



Roast Lamb with Lamb Sausage Crust and Fresh Grape Pan Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 cups bread fresh french crustless
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 tablespoons dijon mustard divided
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 small garlic clove

- ☐ 8 ounces lamb
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 0.5 cup chicken broth
- ☐ 4 tablespoons olive oil divided
- ☐ 2 cups port wine
- ☐ 0.5 cup grapes red seedless halved
- ☐ 4 pound lamb loin chops racks of with 8 bones)

Equipment

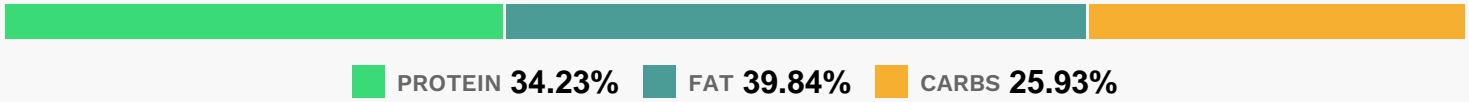
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ kitchen thermometer

Directions

- ☐ Boil all ingredients in large saucepan until reduced to 2 1/3 cups, about 20 minutes. Cool. Puree in blender. DO AHEAD: Can be made 5 days ahead. Cover and refrigerate.
- ☐ Pulse grapes, olives, chopped rosemary, vinegar, and garlic clove in mini processor until olives are chopped.
- ☐ Transfer to bowl.
- ☐ Mix in ground lamb, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Sprinkle racks of lamb with salt and pepper.
- ☐ Heat 1 tablespoon oil in large skillet over medium-high heat.
- ☐ Add 1 rack, meat side down, and cook until browned, about 5 minutes. Set on rimmed baking sheet, meat side up. Repeat with 1 tablespoon oil and remaining rack; reserve skillet. Cool lamb completely.
- ☐ Add 1/2 cup broth to skillet. Boil until reduced to glaze, scraping up browned bits.

- ☐ Add to sauce. Cover and chill.
- ☐ Spread each rack with 1 tablespoon mustard. Press half of lamb sausage over top of each rack (layer will be thin). DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 425°F.
- ☐ Combine breadcrumbs, 2 tablespoons oil, and 2 tablespoons mustard in medium skillet. Toss over medium heat until beginning to color, about 5 minutes. Press crumbs over sausage on each rack.
- ☐ Cut through crumb crust (not lamb) between bones to score. Roast until thermometer inserted into center registers 135°F, about 30 minutes for medium-rare.
- ☐ Transfer lamb to platter; let rest 10 minutes.
- ☐ Pour juices from baking sheet into sauce. Simmer in small saucepan until reduced to about 1 1/3 cups, about 9 minutes (sauce will thicken slightly). Season with salt and pepper.
- ☐ Cut lamb between bones into chops. Set two on each plate. Spoon sauce over.
- ☐ Martín Códax 2005 "Ergo" Tempranillo (Spain, \$14), with lively fruit, full body, and supple texture.

Nutrition Facts



Properties

Glycemic Index:31.08, Glycemic Load:19.73, Inflammation Score:-7, Nutrition Score:35.324782184933%

Flavonoids

Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg, Petunidin: 3.98mg Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg, Delphinidin: 2.34mg Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg, Malvidin: 56.9mg Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg, Peonidin: 2.36mg Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg, Catechin: 5.92mg Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg, Epicatechin: 4.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 785.88kcal (39.29%), Fat: 31.48g (48.43%), Saturated Fat: 9.35g (58.41%), Carbohydrates: 46.11g (15.37%), Net Carbohydrates: 42.54g (15.47%), Sugar: 10.61g (11.79%), Cholesterol: 170.38mg (56.79%), Sodium: 824.75mg

(35.86%), Alcohol: 9.18g (100%), Alcohol %: 2.68% (100%), Protein: 60.85g (121.69%), Selenium: 83.1µg (118.72%), Vitamin B3: 20.99mg (104.96%), Vitamin B12: 5.68µg (94.7%), Zinc: 9.09mg (60.61%), Phosphorus: 591.73mg (59.17%), Manganese: 1.07mg (53.42%), Vitamin B2: 0.8mg (46.79%), Vitamin B1: 0.66mg (44.21%), Iron: 7.86mg (43.64%), Folate: 123.51µg (30.88%), Magnesium: 108.28mg (27.07%), Vitamin B6: 0.53mg (26.31%), Potassium: 896.88mg (25.63%), Copper: 0.49mg (24.42%), Vitamin B5: 2.34mg (23.4%), Fiber: 3.56g (14.25%), Calcium: 139.5mg (13.95%), Vitamin E: 1.84mg (12.28%), Vitamin K: 10.52µg (10.01%)