



Lamb in Spiced Yogurt Sauce with Rice and Bread

READY IN



45 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 cardamom pods
- 1 stick cinnamon (2-inch piece)
- 0.3 cup ghee (see cooks' note, below)
- 0.5 teaspoon ground allspice
- 1.5 teaspoons turmeric
- 3 lb lamb shoulder bone-in
- 1 large onion chopped

- 3 onion red quartered
- 1.5 oz pinenuts
- 4 5-inch wholewheat pita breads halved ()
- 2 teaspoons salt
- 2 cups yogurt
- 7 cups water
- 2 cups rice long-grain white

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- sieve
- measuring cup
- slotted spoon

Directions

- Combine lamb and 4 cups water in a wide 5-quart heavy pot (add more water to just cover lamb if necessary). Bring to a boil over moderate heat, skimming froth from surface. Once liquid is clear and at a full boil, add pepper and 1 teaspoon salt, then cover and simmer 30 minutes.
- While meat is simmering, heat butter in a 12-inch heavy skillet over moderate heat.
- Add pine nuts and cook, stirring occasionally, until golden, about 5 minutes.
- Transfer nuts with a slotted spoon to paper towels to drain.
- Add onion to skillet and cook, stirring occasionally, until softened and golden, about 12 minutes. Stir in turmeric, allspice, cardamom pods, and cinnamon and cook, stirring, until fragrant, about 2 minutes.
- Add onion mixture to lamb and simmer, covered, 1 hour.

- Remove lid and briskly simmer until liquid is reduced by half, about 1 hour more.
- Add yogurt, gently shaking and swirling pot to incorporate.
- Simmer lamb over moderately low heat, uncovered, stirring occasionally in one direction only (or yogurt may curdle), until sauce is slightly thickened and meat is very tender, 30 to 40 minutes. Season sauce with salt and pepper if necessary and discard cinnamon stick.
- While sauce simmers, bring remaining 3 cups water with remaining teaspoon salt to a boil in a 3-quart saucepan with a tight-fitting lid.
- Add rice and stir once, then reduce heat to low and cook, covered, 20 minutes. Slide pan off heat (do not lift) and let stand, covered, 5 minutes. Fluff rice gently with a fork.
- Line a 3-quart shallow serving bowl with a single layer of pita halves (reserve remaining pita to serve alongside), then mound rice on top of bread. Spoon 1/2 cup sauce over rice to moisten and arrange meat over rice.
- Sprinkle with pine nuts and spoon 1/2 cup sauce over meat, then arrange reserved pita and red onions around edge of bowl.
- Pour remaining sauce through a sieve into a sauceboat or small bowl and serve on the side.
- To make 1/4 cup clarified butter, cut 6 tablespoons unsalted butter into 1-inch pieces and melt in a small heavy saucepan over low heat.
- Remove pan from heat and let butter stand 3 minutes. Skim froth, then slowly pour butter into a measuring cup, leaving milky solids in bottom of pan (discard milky solids).• Lamb with sauce can be made 1 day ahead. Reheat over low heat and assemble with pita and rice before serving.* Available at Middle Eastern markets.

Nutrition Facts



PROTEIN 26.19%

FAT 30.41%

CARBS 43.4%

Properties

Glycemic Index:34.27, Glycemic Load:23.8, Inflammation Score:-10, Nutrition Score:21.440434961215%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg, Quercetin: 12.18mg

Nutrients (% of daily need)

Calories: 459.59kcal (22.98%), Fat: 15.38g (23.66%), Saturated Fat: 5.94g (37.11%), Carbohydrates: 49.37g (16.46%), Net Carbohydrates: 47.03g (17.1%), Sugar: 7.52g (8.35%), Cholesterol: 84.21mg (28.07%), Sodium: 720.83mg (31.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.8g (59.6%), Manganese: 1.35mg (67.33%), Vitamin B12: 3.23µg (53.91%), Selenium: 33.89µg (48.42%), Zinc: 6.08mg (40.54%), Phosphorus: 399.63mg (39.96%), Vitamin B3: 7.59mg (37.97%), Vitamin B2: 0.44mg (26.09%), Potassium: 656.9mg (18.77%), Copper: 0.37mg (18.56%), Magnesium: 74.06mg (18.52%), Calcium: 177.71mg (17.77%), Vitamin B6: 0.36mg (17.77%), Vitamin B5: 1.73mg (17.29%), Iron: 3mg (16.69%), Vitamin B1: 0.24mg (16.04%), Folate: 50.33µg (12.58%), Fiber: 2.34g (9.36%), Vitamin C: 5.3mg (6.43%), Vitamin E: 0.82mg (5.45%), Vitamin K: 3.67µg (3.49%)