

food
network



HEALTH SCORE

56%

Skewered Lamb with Rioja Red Wine Vinaigrette and Endive Salad with Blue Cheese, Serrano Ham and Pears



Gluten Free

READY IN



278 min.

SERVINGS



8

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup almonds toasted sliced



2 bartlett pitted ripe halved sliced



0.3 cup cheese blue crumbled



8 servings cheese dressing blue



0.5 cup crème fraîche



0.3 cup dijon mustard

- ☐ 2 tablespoons dijon mustard
- ☐ 2 heads endive sliced in half lengthwise, then sliced crosswise into thin slices
- ☐ 0.5 pound fris  e
- ☐ 2 heads garlic crushed peeled
- ☐ 1 teaspoon honey
- ☐ 4 pound lamb loin fillet cut into 2-inch cubes
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons mayonnaise
- ☐ 1 cup olive oil
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups olive oil pure
- ☐ 32 roasted pearl onions
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons romano cheese
- ☐ 8 rosemary sprigs
- ☐ 8 servings salt and pepper
- ☐ 8 servings salt and pepper freshly ground
- ☐ 0.3 pound serrano ham cut into thin slices
- ☐ 2 tablespoons walnut oil
- ☐ 1 bottle rioja red wine

Equipment

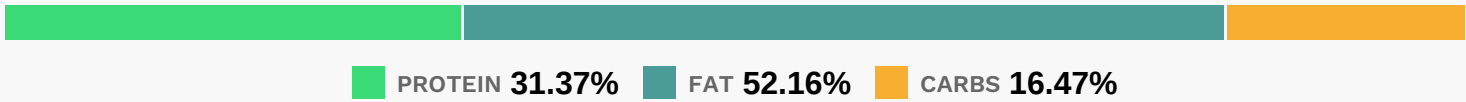
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ grill

- ☐ broiler
- ☐ skewers

Directions

- ☐ Make the vinaigrette: In a medium nonreactive saucepan over high heat, reduce the wine to 1/4 cup.
- ☐ Place it in a blender with the vinegar, mustard and honey and blend until combined. With the motor running, slowly add the olive oil until emulsified. Season with salt and pepper to taste. May be refrigerated up to 2 days. Bring to room temperature before using.
- ☐ Make the lamb: Soak 8 bamboo skewers 6 inches long in water for 2 hours or overnight. In a large bowl, combine the garlic, olive oil, rosemary and lamb and marinate the lamb 4 to 6 hours in the refrigerator. Prepare a grill or broiler. Thread the lamb cubes and roasted onions on the skewers and season with salt and pepper to taste. Grill until rare to medium-rare, about 3 to 4 minutes on each side.
- ☐ Place the skewers on a serving platter and drizzle the Rioja vinaigrette over them. Can serve with instant couscous made with chicken stock.
- ☐ Whisk together the creme fraiche, mayonnaise, Dijon mustard, lemon juice and oil and season with salt and pepper. Fold in blue cheese and romano.
- ☐ Heat the oil in a small saute pan over high heat until smoking.
- ☐ Add the ham and cook until crisp.
- ☐ Place the endive and frisee in a large bowl, toss with some of the dressing and season with salt and pepper, to taste. Divide the greens among four plates and top with some of the ham.
- ☐ Place 3 pear slices around the plate and sprinkle with some of the almonds.

Nutrition Facts



Properties

Glycemic Index:57.28, Glycemic Load:6.3, Inflammation Score:-10, Nutrition Score:48.664348074923%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 1.86mg, Petunidin: 1.86mg, Petunidin: 1.86mg, Petunidin: 1.86mg Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin: 1.88mg, Delphinidin:

1.88mg Malvidin: 12.98mg, Malvidin: 12.98mg, Malvidin: 12.98mg, Malvidin: 12.98mg Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg, Peonidin: 1.17mg Catechin: 6.73mg, Catechin: 6.73mg, Catechin: 6.73mg, Catechin: 6.73mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg, Isorhamnetin: 6.11mg Kaempferol: 12.95mg, Kaempferol: 12.95mg, Kaempferol: 12.95mg, Kaempferol: 12.95mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 27.32mg, Quercetin: 27.32mg, Quercetin: 27.32mg, Quercetin: 27.32mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 819.06kcal (40.95%), Fat: 43.55g (67%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 21.84g (7.94%), Sugar: 12.21g (13.56%), Cholesterol: 172.76mg (57.59%), Sodium: 1111.54mg (48.33%), Alcohol: 9.94g (100%), Alcohol %: 1.63% (100%), Protein: 58.94g (117.89%), Vitamin K: 362.92µg (345.64%), Selenium: 61.34µg (87.63%), Vitamin B12: 5.13µg (85.53%), Vitamin A: 4227.52IU (84.55%), Vitamin B3: 16.07mg (80.37%), Folate: 278.31µg (69.58%), Phosphorus: 618.75mg (61.87%), Zinc: 9.11mg (60.7%), Manganese: 1.18mg (59.22%), Vitamin B2: 0.81mg (47.57%), Potassium: 1546.54mg (44.19%), Iron: 7.08mg (39.31%), Vitamin B6: 0.77mg (38.3%), Fiber: 9.1g (36.4%), Vitamin C: 28.87mg (35%), Vitamin B1: 0.52mg (34.38%), Magnesium: 131.7mg (32.93%), Vitamin B5: 3.28mg (32.85%), Copper: 0.64mg (32.23%), Vitamin E: 4.83mg (32.2%), Calcium: 241.93mg (24.19%)