



Roasted Leg of Lamb with Spices, Roasted Fennel, and Sweet Red Pepper Mayonnaise

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



8

CALORIES



940 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons allspice
- 2 teaspoons peppercorns whole black
- 1 inch cinnamon sticks
- 2 teaspoons coriander seeds
- 2 teaspoons cumin seeds
- 3 fennel bulbs trimmed quartered
- 2 teaspoons fennel seeds

- 0.5 bunch flat-leaf parsley fresh chopped
- 2 garlic cloves chopped
- 5 garlic cloves
- 0.5 juice of lemon juiced
- 1 juice of lemon juiced
- 7 pounds leg of lamb (see note)
- 2 cups mayonnaise
- 1 tablespoon olive oil extra-virgin
- 8 servings olive oil extra-virgin
- 1 chile fresh red hot stemmed
- 1 roasted pepper red
- 8 servings salt and pepper black freshly ground
- 1 pinch sugar
- 0.5 cup walnut pieces

Equipment

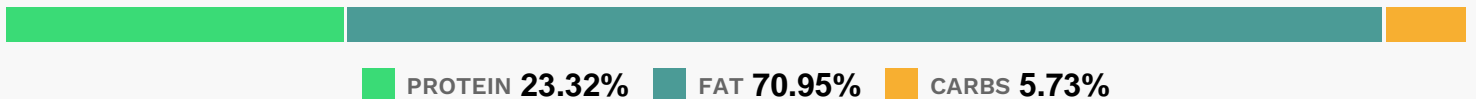
- food processor
- oven
- baking pan
- roasting pan
- aluminum foil
- kitchen twine

Directions

- Preheat the oven to 375 degrees F.
- Stir together the garlic, parsley, olive oil, salt and pepper to make a paste.
- Spread that over the inside of the leg of lamb. Tie the leg crosswise with several lengths of butchers twine. Coat the outside of the leg of lamb with the Turkish Spice
- Mix and set it on a rack in a roasting pan.

- Put the fennel in a small, deep baking dish (or souffle dish) and sprinkle with salt and pepper.
- Add the lemon juice and enough oil to entirely cover the fennel (2 1/2 to 3 cups, maybe more depending on the size of the dish). Cover with aluminum foil.
- Put the lamb and the fennel in the oven and cook until the fennel is very soft and the lamb is medium (140 degrees F), about 1 hour for the fennel, and about 1 1/2 hours for the lamb.
- Let the lamb rest 10 minutes before slicing.
- While the lamb is roasting, make the mayonnaise: Grind the walnuts to a coarse powder in a food processor.
- Add all of the remaining ingredients and puree; set aside.
- Slice the lamb against the grain and serve it with the roasted fennel and sweet red pepper mayonnaise.
- Combine the spices in a spice mill or clean coffee grinder and grind to a powder. Store in an air-tight container.

Nutrition Facts



Properties

Glycemic Index:51.39, Glycemic Load:2.83, Inflammation Score:-8, Nutrition Score:40.536086828812%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg, Eriodictyol: 1.22mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 7.69mg, Apigenin: 7.69mg, Apigenin: 7.69mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 940.42kcal (47.02%), Fat: 74.5g (114.61%), Saturated Fat: 13.39g (83.7%), Carbohydrates: 13.53g (4.51%), Net Carbohydrates: 8.59g (3.12%), Sugar: 4.6g (5.11%), Cholesterol: 183.55mg (61.18%), Sodium: 626.77mg (27.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.1g (110.2%), Vitamin K: 217.35µg (207%), Vitamin B12: 6.82µg (113.64%), Selenium: 61.74µg (88.19%), Vitamin B3: 16.54mg (82.7%), Zinc: 10.29mg (68.6%), Phosphorus: 585.31mg (58.53%), Manganese: 0.86mg (43.02%), Vitamin B2: 0.7mg (41%), Iron: 6.79mg (37.74%), Vitamin C: 29.88mg (36.21%), Potassium: 1258.07mg (35.94%), Vitamin E: 5.32mg (35.49%), Vitamin B6: 0.6mg (29.94%), Copper:

0.57mg (28.63%), Vitamin B1: 0.41mg (27.64%), Magnesium: 110.2mg (27.55%), Folate: 101.03µg (25.26%), Vitamin B5: 2.21mg (22.09%), Fiber: 4.94g (19.75%), Calcium: 120.59mg (12.06%), Vitamin A: 561.86IU (11.24%)