



Lamb Chili with Masa Harina Dumplings

READY IN



1500 min.

SERVINGS



8

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 3 tablespoons chipotles in adobo canned finely chopped
- ☐ 2.5 oz pepper flakes dried
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 4 garlic clove minced

- ☐ 2 teaspoons ground cumin
- ☐ 3.3 lb lamb shoulder boneless trimmed cut into 1 1/2-inch pieces
- ☐ 0.8 cup corn tortillas (corn tortilla mix)
- ☐ 2 cups onion chopped
- ☐ 1.5 teaspoons oregano dried crumbled
- ☐ 0.3 teaspoon salt
- ☐ 2 turkish bay leaf
- ☐ 3 tablespoons vegetable oil
- ☐ 5 cups water
- ☐ 0.3 cup butter unsalted chilled cut into small pieces

Equipment

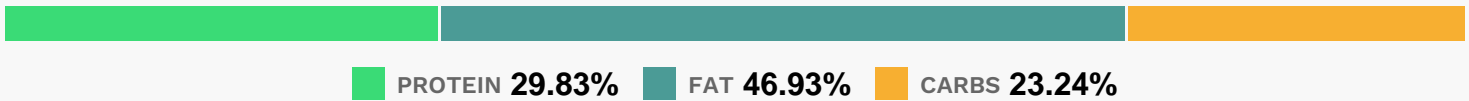
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ colander

Directions

- ☐ Simmer dried chiles in 2 cups water, covered, in a 2-quart heavy saucepan until very soft, about 20 minutes. Reserve 3/4 cup cooking liquid, then drain in a colander. Stem chiles (do not remove seeds), then purée in a blender with reserved cooking liquid until smooth (use caution when blending hot liquids). Force purée through a fine-mesh sieve into a bowl. Reserve purée.
- ☐ Pat lamb dry, then sprinkle with pepper and 1 teaspoon salt.
- ☐ Heat 2 tablespoons lard in a 6-quart wide heavy pot or a 3-inch-deep straight-sided skillet over moderately high heat until hot but not smoking, then brown lamb in 4 batches (without crowding), turning occasionally, about 5 minutes per batch.

- ☐ Transfer to a bowl.
- ☐ Add remaining tablespoon lard to pot, then cook onion, garlic, bay leaves, and remaining 1/4 teaspoon salt over moderate heat, stirring occasionally, until softened, 4 to 5 minutes.
- ☐ Add cumin and oregano and cook, stirring frequently, 1 minute. Stir in reserved chile purée and chipotles and simmer, stirring frequently and scraping up brown bits from bottom of pot, 5 minutes.
- ☐ Add lamb along with any juices accumulated in bowl and remaining 3 cups water, then bring to a boil. Reduce heat and simmer, covered, until lamb is tender, about 2 1/2 hours.
- ☐ Stir together masa harina, flour, baking powder, baking soda, and salt in a bowl. Blend in lard pieces with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add buttermilk, stirring just until dough is moistened (do not overmix).
- ☐ Skim fat off chili and discard bay leaves, then drop 8 or 9 heaping tablespoons of dough onto simmering chili, about 2 inches apart. Reduce heat to low and gently simmer, covered, until tops of dumplings are dry to the touch, 15 to 20 minutes.
- ☐ Sprinkle with cilantro.
- ☐ Chili is best when made at least 1 day ahead, without dumplings and cilantro, and can be made 2 days ahead and cooled completely, uncovered, then chilled, covered. Discard fat from surface and reheat stew before adding dumplings and sprinkling with cilantro.

Nutrition Facts



Properties

Glycemic Index:53.06, Glycemic Load:8.2, Inflammation Score:-7, Nutrition Score:18.773043518481%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 354.79kcal (17.74%), Fat: 18.53g (28.5%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 17.48g (6.36%), Sugar: 3.89g (4.32%), Cholesterol: 92.03mg (30.67%), Sodium: 285.55mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin B12: 3.22µg (53.59%), Selenium:

30.44µg (43.49%), Vitamin B3: 7.76mg (38.81%), Zinc: 5.39mg (35.92%), Phosphorus: 342.6mg (34.26%), Vitamin B2: 0.37mg (21.53%), Vitamin C: 16.24mg (19.69%), Iron: 3.37mg (18.72%), Vitamin B6: 0.35mg (17.56%), Vitamin B1: 0.23mg (15.57%), Magnesium: 59.38mg (14.85%), Potassium: 519.73mg (14.85%), Manganese: 0.28mg (13.76%), Vitamin K: 14.25µg (13.57%), Fiber: 3.16g (12.65%), Copper: 0.25mg (12.26%), Folate: 48.21µg (12.05%), Calcium: 118.55mg (11.85%), Vitamin B5: 1.05mg (10.52%), Vitamin E: 1.08mg (7.18%), Vitamin A: 322.1IU (6.44%), Vitamin D: 0.4µg (2.66%)