



Lamb Squazetto with Soft Polenta



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



666 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 56 ounce tomatoes whole crushed peeled canned
- ☐ 0.5 teaspoon caraway seeds
- ☐ 0.5 medium carrots shredded finely
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 0.8 cup cooking wine dry white

- ☐ 0.5 teaspoon fennel seeds
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 tablespoons thyme leaves dried fresh chopped
- ☐ 4 garlic cloves peeled thinly sliced
- ☐ 2 pounds lamb shoulder meat cut into 2-inch by 1-inch cubes
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 medium onion sliced
- ☐ 1 onion spanish chopped
- ☐ 2 onions coarsely chopped
- ☐ 4 ounces pancetta smoked cut into 1/4-inch cubes
- ☐ 1 bunch parsley stems
- ☐ 1 cup polenta
- ☐ 2 tablespoons salt
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper
- ☐ 1 thyme sprig
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons tomato paste
- ☐ 4 cups water
- ☐ 0.5 cup stracchino cut into cubes
- ☐ 0.5 cup stracchino cut into cubes

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ pot

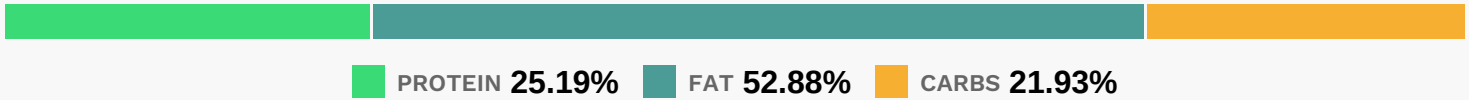
- ☐ wooden spoon
- ☐ dutch oven

Directions

- ☐ Season lamb pieces with salt and pepper. In a heavy-bottomed Dutch oven, heat olive oil over medium heat.
- ☐ Add the lamb pieces, 5 to 6 at a time, and brown on all sides.
- ☐ Remove and repeat for all the lamb. When the lamb is cooked, add the onions and smoked pancetta, and cook until the onion is softened and starting to brown, about 9 to 11 minutes.
- ☐ Add the rosemary, thyme, caraway and fennel and stir to blend.
- ☐ Add the wine, tomato paste, chicken stock and tomato sauce and bring to a boil. Return the lamb and juices and bring to boil.
- ☐ Lower the heat, cover and simmer 1 hour, or until the meat is tender.
- ☐ Remove the cover, check the seasoning and serve with soft polenta.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers for up to a week or freeze for up to a month.
- ☐ In a 3-quart saucepan, heat the olive oil over medium heat.
- ☐ Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- ☐ Add the thyme and carrot and cook 5 minutes more, until the carrot is quite soft.
- ☐ Add the tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes until as thick as hot cereal. Season with salt and serve. This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

- ☐
- In a 3-quart saucepan, heat water and salt until boiling.
- ☐
- Drizzle in polenta in a thin stream, whisking constantly, until all polenta is incorporated and mixture begins to thicken. Switch to a wooden spoon, pull off heat and continue to stir until thick as paste.
- ☐
- Stir in the cheese and continue to stir until it is melted and incorporated.

Nutrition Facts



Properties

Glycemic Index:70.52, Glycemic Load:11.96, Inflammation Score:-10, Nutrition Score:38.323043403418%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 16.03mg, Apigenin: 16.03mg, Apigenin: 16.03mg, Apigenin: 16.03mg Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg, Luteolin: 1.63mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg, Quercetin: 12.35mg

Nutrients (% of daily need)

Calories: 666.26kcal (33.31%), Fat: 38.53g (59.28%), Saturated Fat: 9.77g (61.07%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 28.61g (10.4%), Sugar: 10.42g (11.57%), Cholesterol: 137.59mg (45.86%), Sodium: 2765.42mg (120.24%), Alcohol: 2.32g (100%), Alcohol %: 0.42% (100%), Protein: 41.3g (82.6%), Vitamin K: 141.72µg (134.97%), Vitamin A: 5842.54IU (116.85%), Vitamin B3: 14.02mg (70.08%), Selenium: 38.3µg (54.72%), Vitamin B6: 1.05mg (52.4%), Vitamin C: 42.11mg (51.05%), Phosphorus: 432.41mg (43.24%), Zinc: 5.91mg (39.43%), Vitamin B12: 2.32µg (38.69%), Manganese: 0.77mg (38.26%), Iron: 6.64mg (36.87%), Potassium: 1257.29mg (35.92%), Fiber: 7.37g (29.46%), Vitamin B2: 0.48mg (28.43%), Magnesium: 112.04mg (28.01%), Vitamin E: 4.18mg (27.87%), Vitamin B1: 0.39mg (26.16%), Copper: 0.47mg (23.32%), Vitamin B5: 2.05mg (20.49%), Folate: 80.82µg (20.21%), Calcium: 157.28mg (15.73%), Vitamin D: 0.16µg (1.09%)