



HEALTH SCORE

58%

Ragout of Lamb Shoulder with Cavatelli



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 salt-packed capers
- ☐ 1 bay leaves
- ☐ 6 servings pepper black freshly ground
- ☐ 16 ounce cavatelli pasta cooked
- ☐ 1 stalk celery chopped
- ☐ 1 teaspoon fennel seeds crushed
- ☐ 4 cloves garlic chopped
- ☐ 5 pound lamb shoulder bone-in

- ☐ 1 bunch leek cleaned trimmed chopped
- ☐ 0.3 cup olive oil
- ☐ 1 of orange zest
- ☐ 1 cup peas fresh sweet
- ☐ 1 cup pearl onions red peeled
- ☐ 1 pinch pepper red
- ☐ 1.5 cups red wine
- ☐ 1 Leaves rosemary leaves fresh chopped
- ☐ 6 servings salt
- ☐ 1 Leaves thyme sprigs fresh chopped
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups veggie broth

Equipment

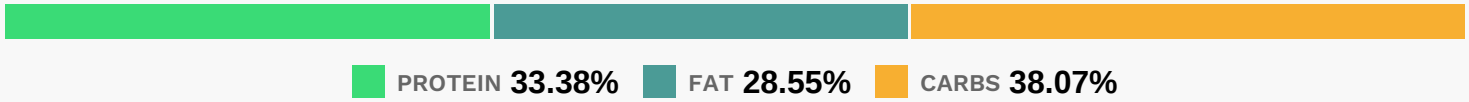
- ☐ pot

Directions

- ☐ Heat the oil in a large, heavy-bottomed pot over high heat. Season the lamb shoulder with the fennel, rosemary, salt, and pepper.
- ☐ Add the lamb to the pot and sear on all sides, turning occasionally, until golden brown, 57 minutes.
- ☐ Transfer to a platter.
- ☐ Add the leeks, celery, garlic, and red pepper flakes to the pot and cook until softened, about 5 minutes.
- ☐ Add the anchovies, tomato paste, thyme, and bay leaf and cook, stirring constantly, until a dark, mahogany-colored crust forms on the bottom of the pot, 34 minutes.
- ☐ Add the wine and bring to a boil, stirring constantly. Return the lamb to the pot and add the orange peel, red onions, and Fond de Veau. Cover and bring to a boil. Reduce the heat to a slow simmer and cook until the lamb is tender, about 2 hours.
- ☐ Remove from the heat and let the lamb cool in the pot, covered. Discard the bay leaf.

- ☐ When you're ready to serve, pull the lamb meat from the bone and return to the rich sauce in the pot along with the cooked pasta.
- ☐ Add the sweet peas and warm thoroughly before serving.
- ☐ Reprinted with permission from Cooking From the Heart: My Favorite Lessons Learned Along the Way by John Besh. Copyright 2013 John Besh. Published by Andrews McMeel Publishing.

Nutrition Facts



Properties

Glycemic Index:64.89, Glycemic Load:25.72, Inflammation Score:-8, Nutrition Score:36.431739288828%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg, Catechin: 4.29mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg, Naringenin: 1.1mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg, Quercetin: 8.69mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 776.76kcal (38.84%), Fat: 22.81g (35.09%), Saturated Fat: 5.93g (37.09%), Carbohydrates: 68.45g (22.82%), Net Carbohydrates: 63.38g (23.05%), Sugar: 6.87g (7.63%), Cholesterol: 152.41mg (50.8%), Sodium: 879.83mg (38.25%), Alcohol: 6.36g (100%), Alcohol %: 1.49% (100%), Protein: 60.01g (120.03%), Selenium: 103.19µg (147.42%), Vitamin B12: 6.36µg (105.97%), Vitamin B3: 16.49mg (82.44%), Zinc: 11.49mg (76.57%), Phosphorus: 648.47mg (64.85%), Manganese: 1.08mg (53.89%), Vitamin B2: 0.67mg (39.48%), Iron: 6.23mg (34.58%), Potassium: 1134.51mg (32.41%), Vitamin B6: 0.63mg (31.62%), Magnesium: 124.2mg (31.05%), Vitamin B1: 0.45mg (29.98%), Copper: 0.59mg (29.7%), Folate: 98.13µg (24.53%), Vitamin B5: 2.17mg (21.73%), Fiber: 5.07g (20.28%), Vitamin C: 15.21mg (18.44%), Vitamin E: 2.2mg (14.67%), Vitamin K: 14.74µg (14.04%), Vitamin A: 488.4IU (9.77%), Calcium: 78.97mg (7.9%)