



Lamb Stew with Spring Vegetables

READY IN



45 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound baby carrots trimmed peeled halved lengthwise
- ☐ 0.5 pound baby zucchini trimmed halved lengthwise
- ☐ 2.5 cups beef stock
- ☐ 0.3 teaspoon pepper black
- ☐ 6 peppercorns whole black
- ☐ 1.5 cups cooking wine dry white
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 garlic cloves finely chopped
- ☐ 3 pounds lamb shoulder boneless trimmed

- ☐ 3 tablespoons olive oil
- ☐ 1 large onion finely chopped
- ☐ 6 parsley sprigs fresh
- ☐ 10 ounces pearl onions
- ☐ 2 rosemary sprigs fresh
- ☐ 1 teaspoon salt
- ☐ 0.5 pound sugar snap peas trimmed
- ☐ 2 thyme sprigs fresh
- ☐ 2 turkish bay leaf
- ☐ 0.5 pound baby turnips trimmed halved lengthwise
- ☐ 2 tablespoons butter unsalted softened

Equipment

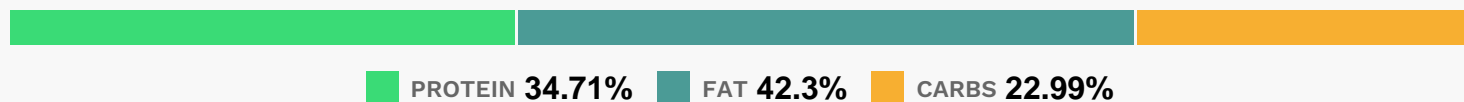
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ stove
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Preheat oven to 325°F.
- ☐ Wrap herb sprigs, bay leaves, and peppercorns in a square of cheesecloth and tie into a bundle to make a bouquet garni.
- ☐ Pat lamb dry, then cut into 1 1/2-inch pieces and season with salt and pepper.

- ☐ Heat 2 tablespoons oil in a 6- to 7-quart wide heavy pot over moderately high heat until hot but not smoking, then brown lamb in 3 batches, turning occasionally, about 4 minutes per batch, transferring with a slotted spoon to a bowl.
- ☐ Add remaining tablespoon oil to pot and sauté chopped onion and garlic over moderately high heat, stirring, until onion is golden, about 6 minutes.
- ☐ Add wine and stock and deglaze pot by boiling, scraping up brown bits, 1 minute. Return lamb to pot along with any juices that have accumulated in bowl and add bouquet garni.
- ☐ Braise lamb, covered, in middle of oven until tender, about 1 1/2 hours. Stir in salt and pepper.
- ☐ While lamb is braising, cook pearl onions in a 5- to 6-quart pot of boiling salted water until tender, about 10 minutes, then transfer with a slotted spoon to a large bowl of ice and cold water to stop cooking (reserve cooking water).
- ☐ Remove onions and peel.
- ☐ Boil turnips, carrots, zucchini, and sugar snaps separately in reserved cooking water until just tender, about 5 minutes for turnips, 4 to 6 minutes for carrots, 2 minutes for zucchini, and 1 1/2 minutes for sugar snaps.
- ☐ Transfer vegetables as cooked with a slotted spoon to ice water and, when all are cooked, drain vegetables in a colander.
- ☐ Make a beurre manié by stirring together butter and flour in a small bowl to form a paste. Bring lamb stew to a simmer on stovetop and whisk in enough beurre manié, bit by bit, to thicken to desired consistency, then simmer about 2 minutes.
- ☐ Add vegetables and simmer, stirring occasionally, until heated through, about 2 minutes. Season with salt and pepper.
- ☐ · Lamb can be braised 2 days ahead and cooled, uncovered, then chilled, covered. Reheat before adding beurre manié and vegetables. · Vegetables can be cooked 1 day ahead and chilled, wrapped in paper towels in a sealed plastic bag.

Nutrition Facts



Properties

Glycemic Index:64.67, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:32.94043465153%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg, Isorhamnetin: 3.62mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg, Quercetin: 14.73mg

Nutrients (% of daily need)

Calories: 441kcal (22.05%), Fat: 18.78g (28.89%), Saturated Fat: 6.17g (38.55%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 18.24g (6.63%), Sugar: 8.97g (9.97%), Cholesterol: 101.48mg (33.83%), Sodium: 749.3mg (32.58%), Alcohol: 6.18g (100%), Alcohol %: 1.43% (100%), Protein: 34.67g (69.34%), Vitamin A: 6039.76IU (120.8%), Vitamin B12: 3.82µg (63.71%), Vitamin C: 52.41mg (63.53%), Vitamin B3: 10.71mg (53.55%), Selenium: 36.65µg (52.36%), Zinc: 6.95mg (46.36%), Phosphorus: 414.2mg (41.42%), Potassium: 1179.75mg (33.71%), Vitamin K: 34.96µg (33.29%), Vitamin B2: 0.54mg (31.93%), Vitamin B6: 0.6mg (30.24%), Manganese: 0.57mg (28.43%), Iron: 5.03mg (27.95%), Vitamin B1: 0.37mg (24.98%), Folate: 99.12µg (24.78%), Magnesium: 88.55mg (22.14%), Copper: 0.4mg (20.11%), Fiber: 4.73g (18.91%), Vitamin B5: 1.84mg (18.38%), Vitamin E: 1.63mg (10.85%), Calcium: 105.28mg (10.53%)