



Lamb Chops with Vegetable Ragout



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1092 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil leaves coarsely chopped
- ☐ 2 medium carrots cut into 2-inch matchsticks
- ☐ 0.3 pound chanterelles trimmed
- ☐ 8 cherry tomatoes halved
- ☐ 1 cup chicken stock see low-sodium canned
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 3 garlic cloves minced
- ☐ 32 ounces double lamb loin chops

- ☐ 5 tablespoons olive oil extra-virgin
- ☐ 4 servings parmesan cheese freshly grated for serving
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper freshly ground
- ☐ 3 tablespoons shallots very finely chopped
- ☐ 0.5 pound mushroom caps quartered
- ☐ 2 teaspoons tarragon chopped
- ☐ 1 large turnip peeled cut into 2-inch matchsticks
- ☐ 0.5 cup vermouth dry french
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

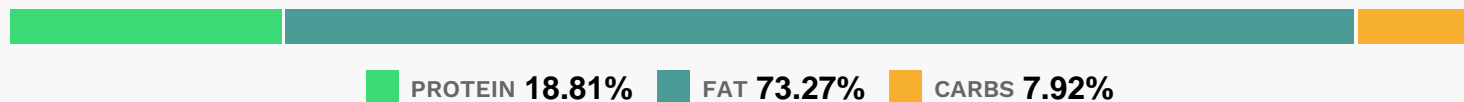
Directions

- ☐ In a large shallow dish, mix together 1 tablespoon each of the basil and parsley, 1 teaspoon of the tarragon, 1 tablespoon of the olive oil and 1 minced garlic clove. Rub the herb mixture all over the lamb chops and season them generously with salt and pepper.
- ☐ Let the lamb chops stand at room temperature for at least 30 minutes and for up to 2 hours.
- ☐ Meanwhile, preheat the oven to 42
- ☐ In a large skillet, bring the water to a boil.
- ☐ Add the carrots and a pinch of salt and cover. Simmer the carrots over low heat for 4 minutes.
- ☐ Add the turnip, cover and cook until both vegetables are tender, about 8 minutes.
- ☐ Drain the vegetables and transfer them to a plate. Return the skillet to low heat. When hot, add 2 tablespoons of the olive oil and the shiitake and season generously with salt and pepper. Cover and cook the shiitake, stirring occasionally, until lightly browned, about 4

minutes.

- ☐ Add the chanterelles, cover and cook until tender, about 3 minutes.
- ☐ Add the shallots and the remaining 2 garlic cloves and cook, stirring, until fragrant, about 3 minutes.
- ☐ Add the carrots and turnip, cover and remove the vegetables from the heat.
- ☐ In a large ovenproof skillet, heat the remaining 2 tablespoons of olive oil until shimmering.
- ☐ Add the lamb chops and cook them over moderately high heat until browned on the bottom, about 3 minutes. Turn the lamb chops over and roast them in the oven for about 8 minutes for medium rare.
- ☐ Transfer the lamb chops to a plate, cover with foil and keep warm.
- ☐ Discard the fat from the skillet and set it over moderately high heat.
- ☐ Add the vermouth and cook until almost evaporated, about 3 minutes.
- ☐ Add the chicken stock and boil until reduced to 3/4 cup, about 3 minutes.
- ☐ Add any accumulated lamb juices and pour the liquid over the reserved vegetables. Stir in the cherry tomatoes and simmer until hot. Stir in the remaining 1 tablespoon each of chopped basil and parsley and 1 teaspoon of chopped tarragon. Season the ragout with salt and pepper.
- ☐ Spoon the vegetable ragout into shallow bowls and sprinkle with Parmesan cheese. Top each plate with a lamb chop and serve at once.
- ☐ Make Ahead: The vegetable ragout can be prepared through Step 2 and refrigerated overnight. Bring to room temperature before proceeding.
- ☐ Wine Recommendation: The herbs on these lamb chops are well matched by the pepper and licorice-like notes of a concentrated Australian Shiraz. Two possibilities: the 1998 Stonehaven Limestone Coast Shiraz and the 1998 Rosemount Blue Mountain Shiraz.

Nutrition Facts



Properties

Glycemic Index:95.96, Glycemic Load:4.13, Inflammation Score:-10, Nutrition Score:42.027826101884%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 1091.65kcal (54.58%), Fat: 87.35g (134.38%), Saturated Fat: 33.89g (211.79%), Carbohydrates: 21.23g (7.08%), Net Carbohydrates: 16.38g (5.96%), Sugar: 6.44g (7.16%), Cholesterol: 193.93mg (64.64%), Sodium: 1129.7mg (49.12%), Alcohol: 2.85g (100%), Alcohol %: 0.52% (100%), Protein: 50.45g (100.91%), Vitamin A: 5784.82IU (115.7%), Vitamin B3: 19.68mg (98.4%), Vitamin B12: 5.09µg (84.84%), Selenium: 58.2µg (83.14%), Phosphorus: 677.63mg (67.76%), Zinc: 8.26mg (55.09%), Vitamin K: 53.12µg (50.59%), Vitamin B2: 0.84mg (49.44%), Calcium: 361.23mg (36.12%), Potassium: 1244.76mg (35.56%), Iron: 6.29mg (34.97%), Vitamin B6: 0.69mg (34.75%), Vitamin B5: 2.95mg (29.45%), Copper: 0.59mg (29.25%), Vitamin C: 23.8mg (28.85%), Manganese: 0.57mg (28.67%), Magnesium: 93.94mg (23.48%), Vitamin E: 3.51mg (23.43%), Vitamin B1: 0.33mg (22.3%), Fiber: 4.85g (19.41%), Folate: 74.45µg (18.61%), Vitamin D: 1.88µg (12.53%)