



Pioneer's Scone and Lamb Sandwich

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 8 servings dijon mustard
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 cloves garlic
- ☐ 1 tablespoon ground rosemary
- ☐ 1 tablespoon kosher salt
- ☐ 3 pound leg of lamb
- ☐ 1 cup milk raw

- ☐ 2 tablespoons oil
- ☐ 8 servings oil for frying
- ☐ 1 tablespoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 cups warm water
- ☐ 2.5 cups flour all-purpose plus more to form a sticky dough
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Equipment

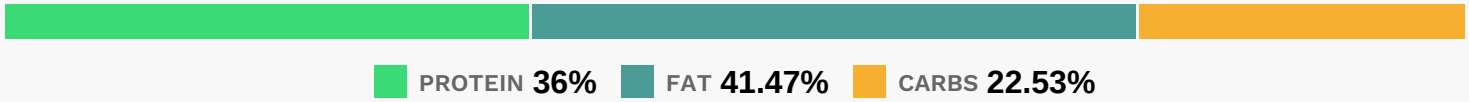
- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ With the point of a knife make small slits, about 1-inch deep, in the fat side of the roast. In each slit stuff 1/2 clove of garlic. Rub the rosemary, salt and pepper over the roast.
- ☐ Place the roast over a bed of mirepoix or in a roasting rack. Cook for 30 minutes. Lower the heat to 250 degrees F. Continue cooking until internal temperature reaches 150 degrees F, about another 1 1/2 to 2 hours.
- ☐ Remove from heat and let rest for 15 minutes before slicing.
- ☐ Serve as an open faced sandwich with 2 to 3 slices of Roast Leg of Lamb with Dijon mustard.
- ☐ The night before, combine the sour dough starter, 2 1/2 cups flour, and warm water in a large, non-metallic bowl. Use a large enough bowl to allow batter to ferment and rise. This mixture will be thick and lumpy but will thin down during the night. Cover and let stand in a warm place. The next morning remove and refrigerate 1 cup of this batter as a starter for the next batch.
- ☐ Add eggs, oil, sugar, baking soda, and salt.
- ☐ Let this dough sit at least 3 hours.

- ☐
- Roll the dough out on a well-floured surface to about 1/2-inch thick.
- ☐
- Cut into 4 to 5-inch squares. Carefully deep -ry the scones until golden brown on both sides.
- ☐
- Mix together milk and flour and let stand 48 hours or until it starts to ferment. Hold starter in a pottery or glass container in the refrigerator. Never use a metal container or leave a metal spoon in the starter. If starter will not be used once a week, freeze the starter to keep it from getting too active.

Nutrition Facts



Properties

Glycemic Index:43.39, Glycemic Load:10.57, Inflammation Score:-4, Nutrition Score:16.857391087905%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 298.65kcal (14.93%), Fat: 13.56g (20.85%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 16.57g (5.52%), Net Carbohydrates: 15.59g (5.67%), Sugar: 3.15g (3.49%), Cholesterol: 113.16mg (37.72%), Sodium: 1452.13mg (63.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin B12: 3.16µg (52.6%), Selenium: 36.52µg (52.17%), Vitamin B3: 7.69mg (38.47%), Zinc: 4.58mg (30.5%), Phosphorus: 286.48mg (28.65%), Vitamin B2: 0.45mg (26.23%), Vitamin B1: 0.31mg (20.68%), Iron: 3.14mg (17.46%), Folate: 59.72µg (14.93%), Manganese: 0.3mg (14.92%), Vitamin B6: 0.26mg (13.21%), Potassium: 416.49mg (11.9%), Vitamin B5: 1.16mg (11.61%), Magnesium: 42.77mg (10.69%), Vitamin E: 1.51mg (10.04%), Copper: 0.2mg (9.9%), Calcium: 68.7mg (6.87%), Vitamin K: 6µg (5.72%), Fiber: 0.98g (3.92%), Vitamin D: 0.56µg (3.7%), Vitamin A: 124.49IU (2.49%), Vitamin C: 0.88mg (1.06%)