



Roasted Leg of Lamb with North African Spices, Lemon, and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 teaspoons caraway seeds
- ☐ 3 tablespoons sea salt
- ☐ 1 teaspoon cumin seeds
- ☐ 0.3 cup wine dry white
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 0.5 teaspoon turmeric

- ☐ 5 pound leg of lamb bone-in
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 2 tablespoons pepper to taste
- ☐ 1.5 pounds onion red peeled halved quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ mortar and pestle

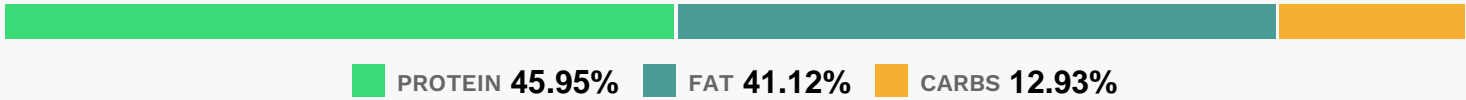
Directions

- ☐ In a spice grinder, a clean coffee grinder, or a mortar, grind the salt, oregano, rosemary, caraway, cumin, and turmeric to a fine powder.
- ☐ Transfer to a bowl and add the harissa and chopped garlic.
- ☐ Add the olive oil to make a thick paste. Make 8 or 9 deep slits all over the lamb and insert some of the spice paste, rubbing the paste all over the surface of the meat. Cover and let stand for 1 hour at room temperature or, preferably, refrigerate for at least 5 hours or overnight. Bring to room temperature before roasting.
- ☐ Preheat the oven to 450°F.
- ☐ Place the leg of lamb fat side down in a roasting pan that will hold the onions in one layer. Roast for 20 minutes.
- ☐ Mix the lemon juice and wine in a small bowl. Turn the meat and pour the lemon-wine mixture over it. (If you are roasting the lamb in a clay dish, warm the mixture first, because cold liquid

can cause the clay to crack.) Reduce the oven temperature to 375°F and roast for 35 minutes, basting every 10 to 15 minutes with the pan juices. If the pan dries out, add a little more wine.

- ☐ Transfer the lamb to a plate and add the onions to the pan, tossing them well to coat them with the pan juices.
- ☐ Add the rosemary sprigs or sprinkle with dried rosemary, toss, place the lamb on the onions, and continue roasting, basting often, for another 30 minutes, or until an instant-read thermometer inserted into the thickest part of the meat reads 135°F.
- ☐ Transfer the meat to a heated platter, cover with a double layer of aluminum foil, and set aside. (Leave the oven on.) If the pan juices are watery, transfer most of them to a saucepan and cook briefly to reduce.
- ☐ Meanwhile, return the pan to the oven and continue baking the onions until tender, with browned edges. Turn the oven to broil.
- ☐ Place the lamb on the onions again and broil for 2 to 3 minutes, or until the surface is deep brown and crackling. Carve the lamb and serve, passing the pan juices in a bowl or sauceboat at the table.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Mediterranean Hot and Spicy by Aglaia Kremezi Copyright (c) 2009 by Aglaia Kremezi Published by Broadway Books. Aglaia Kremezi is an internationally known expert on Greek cuisine and author of The Foods of Greece, which won the Julia Child Award from the International Association of Culinary Professionals for the best first cookbook. She has lectured around the world about Greek and Mediterranean food and runs a widely respected cooking school on the Greek island of Kea.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:2.7, Inflammation Score:-9, Nutrition Score:30.172608849795%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.52mg, Hesperetin:

1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 23.07mg, Quercetin: 23.07mg, Quercetin: 23.07mg

Nutrients (% of daily need)

Calories: 455.63kcal (22.78%), Fat: 20.21g (31.09%), Saturated Fat: 5.18g (32.4%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 11.09g (4.03%), Sugar: 5.26g (5.84%), Cholesterol: 152.41mg (50.8%), Sodium: 3642.8mg (158.38%), Alcohol: 1.37g (100%), Alcohol %: 0.44% (100%), Protein: 50.82g (101.65%), Vitamin B12: 6.43µg (107.16%), Selenium: 56.91µg (81.29%), Vitamin B3: 15.11mg (75.54%), Zinc: 9.49mg (63.29%), Phosphorus: 508.41mg (50.84%), Vitamin B2: 0.64mg (37.79%), Iron: 5.6mg (31.1%), Vitamin B6: 0.58mg (28.97%), Manganese: 0.56mg (28.16%), Potassium: 935.3mg (26.72%), Vitamin B1: 0.4mg (26.61%), Magnesium: 87.15mg (21.79%), Folate: 80.64µg (20.16%), Copper: 0.39mg (19.72%), Vitamin B5: 1.91mg (19.11%), Vitamin C: 12.78mg (15.49%), Vitamin E: 2.04mg (13.61%), Fiber: 3.21g (12.84%), Vitamin K: 13.39µg (12.75%), Calcium: 75.19mg (7.52%)