



Lamb Tacos (Barbacoa Style)

READY IN



530 min.

SERVINGS



6

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ancho chiles dried
- 6 banana leaves
- 1 cup picked cilantro leaves fresh
- 2 chipotle sauce dried
- 10 flour tortillas warmed
- 5 cloves garlic crushed
- 0.3 teaspoon ground cinnamon
- 6 servings kosher salt and freshly cracked pepper black
- 3 pounds tied lamb shoulder boneless

- 2 limes cut into wedges
- 2 teaspoons oregano dried
- 1 tablespoon paprika
- 1 cup queso fresco crumbled
- 1 cup radishes shaved
- 1 onion paper thin red shaved
- 0.5 cup vegetable oil
- 1 lb malbec for serving
- 6 servings malbec for serving

Equipment

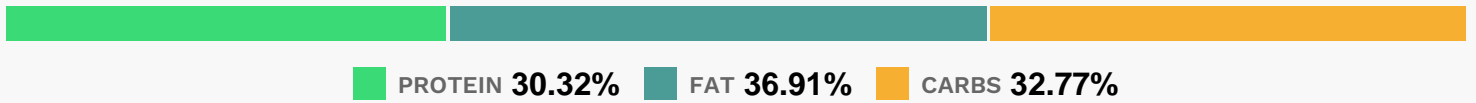
- food processor
- bowl
- oven
- baking pan
- roasting pan
- aluminum foil

Directions

- Rehydrate the anchos and chipotles in a bowl and cover with hot, boiling water. Soak the chiles until they are soft, about 20 minutes.
- Add the chiles, paprika, oregano, cinnamon and garlic to a food processor.
- Pour in the oil and process until smooth. If the puree is too thick, add a tablespoon or 2 of the chile soaking liquid to thin to desired consistency.
- Place the lamb in a roasting dish and sprinkle all over with salt and pepper.
- Pour the puree on top, cover and marinate in the fridge for 3 to 4 hours.
- Preheat the oven to 275 degrees F. Thaw the banana leaves (if frozen) by running them under warm water. Line a turkey roaster or braising dish with the banana leaves, slightly overlapping them on one another.

- Remove the lamb from the marinade and place on the banana leaves. Wrap up the lamb with the banana leaves, tucking in the edges so it is completely covered.
- Add 1 1/2 cups water to the baking dish, then cover the entire pan with aluminum foil.
- Bake until the meat is tender and falling apart, 4 hours.
- Remove the foil and open the banana leaves. Shred the lamb with a fork and season with salt and lime juice.
- Serve with the warm flour tortillas, cilantro leaves, queso fresco, radishes and onions and pair with the Malbec.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:32.81217385375%

Flavonoids

Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg, Pelargonidin: 12.21mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg

Nutrients (% of daily need)

Calories: 506.72kcal (25.34%), Fat: 20.96g (32.25%), Saturated Fat: 7.48g (46.75%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 34.01g (12.37%), Sugar: 9.8g (10.88%), Cholesterol: 105.47mg (35.16%), Sodium: 837.04mg (36.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.74g (77.49%), Vitamin A: 4033.43IU (80.67%), Selenium: 48.7µg (69.57%), Vitamin B12: 4.16µg (69.28%), Vitamin B3: 12.11mg (60.56%), Phosphorus: 488.6mg (48.86%), Zinc: 7.06mg (47.07%), Vitamin B2: 0.69mg (40.43%), Vitamin K: 36.98µg (35.22%), Iron: 5.88mg (32.64%), Fiber: 7.87g (31.49%), Vitamin B1: 0.47mg (31.35%), Manganese: 0.54mg (26.94%), Folate: 102.65µg (25.66%), Potassium: 870.88mg (24.88%), Calcium: 247.49mg (24.75%), Vitamin B6: 0.47mg (23.31%), Vitamin C: 15.91mg (19.28%), Magnesium: 72.22mg (18.06%), Copper: 0.31mg (15.44%), Vitamin B5: 1.46mg (14.64%), Vitamin E: 1.64mg (10.92%), Vitamin D: 0.55µg (3.66%)