



WHATSheATE



Lamb Steaks with Milk, Honey and Cumin Marinade



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cumin seeds lightly toasted
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup honey warmed
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 42 ounce lamb steaks cut from the leg boneless thick
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra-virgin

☐ 1 cup milk whole warmed

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ baking pan

☐ mortar and pestle

Directions

☐ In a mortar, grind the cumin seeds to a coarse powder, stir into the warm honey and transfer 1 tablespoon to a bowl.

☐ In a baking dish, combine the remaining honey mixture with the milk. Stir in the garlic, 3 tablespoons of olive oil, 1 teaspoon of salt and 1/4 teaspoon of pepper.

☐ Add the lamb and turn to coat well. Cover and refrigerate overnight.

☐ Preheat the oven to 45

☐ Heat a large heavy-duty rimmed baking sheet in the oven.

☐ Remove the lamb from the marinade; season with salt and pepper. In a large skillet, heat the remaining 2 tablespoons of olive oil until almost smoking.

☐ Add the lamb and cook until browned on both sides.

☐ Transfer to the hot baking sheet and roast for 8 minutes for medium rare.

☐ Transfer to a warmed platter.

☐ Stir the lemon juice into the reserved 1 tablespoon of the honey mixture; lightly brush half on the steaks.

☐ Put the baking sheet on a burner over moderately high and heat until sizzling.

☐ Add 1/2 cup of water and scrape up the browned bits from the bottom of the pan.

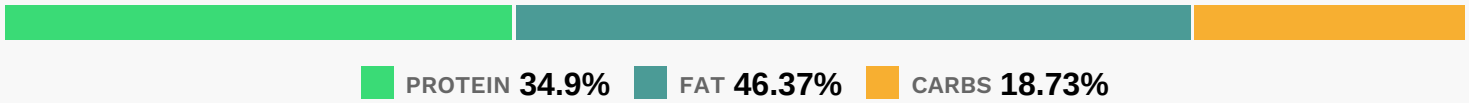
☐ Add any accumulated juices from the lamb and simmer for 2 minutes.

☐ Remove from the heat and stir in the remaining honey-lemon juice mixture. Season with salt.

☐ Pour the sauce around the lamb and serve.

Wine Recommendation: A California Cabernet Sauvignon with some tannin will highlight the spices and herbs in the marinade and stand up to the lamb. Try the 2001 Louis M. Martini.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:6.99, Inflammation Score:-3, Nutrition Score:15.619565121506%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg 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: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 313.84kcal (15.69%), Fat: 16.17g (24.88%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 14.52g (5.28%), Sugar: 13.62g (15.13%), Cholesterol: 84.89mg (28.3%), Sodium: 289.53mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.39g (54.78%), Vitamin B12: 3.6µg (59.92%), Selenium: 30.6µg (43.72%), Vitamin B3: 7.91mg (39.55%), Zinc: 5.07mg (33.8%), Phosphorus: 291.05mg (29.1%), Vitamin B2: 0.38mg (22.33%), Iron: 3.09mg (17.14%), Vitamin B1: 0.21mg (13.89%), Vitamin B6: 0.27mg (13.51%), Potassium: 456.55mg (13.04%), Vitamin E: 1.63mg (10.85%), Magnesium: 43.13mg (10.78%), Vitamin B5: 1.07mg (10.74%), Copper: 0.18mg (8.9%), Folate: 29.36µg (7.34%), Calcium: 71.56mg (7.16%), Manganese: 0.11mg (5.52%), Vitamin K: 5.63µg (5.36%), Vitamin D: 0.45µg (2.98%), Vitamin A: 78.81IU (1.58%), Vitamin C: 1.09mg (1.33%)