



Lamb Curry



Gluten Free



Very Healthy

READY IN



180 min.

SERVINGS



6

CALORIES



670 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds lamb stew meat boneless bone-in (or 3 pounds)
- ☐ 3 cups onions chopped
- ☐ 3 cloves garlic crushed
- ☐ 2 tablespoons ghee with 1 tablespoon butter (clarified butter)
- ☐ 2 tablespoons curry powder to taste ()
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon pepper black
- ☐ 1 tablespoon ground coriander

- ☐ 1 tablespoon cumin
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 slices optional: lemon with rind (use 3 slices if using meyer lemons)
- ☐ 2 cups apples green peeled chopped
- ☐ 40 g golden raisins
- ☐ 350 ml chicken stock see
- ☐ 680 g potatoes quartered
- ☐ 2 cups rice
- ☐ 6 servings chutney and/or yogurt to serve

Equipment

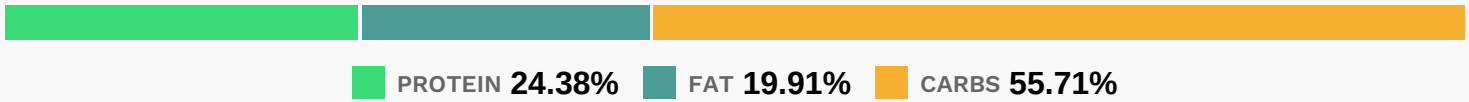
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ dutch oven

Directions

- ☐ Brown the lamb pieces on all sides:
- ☐ Heat the ghee or the butter-with-olive-oil in a large, thick-bottomed pot (with cover) or Dutch oven on medium-high.
- ☐ Working in batches if necessary, brown the meat well on all sides and remove it from pan.
- ☐ Make the curry base: Lower the heat to medium low and add the curry powder to the ghee or oil. Cook gently for a minute or two.
- ☐ Add onions and garlic and cook 5 minutes.
- ☐ Return the lamb to the pan, and add the coriander, black pepper, cumin, rosemary, thyme, sliced lemon, apples, raisins, chicken stock, and salt.
- ☐ Cook the curry: Bring to a simmer, lower the heat to low, and cover the pot. (You can also put the pot in a 300°F oven).

- ☐ Cook for 2 hours. Check at 2 hours to see if the meat is falling off the bone. It should be starting to do so.
- ☐ Add the potatoes and cook for another 45 minutes.
- ☐ Cook the rice: While the curry is cooking, cook the rice. Put 2 cups of basmati rice in a medium thick-bottomed pot.
- ☐ Add 3 cups of water (less or more depending on package instructions), a tablespoon of butter or ghee, and a teaspoon of salt. Bring to a boil, lower the heat to a low simmer, cover the pot and let cook for 15 minutes (again check your package instructions).
- ☐ Remove from heat, keep covered, and let steam for 10 minutes, then fluff with a fork.
- ☐ Serve: To serve, you can pull the meat off the bones or leave it on. Taste for salt and add some more curry powder or add cayenne if you want things spicier.
- ☐ Serve over rice with chutney and/or yogurt for drizzling over top.

Nutrition Facts



Properties

Glycemic Index:62.85, Glycemic Load:50.51, Inflammation Score:-8, Nutrition Score:32.438695793971%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg, Quercetin: 18.89mg

Nutrients (% of daily need)

Calories: 669.98kcal (33.5%), Fat: 14.78g (22.75%), Saturated Fat: 4g (24.98%), Carbohydrates: 93.1g (31.03%), Net Carbohydrates: 85.7g (31.16%), Sugar: 13.72g (15.25%), Cholesterol: 100.18mg (33.39%), Sodium: 976.48mg

(42.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.47%), Vitamin B12: 4.13µg (68.86%), Selenium: 46.78µg (66.83%), Manganese: 1.32mg (66.1%), Vitamin B3: 12.48mg (62.42%), Zinc: 7.75mg (51.66%), Phosphorus: 493.31mg (49.33%), Vitamin B6: 0.9mg (44.93%), Vitamin C: 31.71mg (38.44%), Potassium: 1332.99mg (38.09%), Iron: 6.27mg (34.84%), Vitamin B2: 0.54mg (31.87%), Copper: 0.59mg (29.64%), Fiber: 7.4g (29.59%), Vitamin B1: 0.41mg (27.61%), Magnesium: 109.7mg (27.43%), Vitamin B5: 2.19mg (21.95%), Folate: 81.43µg (20.36%), Vitamin K: 13.18µg (12.56%), Vitamin E: 1.7mg (11.33%), Calcium: 107.63mg (10.76%), Vitamin A: 74.05IU (1.48%)