



WHATSheATE



Slow-Cooked Lamb with Sage and Pearl Barley



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



440 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 almonds fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 4 carrots
- ☐ 2 stalks celery
- ☐ 1.3 cups chicken stock see
- ☐ 3 garlic clove
- ☐ 1 lamb shoulder
- ☐ 4 tablespoon olive oil

- ☐ 0.8 cup quick-cooking barley
- ☐ 8 peppercorns
- ☐ 4 onion red
- ☐ 1.3 cups red wine
- ☐ 12 sage
- ☐ 4 servings salt

Equipment

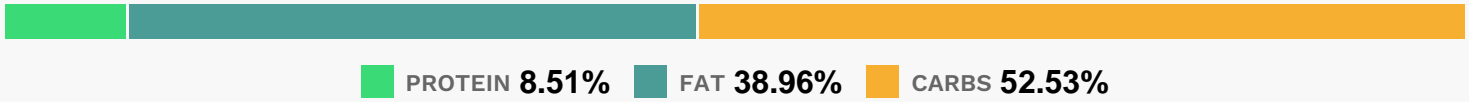
- ☐ oven
- ☐ casserole dish
- ☐ aluminum foil

Directions

- ☐ Trim the fat from 1 shoulder of young lamb. Peel, wash, and thinly slice 4 carrots and 2 stalks of celery. Peel 4 red onions and cut into small wedges.
- ☐ Cook the shoulder of lamb
- ☐ Preheat the oven to 300°F.
- ☐ Heat a flameproof casserole dish with a splash of olive oil and brown the shoulder on all sides. Take it out, throw away the cooking fat, wipe the casserole dish clean, and put it back on the heat with an additional splash of olive oil.
- ☐ Put in half the vegetables and sweat for 2 to 3 minutes, stirring.
- ☐ Add 3 squashed garlic cloves, 12 sage leaves, and 8 peppercorns, mix well, and return the shoulder of lamb to the casserole dish.
- ☐ Pour in 1 1/4 cups of red wine and reduce by half. Then add 1 1/4 cups of chicken stock, cover the casserole dish with a lid, and put in the oven for 2 1/2 hours, basting the shoulder from time to time.
- ☐ Take out the casserole dish.
- ☐ Remove the shoulder, wrap it in aluminium foil, and keep warm. Keep the casserole dish on hand.
- ☐ Prepare the pearl barley

- ☐ Shortly before the end of cooking the lamb, put 3/4 cup of pearl barley to soak for 10 minutes.
- ☐ Heat another casserole dish with a splash of olive oil, put in the rest of the vegetables, and cook for 2 minutes, stirring.
- ☐ Drain the pearl barley and add to the vegetables. Stir, season with salt, and cook for 1 to 2 minutes.
- ☐ Take a ladleful of the cooking liquid from the lamb casserole dish and pour it into the barley casserole dish.
- ☐ Let it swell with the liquid and cook for 15 to 18 minutes, adding more of the liquid as and when it is absorbed.
- ☐ Peel 12 fresh almonds and add them at the end of cooking with a splash of olive oil. Stir and check the seasoning.
- ☐ To finish your dish
- ☐ Cut the shoulder into large pieces and return them to their casserole dish.
- ☐ Add the contents of the other casserole dish and a generous twist of freshly ground black pepper and serve in the casserole dish.
- ☐ Reprinted with permission from Nature: Simple, Healthy, and Good by Alain Ducasse, © 2009 Rizzoli International Publications, Inc.

Nutrition Facts



Properties

Glycemic Index:56.21, Glycemic Load:4.86, Inflammation Score:-10, Nutrition Score:21.324782635207%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg, Petunidin: 1.49mg Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg, Delphinidin: 1.51mg Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg, Malvidin: 10.38mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 5.39mg, Catechin: 5.39mg, Catechin: 5.39mg, Catechin: 5.39mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg, Hesperetin: 0.47mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg

1.34mg Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg, Apigenin: 0.69mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg, Isorhamnetin: 5.61mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 23.37mg, Quercetin: 23.37mg, Quercetin: 23.37mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 440.3kcal (22.02%), Fat: 17.16g (26.4%), Saturated Fat: 2.47g (15.42%), Carbohydrates: 52.07g (17.36%), Net Carbohydrates: 41.81g (15.2%), Sugar: 9.93g (11.03%), Cholesterol: 2.41mg (0.8%), Sodium: 370.84mg (16.12%), Alcohol: 7.95g (100%), Alcohol %: 2.52% (100%), Protein: 8.44g (16.88%), Vitamin A: 10296.53IU (205.93%), Manganese: 1mg (50.08%), Fiber: 10.25g (41.02%), Copper: 0.69mg (34.73%), Selenium: 17.14µg (24.49%), Vitamin K: 24.58µg (23.41%), Vitamin B6: 0.45mg (22.51%), Vitamin E: 3.3mg (21.99%), Potassium: 723.22mg (20.66%), Vitamin B3: 4.01mg (20.07%), Phosphorus: 197.28mg (19.73%), Magnesium: 71.6mg (17.9%), Vitamin C: 13.21mg (16.01%), Vitamin B2: 0.24mg (14.36%), Vitamin B1: 0.21mg (13.89%), Folate: 54.31µg (13.58%), Iron: 2.17mg (12.06%), Zinc: 1.5mg (10.03%), Calcium: 87.11mg (8.71%), Vitamin B5: 0.51mg (5.13%)