



Moroccan Lamb with Tabbouleh and Crispy Garlic

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bulgur
- 0.5 cup carrots chopped
- 0.5 cup celery chopped
- 2 cups wine dry red
- 3 tablespoons flat parsley finely chopped
- 3 tablespoons thyme sprigs fresh
- 2 cloves garlic paper thin sliced

- 1 pound lamb loins
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 1 cup onion chopped
- 6 servings pepper black freshly ground
- 2 tablespoons tomatoes diced finely
- 6 servings vegetable oil

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- pot
- wooden spoon
- kitchen thermometer
- spatula
- slotted spoon
- dutch oven
- colander

Directions

- Add the bulgur to a large pot of lightly salted boiling water. Reduce the heat and simmer the bulgur for 10 to 12 minutes or until just tender.
- Drain the bulgur in a colander. Allow to cool and then transfer to a small shallow bowl.
- Add the lemon juice, parsley, tomato, and 1 tablespoon of the olive oil and toss until all the grains are coated with the dressing. Season to taste with salt and pepper. Cover and refrigerate.

- Preheat the oven to 350°F.
- Heat the remaining 1 tablespoon olive oil in a medium-sized, heavy-bottomed casserole or Dutch oven over medium-high heat. When the oil is almost smoking, add the lamb and sear for 8 to 12 minutes or until nicely browned on all sides.
- While the lamb is browning, add the onions, carrots, and celery to the pan along with the thyme. Stir the vegetables occasionally.
- Add the red wine and cook until reduced to a few tablespoons.
- Add enough water to cover the lamb and bring to a boil, stirring the bottom of the pan with a wooden spoon to dissolve any browned solids into the liquid.
- Remove from the heat and cover the casserole with a tight-fitting lid.
- Place in the center of the oven and cook for 1 hour or until the meat is tender and almost falling off the bone. Set aside and allow to cool. When cool, refrigerate the lamb until serving. Discard the vegetables and herbs.
- Pour the vegetable oil into a small, deep saucepan to a depth of 1½ inches.
- Heat over medium heat until a deep-frying thermometer registers 325°F.
- Fry the garlic slices in the oil for 1 to 2 minutes or until they turn golden. Watch carefully because they fry very quickly.
- Remove from the oil with a slotted spoon to a paper towel to drain.
- Transfer to a flat plate, season with salt, and allow to cool completely. As they cool, the fried garlic slices will become very crispy.
- To serve, pull or cut the meat from the bone and cut into small pieces.
- Place some of the tabbouleh on each of 6 small plates along with some of the lamb. Top each serving with crispy garlic.
- Taste
- Book, using the USDA Nutrition Database
- He has also been nominated four times for the James Beard Award for Best Chef in the Midwest, winning the award in 200
- Tru, which opened its doors in May 1999, was nominated for the 2000 James Beard Award for Best New Restaurant and named one of the Top 50 Best Restaurants in the World by Condé Nast Traveler. Tramonto is the coauthor, with his partner Gale Gand, of American Brasseries and Butter Sugar Flour Eggs. Mary Goodbody is a nationally known food writer and editor who has worked on more than forty-five books. Her most recent credits include Williams-Sonoma

Kitchen Companion, The Garden Entertaining Cookbook, and Back to the Table. She is the editor of the IACP Food Forum Quarterly, was the first editor in chief of Cooks magazine, and is a senior contributing editor for Choc-olatier magazine and Pastry Art & Design magazine. Tim Turner is a nationally acclaimed food and tabletop photographer. He is a two-time James Beard Award winner for Best Food Photography, winning most recently in 200

His previous projects include Charlie Trotters Recipes, Charlie Trotter's Meat and Game, The Inn at Little Washington, Norman's New World Cuisine (by Norman Van Aken), Jacques Pepin's Kitchen, and American Brasserie.

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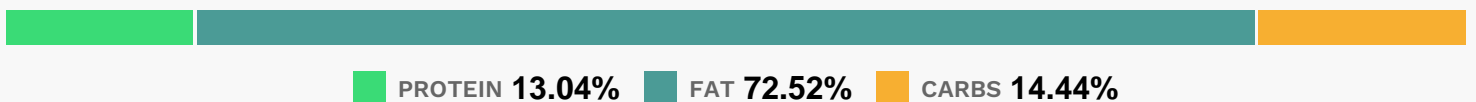
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Nutrition Facts



Properties

Glycemic Index:54.97, Glycemic Load:4.42, Inflammation Score:-10, Nutrition Score:17.075217371402%

Flavonoids

Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg, Petunidin: 2.66mg Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg, Delphinidin: 3.34mg Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg, Malvidin: 20.99mg Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg, Peonidin: 1.48mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg, Epicatechin: 8.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 4.64mg, Apigenin: 4.64mg, Apigenin: 4.64mg, Apigenin: 4.64mg Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg, Luteolin: 1.75mg Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg, Isorhamnetin: 1.35mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg

Nutrients (% of daily need)

Calories: 508.15kcal (25.41%), Fat: 36.68g (56.44%), Saturated Fat: 10.55g (65.95%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 12.74g (4.63%), Sugar: 2.02g (2.24%), Cholesterol: 55.19mg (18.4%), Sodium: 63.74mg (2.77%), Alcohol: 8.4g (100%), Alcohol %: 4.33% (100%), Protein: 14.84g (29.68%), Vitamin K: 68.85µg (65.57%), Vitamin A: 2197.96IU (43.96%), Vitamin B12: 1.75µg (29.11%), Vitamin B3: 5.39mg (26.97%), Manganese: 0.53mg (26.35%), Selenium: 14.81µg (21.16%), Zinc: 2.99mg (19.95%), Phosphorus: 175.12mg (17.51%), Vitamin C: 13.08mg (15.86%), Fiber: 3.69g (14.76%), Vitamin E: 2.12mg (14.14%), Iron: 2.37mg (13.16%), Vitamin B2: 0.21mg (12.43%), Magnesium: 47.59mg (11.9%), Vitamin B6: 0.22mg (11.14%), Potassium: 362.65mg (10.36%), Vitamin B1: 0.14mg (9.28%), Folate: 32.78µg (8.2%), Copper: 0.16mg (8.18%), Vitamin B5: 0.73mg (7.33%), Calcium: 49.08mg (4.91%)