



Lamb Cobbler

READY IN



105 min.

SERVINGS



12

CALORIES



413 kcal

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 tablespoon brandy
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 4 cloves garlic crushed
- ☐ 2 pounds lamb
- ☐ 2 tablespoons milk
- ☐ 2 onions finely chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 10 ounce peas green frozen thawed

- ☐ 1 tablespoon port wine
- ☐ 0.3 teaspoon salt
- ☐ 12 servings salt and pepper to taste
- ☐ 3 cups self-rising flour
- ☐ 1 cup water
- ☐ 1 teaspoon worcestershire sauce

Equipment

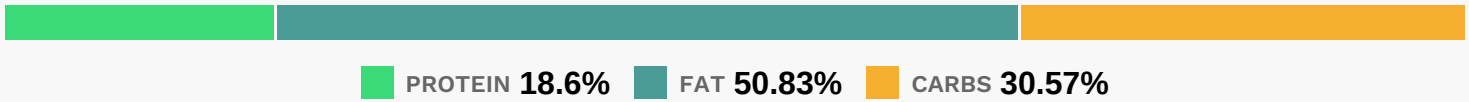
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ casserole dish

Directions

- ☐ Combine flour, baking powder, 1/4 cup Parmesan, and salt in a large bowl.
- ☐ Mix well.
- ☐ Cut in butter until mixture is crumbly.
- ☐ Add milk and stir just until dough forms a ball.
- ☐ Turn dough onto a floured surface and knead a couple of times. until smooth. Pat out dough to about a 3/4-inch thickness and cut out 4-inch circles. Gather the dough scraps, press them together, and repeat. You should get about 12 rounds total.
- ☐ Place circles on a lightly floured plate or baking sheet and refrigerate.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Lightly grease a 9x11-inch baking dish.
- ☐ Heat the butter in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes.
- ☐ Add garlic and cook, stirring, for 2 more minutes, taking care not to burn garlic. If using garam masala and curry paste, add them now (see Cook's Notes).

- ☐ Add lamb, Worcestershire sauce, brandy, port, and salt and pepper. Cook and stir until lamb is browned and cooked through, stirring frequently.
- ☐ Add peas to skillet and stir.
- ☐ Pour in 1 cup water or red wine and bring to a boil.
- ☐ Whisk in 1/4 cup flour. Simmer for 5 minutes, stirring frequently, until sauce thickens.
- ☐ Spread lamb mixture into prepared casserole dish. Cover with circles of scone dough, letting circles just meet at the edges but leaving room for steam to escape.
- ☐ Brush dough with milk, then sprinkle with Parmesan cheese.
- ☐ Bake in preheated oven until scones are golden brown and filling is bubbly, about 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:36.53, Glycemic Load:17.72, Inflammation Score:-5, Nutrition Score:13.503912956818%

Flavonoids

Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 1.19mg, Malvidin: 1.19mg, Malvidin: 1.19mg, Malvidin: 1.19mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 413.24kcal (20.66%), Fat: 22.86g (35.17%), Saturated Fat: 10.61g (66.31%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 28.43g (10.34%), Sugar: 2.5g (2.78%), Cholesterol: 67.47mg (22.49%), Sodium: 435.7mg (18.94%), Alcohol: 0.61g (100%), Alcohol %: 0.42% (100%), Protein: 18.82g (37.64%), Selenium: 29µg (41.42%), Vitamin B12: 1.8µg (29.93%), Vitamin B3: 5.51mg (27.53%), Zinc: 3.31mg (22.05%), Phosphorus: 216.11mg (21.61%), Manganese: 0.42mg (21.06%), Vitamin B2: 0.24mg (14.16%), Vitamin B1: 0.2mg (13.65%), Vitamin C: 11.18mg (13.56%), Folate: 47.86µg (11.97%), Iron: 2.09mg (11.62%), Fiber: 2.5g (10%), Copper: 0.19mg (9.74%), Vitamin B6: 0.19mg (9.43%), Calcium: 92.28mg (9.23%), Magnesium: 35.83mg (8.96%), Vitamin K: 9.15µg (8.72%), Potassium: 304.36mg (8.7%), Vitamin B5: 0.71mg (7.14%), Vitamin A: 322.46IU (6.45%), Vitamin E: 0.43mg (2.9%)