



Lamb with Preserved Lemons

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter diced chilled (1 stick)
- ☐ 3 tablespoons cilantro leaves fresh chopped for garnish
- ☐ 10 servings kosher salt
- ☐ 1 tablespoon cumin seeds
- ☐ 1 large head cloves separated peeled (21)
- ☐ 5 pounds lamb shoulder boneless cut into 2 1/2- to 3-inch cubes
- ☐ 2 medium onion halved sliced
- ☐ 2 simple preserved lemons quartered

☐ 0.7 cup water

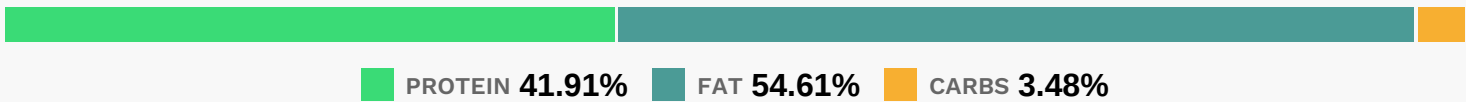
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 300°F.
- ☐ Sprinkle lamb allover with coarse salt and pepper. Arrange in single layer in 13x9x2-inch glass baking dish.
- ☐ Combine onions, lemons, garlic, 3 tablespoons cilantro, and cumin seeds in processor. Blend to smooth puree.
- ☐ Add 2/3 cup water and blend again.
- ☐ Pour puree evenly over lamb. Stir briefly to coat lamb with puree. Scatter butter evenly over.
- ☐ Bake lamb, uncovered, until very tender, 4 to 4 1/2 hours. Using slotted spoon, transfer lamb to bowl. Tilt baking dish and spoon off fat from surface of sauce. Return lamb to sauce; stir to blend. Season stew to taste with salt and pepper. do ahead
- ☐ Can be made 2 days ahead. Chill stew, uncovered, until cold, then cover and keep refrigerated. Rewarm, covered, in 350°F oven 30 minutes.
- ☐ Sprinkle lamb with additional chopped cilantro and serve.
- ☐ * Lemons soaked in salt and lemon juice for several weeks; available at specialty foods stores and Middle Eastern markets, and from igourmet.com.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:15.711304146311%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 281.39kcal (14.07%), Fat: 16.8g (25.85%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.96g (1.07%), Cholesterol: 115.85mg (38.62%), Sodium: 368.37mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.02g (58.04%), Vitamin B12: 3.83µg (63.9%), Selenium: 32.7µg (46.71%), Vitamin B3: 8.63mg (43.17%), Zinc: 6.01mg (40.07%), Phosphorus: 278.02mg (27.8%), Vitamin B2: 0.34mg (20.05%), Iron: 2.95mg (16.38%), Potassium: 457.33mg (13.07%), Vitamin B1: 0.19mg (12.41%), Vitamin B6: 0.24mg (12.21%), Vitamin B5: 1.07mg (10.69%), Magnesium: 40.8mg (10.2%), Folate: 38.97µg (9.74%), Copper: 0.18mg (9.14%), Manganese: 0.14mg (7.19%), Vitamin A: 299.95IU (6%), Vitamin E: 0.61mg (4.09%), Calcium: 31.82mg (3.18%), Vitamin C: 1.71mg (2.07%), Fiber: 0.48g (1.93%), Vitamin K: 1.43µg (1.36%)