



Rack of Lamb with Cranberry-Tangerine Sauce, Braised Red Chard, Creamy Polenta with Sage and Pancetta

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



1544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter cut into small pieces
- ☐ 0.5 cup chicken stock see
- ☐ 3 cups chicken stock see
- ☐ 10 blades chives fresh snipped finely chopped
- ☐ 4 servings coarse salt and pepper freshly ground
- ☐ 1 cup cranberry juice cocktail concentrate canned

- ☐ 2 tablespoons sage leaves fresh chopped
- ☐ 2 handfuls golden raisins
- ☐ 2 lamb loins racks of french
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin for drizzling
- ☐ 1 small onion chopped
- ☐ 4 slices pancetta sliced chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 5 cups swiss chard red cleaned coarsely chopped
- ☐ 4 4 tangerines juiced
- ☐ 1 cup vegetable stock
- ☐ 1 cup specialty aisles of market italian quick
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Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ stove
- ☐ microwave
- ☐ grill pan
- ☐ broiler pan

Directions

- ☐ Preheat grill pan to high and oven to 400 degrees F.
- ☐ Drizzle racks with oil and season with salt and pepper. Grill lamb over high heat for 2 or 3 minutes on each side.
- ☐ Transfer to a baking sheet or broiler pan and place in hot oven. Cook 12 to 15 minutes, to 130 degrees F on meat thermometer for rare, 155 for well.
- ☐ Let meat rest 5 to 10 minutes before serving for juices to redistribute.
- ☐ For the chard, heat a large skillet over medium high heat.
- ☐ Add oil and the onion and saute for 2 minutes. Then add the greens in bunches until they wilt down enough to fit in the pan.
- ☐ Add the vegetable stock and raisins. Season greens with salt, pepper and freshly grated nutmeg. Reduce heat to medium low and cook 10 to 15 minutes until greens are tender and no longer bitter.
- ☐ Place cranberry juice concentrate and the tangerine zest and juice in a small saucepan and simmer together over low heat for 10 minutes. Strain and return to pan. Meanwhile, combine the cranberries and chicken stock in a bowl. Cover and microwave on high for 1 minute.
- ☐ Let stand 10 minutes to reconstitute the cranberries.
- ☐ For the polenta, heat a medium saucepan over medium high heat.
- ☐ Add oil and pancetta. Brown pancetta a minute or 2 and remove from pan to a paper towel lined plate. Return pan to heat and bring 3 cups chicken stock to a boil.
- ☐ Add the polenta and stir constantly until mixture masses, 2 or 3 minutes.
- ☐ Remove polenta from heat and stir in sage, butter, pancetta bits, and season with salt and pepper. Reserve the chives for garnish.
- ☐ Heat cranberries and stock to a bubble and remove from stove.
- ☐ To serve, allow 1/2 rack of lamb per person. Separate chops into 1 or 2 rib sections and glaze with cranberry-tangerine sauce.
- ☐ Serve with sage and pancetta polenta garnished with chives and braised red chard.

Nutrition Facts



Properties

Glycemic Index:91.92, Glycemic Load:11.75, Inflammation Score:-10, Nutrition Score:46.361739163813%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg, Naringenin: 8.82mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg, Kaempferol: 3.38mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 1544.28kcal (77.21%), Fat: 117.48g (180.75%), Saturated Fat: 46.42g (290.12%), Carbohydrates: 78.94g (26.31%), Net Carbohydrates: 74.49g (27.09%), Sugar: 59.46g (66.06%), Cholesterol: 219.22mg (73.07%), Sodium: 1303.4mg (56.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.66g (91.32%), Copper: 9.64mg (482.05%), Vitamin K: 392.02µg (373.35%), Vitamin B3: 19.83mg (99.14%), Vitamin B12: 5.27µg (87.82%), Vitamin C: 67.7mg (82.06%), Vitamin A: 3792.52IU (75.85%), Selenium: 50.01µg (71.44%), Zinc: 7.63mg (50.84%), Phosphorus: 486.45mg (48.65%), Vitamin B2: 0.8mg (47.01%), Manganese: 0.75mg (37.4%), Potassium: 1233.21mg (35.23%), Vitamin B6: 0.66mg (32.99%), Iron: 5.92mg (32.88%), Vitamin B1: 0.47mg (31.08%), Vitamin E: 4.62mg (30.83%), Magnesium: 119.08mg (29.77%), Vitamin B5: 2.26mg (22.63%), Folate: 72.43µg (18.11%), Fiber: 4.45g (17.81%), Calcium: 144.09mg (14.41%)