



Lamb Shoulder Roast with Roasted Garlic Sauce



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



8

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons cornstarch
- ☐ 5 garlic clove peeled
- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 4 lbs lamb shoulder
- ☐ 2 lemon zest shredded finely
- ☐ 2.5 cups chicken broth reduced-sodium

- ☐ 0.5 cup marjoram fresh
- ☐ 3 tablespoons olive oil

Equipment

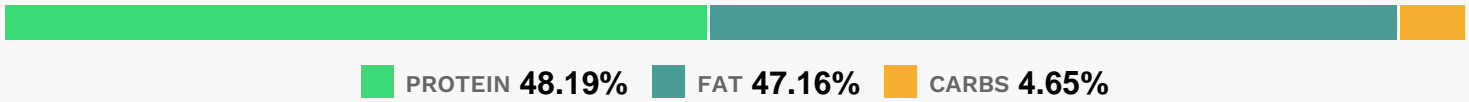
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ gravy boat
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 450
- ☐ In a food processor, whirl garlic cloves, zest, 1/3 cup marjoram leaves, and 1 tsp. each salt and pepper until minced. Blend in oil.
- ☐ Remove any ties from lamb and open it up in a rimmed baking pan. Trim fat (leave a thin layer on the outside). Smear meat all over with marjoram mixture. Using kitchen twine, tie lamb crosswise at about 1 1/2-in. intervals and lengthwise once or twice to form a neat roast. Set in pan fat side up.
- ☐ Roast lamb until browned, 20 to 25 minutes. Meanwhile, cut garlic head in half crosswise, set cut sides down on an oiled piece of foil, and seal foil into a package.
- ☐ Reduce heat to 300; set garlic next to meat in pan and bake until very soft when squeezed, 50 to 60 minutes; stir 1/2 to 1 cup broth into drippings if needed to prevent scorching.

- ☐ Let garlic cool. Cook meat until an instant-read thermometer inserted in thickest part reaches 130 for medium-rare.
- ☐ Transfer lamb to a cutting board (save pan drippings for sauce); tent with foil.
- ☐ Squeeze garlic from peels into a blender. Stir cornstarch with 1 1/2 cups broth until smooth; whisk into drippings, then pure in blender.
- ☐ Heat sauce in a saucepan, stirring, until boiling. Mince remaining marjoram and stir into sauce.
- ☐ Pour into a gravy boat.
- ☐ Snip twine from lamb, then cut thickly crosswise. Spoon some sauce on top and garnish with marjoram sprigs.
- ☐ Serve remaining sauce on the side.
- ☐ *Order ahead of time from your butcher.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:17.332173938337%

Flavonoids

Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg, Apigenin: 3.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 255.34kcal (12.77%), Fat: 13.16g (20.24%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.6g (0.94%), Sugar: 0.19g (0.21%), Cholesterol: 91.44mg (30.48%), Sodium: 412.96mg (17.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.26g (60.51%), Vitamin B12: 3.89µg (64.81%), Vitamin B3: 9.63mg (48.13%), Selenium: 32.75µg (46.79%), Zinc: 6.05mg (40.34%), Phosphorus: 292.4mg (29.24%), Vitamin K: 30.25µg (28.81%), Vitamin B2: 0.36mg (20.94%), Iron: 2.85mg (15.81%), Potassium: 495.88mg (14.17%), Vitamin B6: 0.25mg (12.49%), Vitamin B1: 0.18mg (11.85%), Copper: 0.22mg (10.84%), Vitamin B5: 1.05mg (10.55%), Magnesium: 38.43mg (9.61%), Folate: 37.06µg (9.26%), Vitamin E: 1.09mg (7.27%), Vitamin C: 4.68mg (5.67%), Manganese: 0.1mg (5.07%), Calcium: 29.1mg (2.91%), Vitamin A: 139.18IU (2.78%), Fiber: 0.32g (1.3%)