



 **14%**
HEALTH SCORE

Lamb & Sweet Potato Pot Pie

READY IN



45 min.

SERVINGS



8

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 tablespoon pepper black
- 0.8 cup butter chilled cubed
- 0.5 teaspoon caraway seeds
- 2 celery stalks sliced
- 1 tablespoon cornstarch
- 3 ounces demi glace
- 2.5 cups flour
- 3 tablespoons flour

- 2 teaspoons rosemary leaves fresh chopped
- 1.5 teaspoons thyme sprigs fresh chopped
- 4 cloves garlic minced
- 8 tablespoons water
- 1 tablespoon kosher salt
- 1 pound lamb loins cubed
- 1 lemon zest minced
- 1.5 tablespoons milk
- 8 servings olive oil
- 1 orange zest minced
- 1 cup peas frozen
- 8 servings pie crust dough (adapted from Simply Recipes)
- 0.5 large onion red chopped
- 1 cup red wine
- 1 teaspoon salt
- 0.5 cup shortening
- 1 tablespoon sugar
- 2 large sweet potatoes and into cubed peeled
- 0.5 cup water

Equipment

- bowl
- frying pan
- oven
- blender
- pie form

Directions

- Start with crust.

- Combine flour, sugar, rosemary, thyme and salt in a large bowl.
- Add chilled butter and combine with a pastry blender.
- Add shortening and combine to cut into flour and butter mixture.
- Mixture should resemble coarse cornmeal. Slowly add ice water by tablespoons.
- Mix well after each addition until dough begins to stick together.
- Place dough on a flat surface and divide into 2 even pieces.
- Roll into balls, dust lightly with flour and wrap in plastic.
- Place in fridge for at least an hour. Toss lamb with salt, pepper, caraway seeds, garlic and flour. Set aside. As dough chills, swirl a bit of olive oil in the bottom of a very wide and deep pan. When sizzling, add lamb pieces and cook on medium heat until just browned. Scoop onto a separate plate. If necessary, swirl a bit more olive oil in the same pan. Scrape up all the drippings on the pan, then slide onion and celery, cooking down until they soften and go translucent.
- Pour in wine and demi glace. Stir well.
- Add lamb back to the vegetables, followed by peas and bay leaf. Cover, turn down to a simmer and cook about 15 minutes. Stir together water and cornstarch and pour into lamb and veggies.
- Mix well.
- Add sweet potatoes and cook another 5-7 minutes.
- Remove from heat and cool completely.
- Remove bay leaf. Once filling has cooled, take chilled dough and, on a floured surface, roll one ball for bottom crust layer. Drop in 9-inch pie dish and trim edges.
- Place in the fridge and roll second piece of dough for top.
- Remove bottom crust layer from fridge and pour in filling. Top with second layer and trim edges if necessary.
- Roll top crust edge over bottom crust. Put back in the fridge or pop in freezer 2-4 minutes for a quick chill if dough feels at all soft. *Just before baking, brush milk over top crust.
- Bake in a preheated oven at 375 degrees for 45-50 minutes or until golden brown. Here's where you can make this dish early.
- Let the filling cool completely in the fridge. When cool, assemble pie with both layers and filling and chill until ready to bake. As for the continuous chilling methods, this is the best way to keep a flakey crust. Never, never, never bake soft, soggy dough. Avoid a disaster and

overchill if necessary!

Nutrition Facts

■ PROTEIN 8.85% ■ FAT 61.27% ■ CARBS 29.88%

Properties

Glycemic Index:73.93, Glycemic Load:33.83, Inflammation Score:-10, Nutrition Score:25.620434782609%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 20.87%, Saltiness: 42.91%, Sourness: 23.97%, Bitterness: 21.01%, Savoriness: 23.78%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 961.25kcal (48.06%), Fat: 64.04g (98.53%), Saturated Fat: 23.74g (148.4%), Carbohydrates: 70.27g (23.42%), Net Carbohydrates: 64.42g (23.42%), Sugar: 7.84g (8.71%), Cholesterol: 87.48mg (29.16%), Sodium: 1687.27mg (73.36%), Alcohol: 3.18g (17.67%), Protein: 20.81g (41.61%), Vitamin A: 12768.06IU (255.36%), Manganese: 0.82mg (40.97%), Selenium: 27.57µg (39.39%), Vitamin B1: 0.58mg (38.7%), Vitamin B3: 7.41mg (37.05%), Folate: 126.34µg (31.58%), Vitamin B2: 0.47mg (27.5%), Iron: 4.93mg (27.41%), Vitamin K: 27.57µg (26.25%), Vitamin E: 3.8mg (25.3%), Fiber: 5.86g (23.43%), Phosphorus: 230.71mg (23.07%), Vitamin B12: 1.36µg (22.69%), Zinc: 2.94mg (19.57%), Vitamin B6: 0.37mg (18.26%), Potassium: 602.05mg (17.2%), Vitamin C: 13.94mg (16.9%), Copper: 0.32mg (16.06%), Vitamin B5: 1.5mg (15.03%), Magnesium: 59.48mg (14.87%), Calcium: 74.65mg (7.46%)