 2 Tbsp olive oil.
- ☐ Add the diced fennel and cook a few minutes until softened, scraping up any browned bits from the pan.
- ☐ Add the garlic and crushed fennel seeds.
- ☐ Return meat to pan, add milk, cream, rosemary, cook until tender:
- ☐ Add the meat back into the pot.
- ☐ Add the milk and cream. Bring to a simmer. Reduce heat to low, add the sprig of rosemary, cover. Cook for 1 1/2 to 2 hours until meat is tender.

- ☐ Cook the farro: While the lamb is cooking, prepare the farro (or brown rice). The farro will take about 45 minutes to cook, after which it can be kept warm, so time accordingly.
- ☐ Rinse farro through a sieve until the water runs clear.
- ☐ Add it to a large, thick-bottomed saucepan. Cover with about two inches of water and add about a tablespoon of salt. Bring to a boil. Reduce the heat to a low simmer, partially cover and let cook for 45 minutes or until tender.
- ☐ Drain of excess water and set aside until you are ready to use it.
- ☐ Remove lamb from pot, reduce sauce: Once the lamb is tender, remove the pieces from the pot and set aside. Discard the rosemary. Bring the milk cream sauce to a boil over high heat and reduce to about 2 cups.
- ☐ Purée sauce, toss with lamb: Working in batches, purée in a blender (or with an immersion blender) until smooth. (When puréeing hot liquids in a blender it's best to work with relatively small amounts, filling just maybe a quarter of the blender. Otherwise the pressure can blow the top off the blender and make a hot mess.)
- ☐ Return the sauce and the lamb to the pot and if needed heat until warm through. Season to taste with salt and pepper.
- ☐ Before serving, stir in the fresh chopped parsley.
- ☐ Serve the braised lamb over warm farro.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:35.28, Inflammation Score:-8, Nutrition Score:38.086521853571%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg, Apigenin: 12.94mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 718.58kcal (35.93%), Fat: 32.19g (49.52%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 67.54g (22.51%), Net Carbohydrates: 63.11g (22.95%), Sugar: 7.29g (8.1%), Cholesterol: 130.05mg (43.35%), Sodium: 561.2mg

(24.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.04g (78.08%), Manganese: 3.03mg (151.48%), Vitamin K: 135.37µg (128.92%), Vitamin B12: 4.38µg (73%), Vitamin B3: 12.38mg (61.88%), Phosphorus: 609.46mg (60.95%), Zinc: 8.11mg (54.07%), Selenium: 35.51µg (50.73%), Magnesium: 170.63mg (42.66%), Vitamin B1: 0.56mg (37.25%), Vitamin B6: 0.71mg (35.68%), Vitamin B2: 0.56mg (33.2%), Potassium: 1021.72mg (29.19%), Vitamin B5: 2.73mg (27.28%), Iron: 4.76mg (26.42%), Calcium: 216.75mg (21.68%), Vitamin A: 1077.4IU (21.55%), Copper: 0.43mg (21.4%), Folate: 72.3µg (18.07%), Fiber: 4.43g (17.7%), Vitamin C: 14.21mg (17.22%), Vitamin E: 2.45mg (16.36%), Vitamin D: 1.45µg (9.7%)