



WHATSheATE



HEALTH SCORE

85%

Lamb Shank Stew with Root Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



230 min.

SERVINGS



4

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings olive oil extra virgin
- ☐ 3 pounds lamb shanks cut into a couple of pieces
- ☐ 4 servings salt and pepper freshly ground
- ☐ 6 garlic cloves unpeeled
- ☐ 2 rib celery coarsely chopped
- ☐ 4 carrots coarsely chopped quartered cut into 2-inch segments, and lengthwise
- ☐ 1 large onion coarsely chopped
- ☐ 0.5 cup tomato paste

- ☐ 1 cup cooking wine dry red
- ☐ 3 cups chicken stock see
- ☐ 6 inch orange zest
- ☐ 1 medium rutabaga roughly chopped ()
- ☐ 1 medium turnip roughly sliced chopped (1 inch pieces)
- ☐ 2 parsnips chopped
- ☐ 2 tablespoons parsley chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 2 teaspoons lemon zest finely grated

Equipment

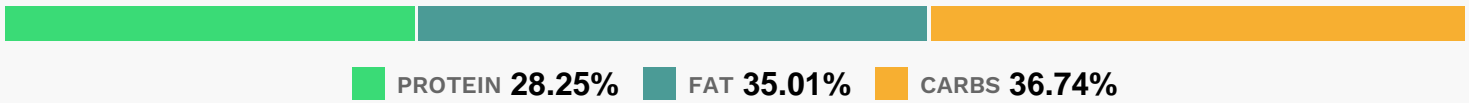
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Heat 2 Tbsp of olive oil in a large Dutch oven on medium high heat.
- ☐ Season the lamb shanks with salt and pepper, add them to the casserole and brown well on all sides, working in batches if necessary.
- ☐ Transfer the shanks to a plate.
- ☐ Add the unpeeled garlic cloves, celery, chopped carrots (half of your carrots, the other half are cut lengthwise to be used later in the recipe) and onion to the pan. Cook over medium heat, stirring occasionally, until golden brown, about 10 minutes.
- ☐ Add tomato paste, wine:
- ☐ Add the tomato paste and cook, stirring, about 2 minutes.

- ☐ Add the wine; boil over high heat until the liquid is very syrupy, about 5 minutes.
- ☐ Return shanks to pan, add stock, zest, then simmer: Return the shanks to the pot and add the stock and orange zest. Bring to a simmer. Cover the pan, reduce the heat to low, and braise the shank for 3 hours, or until the meat is falling off the bone tender; turn the shanks from time to time as they cook.
- ☐ Roast root vegetables: Preheat oven to 350°F.
- ☐ Put the root vegetables (turnip, rutabaga, parsnips, and lengthwise-cut carrots) in a large baking pan and toss with enough olive oil to coat. Season with salt and pepper and bake in the oven for about an hour, or until tender.
- ☐ Make gremolata: In a small bowl, mix the minced garlic with the parsley and lemon zest (the "gremolata"). Set aside.
- ☐ Strain sauce:
- ☐ Remove the shanks from the pot and transfer to a plate. Pass the sauce through a coarse strainer, pressing hard on the vegetables. Discard the vegetable pulp. Skim the fat from the surface of the sauce.
- ☐ Combine sauce, lamb meat, root vegetables: Return the sauce to the pan, season with salt and pepper and bring to a boil over moderately high heat. Separate the lamb meat from the bones.
- ☐ Add the lamb meat and root vegetables; simmer just until warmed through.
- ☐ Garnish with the gremolata and serve.

Nutrition Facts



Properties

Glycemic Index:109.96, Glycemic Load:16.17, Inflammation Score:-10, Nutrition Score:43.573913035185%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 8.06mg, Apigenin: 8.06mg, Apigenin: 8.06mg, Apigenin: 8.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg

1.89mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

Nutrients (% of daily need)

Calories: 588.87kcal (29.44%), Fat: 21.56g (33.17%), Saturated Fat: 4.3g (26.88%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 39.95g (14.53%), Sugar: 20.62g (22.91%), Cholesterol: 101.64mg (33.88%), Sodium: 906.45mg (39.41%), Alcohol: 6.3g (100%), Alcohol %: 1.07% (100%), Protein: 39.14g (78.28%), Vitamin A: 10885.95IU (217.72%), Vitamin C: 68.63mg (83.19%), Vitamin K: 71.53µg (68.12%), Vitamin B3: 13.35mg (66.74%), Zinc: 9.84mg (65.62%), Selenium: 42.6µg (60.86%), Vitamin B12: 3.42µg (56.95%), Potassium: 1791.1mg (51.17%), Phosphorus: 494.62mg (49.46%), Manganese: 0.97mg (48.69%), Fiber: 10.96g (43.86%), Vitamin B6: 0.83mg (41.28%), Vitamin E: 5.71mg (38.06%), Vitamin B2: 0.63mg (36.89%), Folate: 143.77µg (35.94%), Vitamin B1: 0.47mg (31.16%), Iron: 5.43mg (30.17%), Copper: 0.59mg (29.32%), Magnesium: 115.57mg (28.89%), Vitamin B5: 2mg (19.97%), Calcium: 158.6mg (15.86%)