



WHATSheATE



HEALTH SCORE

51%

Roasted Lamb Shoulder (Agnello de Latte Arrosto)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 medium carrots cut in 1-inch chunks (2 cups)
- ☐ 2 rib celery stalks cut in 1-inch chunks (2 cups)
- ☐ 3 inch cinnamon sticks
- ☐ 2 cups wine dry white
- ☐ 8 sage fresh
- ☐ 6 garlic clove crushed peeled
- ☐ 0.5 teaspoon pepper black

- ☐ 1 teaspoon sea salt to taste
- ☐ 6 pound lamb shoulder thick
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 2 medium onion cut in large chunks (3 cups)
- ☐ 0.3 cup red wine vinegar
- ☐ 4 small rosemary leaves fresh
- ☐ 3 cups vegetable stock light (chicken, turkey, or vegetable broth)

Equipment

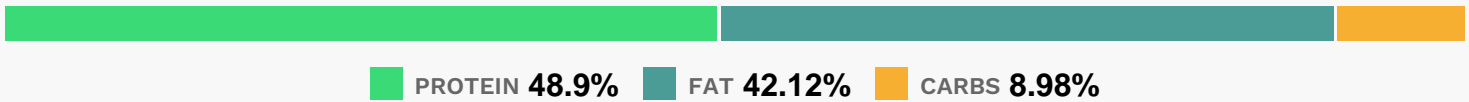
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ roasting pan
- ☐ potato masher
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Trim most of the fat from the chops, leaving only a very thin layer on the outside surfaces. With your fingers, pull apart each chop, roughly in half, along the natural break lines between the muscles.
- ☐ Put the meat in a large bowl with all of the remaining ingredients except the stock. Toss well to distribute all the seasonings, and submerge the meat in the marinade. Seal the bowl with plastic wrap, and refrigerate for 24 hours. Turn the meat occasionally.
- ☐ Heat the oven to 425°F. Arrange the meat chunks in the roasting pan, spread the marinade all around them, and pour in the stock. Cover the pan with a tent of aluminum foil, and press it firmly against the sides. Pierce a few slits in the foil as steam vents.

- ☐ Roast for 2 to 2 1/2 hours, basting and turning the meat every 30 minutes or so. After the first hour, remove the foil, and continue roasting uncovered. As the pan liquid evaporates and the meat starts to caramelize, baste and turn more frequently. If the meat seems to be drying quickly, reduce the oven temperature. When the meat is very tender and nicely browned all over, and the pan juices have reduced by half, remove the pan from the oven and transfer the meat chunks to a warm platter.
- ☐ To make the sauce, mash all the vegetables in the roasting pan, using a potato masher or a big spoon. Stir the pan juices around the sides and bottom of the pan to deglaze all the tasty caramelized bits.
- ☐ Pour everything into a sturdy wire-mesh sieve set over a bowl or large measuring cup. Press on the vegetables, releasing their juices, and force them through the sieve, scraping the pure into the bowl to thicken and flavor the sauce. Skim the fat from the surface, and adjust the seasoning to taste.
- ☐ When you are ready to serve, pour about half the sauce into a large skillet, along with the lamb pieces and any meat juices in the platter.
- ☐ Heat slowly to a simmer, turning the meat over and over until it is heated through. Return the meat to the platter, and drizzle over it the thickened sauce from the skillet.
- ☐ Serve right away, passing the remaining sauce at the table.
- ☐ Reprinted with permission from Lidia's Italy

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:34.809999963512%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

7.57mg

Nutrients (% of daily need)

Calories: 544.98kcal (27.25%), Fat: 22.21g (34.18%), Saturated Fat: 6.36g (39.74%), Carbohydrates: 10.65g (3.55%), Net Carbohydrates: 8.99g (3.27%), Sugar: 4.33g (4.81%), Cholesterol: 182.89mg (60.96%), Sodium: 1076.5mg (46.8%), Alcohol: 8.24g (100%), Alcohol %: 1.75% (100%), Protein: 58.03g (116.07%), Vitamin B12: 7.63µg (127.16%), Selenium: 65.6µg (93.72%), Vitamin B3: 17.51mg (87.56%), Zinc: 12.12mg (80.83%), Vitamin A: 3671.54IU (73.43%), Phosphorus: 570.45mg (57.04%), Vitamin B2: 0.7mg (40.94%), Iron: 5.59mg (31.05%), Potassium: 1022.82mg (29.22%), Vitamin B6: 0.58mg (29.08%), Copper: 0.54mg (26.94%), Vitamin B1: 0.38mg (25.6%), Vitamin B5: 2.22mg (22.22%), Magnesium: 88.16mg (22.04%), Manganese: 0.42mg (20.83%), Folate: 81.21µg (20.3%), Vitamin E: 1.82mg (12.16%), Vitamin K: 8.06µg (7.68%), Calcium: 71.52mg (7.15%), Fiber: 1.67g (6.67%), Vitamin C: 5.09mg (6.17%)