



## Lamb Sweetbreads from Lupa: Animelle Fritti di Lupa

 Dairy Free

READY IN



220 min.

SERVINGS



4

CALORIES



1429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon peppercorns black freshly ground to taste
- ☐ 2 carrots coarsely chopped
- ☐ 2 ribs celery coarsely chopped
- ☐ 1 teaspoon celery seed
- ☐ 1 bulb fennel thinly sliced coarsely chopped
- ☐ 1 teaspoon fennel seed
- ☐ 1 cup mixing flour quick

- ☐ 1.5 pound lamb sweetbreads cleaned
- ☐ 3 lemons cut into quarters
- ☐ 1 teaspoon mustard seed
- ☐ 1 liter olive oil for frying extra-virgin
- ☐ 1 onion thinly sliced coarsely chopped
- ☐ 1 pinch chile flakes red
- ☐ 1 sprig rosemary
- ☐ 5 sage leaves
- ☐ 1 tablespoon salt plus more to taste
- ☐ 1 cup semolina flour
- ☐ 1 teaspoon thyme leaves
- ☐ 2 quarts water
- ☐ 4 cups white wine
- ☐ 2 citrus champagne vinegar
- ☐ 6 cloves garlic whole peeled

## Equipment

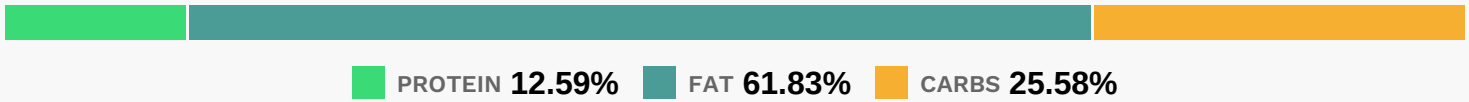
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ slotted spoon

## Directions

- ☐ Soak the sweetbreads in several changes of cold water for 2 hours.
- ☐ Remove from the water bath and press between 2 plates.
- ☐ In a large fish poacher or other pot, combine the chopped fennel, carrots, celery, 6 cloves garlic, chopped onion, wine, vinegar, mustard seed, fennel seed, celery seed, chili flakes, peppercorns, salt and water and bring to a boil. Immediately reduce to a simmer and cook 20 minutes.

- ☐ Add the thyme, sage and rosemary and cook 5 minutes more. Strain out the solids and return to a boil.
- ☐ Add the sweetbreads and return to a simmer. Cook about 10 minutes, then drain and set aside.
- ☐ In a tall-sided pot, heat the olive oil to 375 degrees F.
- ☐ Combine the semolina and quick mixing flour in a shallow bowl or plate. Dredge the sweetbreads, sliced onion, sliced fennel and 2 of the lemons in the flour mixture and cook in the hot oil until golden brown, working in batches if necessary to avoid overcrowding the pan.
- ☐ Remove the fried foods with a spider or slotted spoon, season with salt and pepper and serve with the uncooked lemon wedges on the side.

## Nutrition Facts



## Properties

Glycemic Index:124.33, Glycemic Load:38.41, Inflammation Score:-10, Nutrition Score:48.874347971833%

## Flavonoids

Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg, Malvidin: 0.14mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Eriodictyol: 17.93mg, Eriodictyol: 17.93mg, Eriodictyol: 17.93mg, Eriodictyol: 17.93mg Hesperetin: 23.56mg, Hesperetin: 23.56mg, Hesperetin: 23.56mg, Hesperetin: 23.56mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg, Apigenin: 1.18mg Luteolin: 6.1mg, Luteolin: 6.1mg, Luteolin: 6.1mg, Luteolin: 6.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

## Nutrients (% of daily need)

Calories: 1429.17kcal (71.46%), Fat: 87.24g (134.22%), Saturated Fat: 23.9g (149.4%), Carbohydrates: 81.23g (27.08%), Net Carbohydrates: 72.36g (26.31%), Sugar: 9.7g (10.77%), Cholesterol: 124.17mg (41.39%), Sodium: 1954.98mg (85%), Alcohol: 24.72g (100%), Alcohol %: 2.21% (100%), Protein: 39.97g (79.94%), Selenium: 83.64µg (119.48%), Vitamin A: 5318.15IU (106.36%), Vitamin B3: 15.74mg (78.7%), Vitamin K: 82.35µg (78.43%), Vitamin C: 56.87mg (68.93%), Vitamin B12: 3.93µg (65.49%), Manganese: 1.27mg (63.45%), Vitamin B1: 0.88mg (58.68%), Folate: 211.78µg (52.95%), Vitamin E: 7.82mg (52.17%), Vitamin B2: 0.87mg (51.33%), Phosphorus: 486.52mg (48.65%), Zinc: 7.28mg (48.54%), Iron: 8.56mg (47.54%), Potassium: 1253.99mg (35.83%), Fiber: 8.87g (35.47%), Copper: 0.68mg (33.85%), Vitamin B6: 0.65mg (32.5%), Magnesium: 126.03mg (31.51%), Vitamin B5: 2.09mg

(20.92%), Calcium: 180.45mg (18.04%), Vitamin D: 0.17μg (1.13%)