



New Zealand Rack of Lamb with Sweet Potato Mash and Three Bean Ragout

 Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



1954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces bacon cut into 1-inch pieces
- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 pound butter 2 sticks
- ☐ 16 ounce black beans canned
- ☐ 16 ounce kidney beans white canned
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 1.5 cups demi-glace brown sauce

- ☐ 0.5 cup cooking wine dry red
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 2 sprigs rosemary fresh
- ☐ 3 cloves garlic chopped fine
- ☐ 4 pounds domestic lamb whole skinless rack of with silver
- ☐ 0.1 cup olive oil
- ☐ 16 ounce kidney beans dark red canned
- ☐ 1 small onion red chopped fine
- ☐ 6 servings salt
- ☐ 4 pounds sweet potatoes
- ☐ 2 tablespoons tomato paste

Equipment

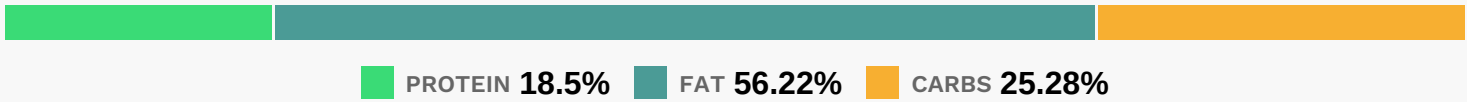
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Drain and rinse all liquid off beans.
- ☐ Combine beans in a bowl and set aside. Begin cooking bacon in a saute pan. Begin roasting yams in preheated oven until soft, and remove to let cool enough to handle.
- ☐ Heat olive oil in another large saute pan for the lamb. Season the rack of lamb with salt and pepper.
- ☐ Place lamb into hot pan and sear meat all around.
- ☐ Remove bacon to drain on paper toweling. In same pan lightly saute onion and garlic in bacon fat until translucent.
- ☐ Add red wine and reduce by half.

- ☐ Place the lamb in a roasting pan and roast in the oven until done to your liking, about 15 to 20 minutes for medium rare, an internal temperature of 125 degrees F (this means that because of the 5 to 8 minutes of carryover cooking while it rests, you pull it out at 120 degrees F so it will end up at 125 degrees F for medium rare).
- ☐ When yams are cool enough to handle, peel off skin and add butter and cream and mash. Season with salt and pepper, as needed.
- ☐ Remove the lamb to a utility platter and let rest before slicing.
- ☐ Add demi-glace and tomato paste to the pan with the onion, garlic, and bacon fat, then incorporate all beans with mixture. Lower heat and simmer.
- ☐ Add rosemary and chives. Season with salt and pepper, to taste.
- ☐ Place sweet potatoes in the middle of a serving platter. Surround potatoes with bean ragout. Slice rack of lamb in between bones and lay over potatoes. Spoon demi-glace sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:61.71, Glycemic Load:38.32, Inflammation Score:-10, Nutrition Score:62.358695320461%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 1954.2kcal (97.71%), Fat: 120.77g (185.8%), Saturated Fat: 55.9g (349.35%), Carbohydrates: 122.18g (40.73%), Net Carbohydrates: 97.67g (35.52%), Sugar: 21.38g (23.75%), Cholesterol: 325.7mg (108.57%), Sodium: 2620.92mg (113.95%), Alcohol: 2.1g (100%), Alcohol %: 0.26% (100%), Protein: 89.43g (178.85%), Vitamin A:

44128.05IU (882.56%), Vitamin B12: 7.16µg (119.33%), Vitamin B3: 21.97mg (109.86%), Fiber: 24.51g (98.02%), Selenium: 66.46µg (94.95%), Phosphorus: 940.85mg (94.09%), Zinc: 13.28mg (88.5%), Manganese: 1.68mg (83.93%), Iron: 13.4mg (74.45%), Potassium: 2571.82mg (73.48%), Vitamin B6: 1.33mg (66.33%), Folate: 258.55µg (64.64%), Vitamin B1: 0.95mg (63.13%), Vitamin B2: 1.07mg (62.8%), Copper: 1.24mg (62.23%), Magnesium: 231.05mg (57.76%), Vitamin B5: 5mg (50.04%), Vitamin K: 34.45µg (32.81%), Calcium: 235.7mg (23.57%), Vitamin E: 3.36mg (22.42%), Vitamin C: 14.45mg (17.52%), Vitamin D: 0.54µg (3.58%)