



Greek pressure cooker lamb fricassée

20'

Hands on

35'

Cook Time

4-6

Portion(s)

1

Difficulty



Method

- Place the pressure cooker over high heat.
- Add salt, pepper, and olive oil to the lamb and spread over its whole surface.
- Put the lamb into the pressure cooker and sauté until golden on all sides.
- Deglaze with the wine and then add the cumin, bouillon cube, water, rosemary, and close with the lid.
- Turn the safety valve to the proper pressure indicator, lower the heat, and simmer for 30 minutes.
- Depressurize the pressure cooker and open the lid.
- **Cut** the spring onions into small pieces, the lettuce into large pieces, finely chop the dill, and add them to the pressure cooker.
- Close the pressure cooker with the lid, turn the safety valve to the proper pressure indicator, lower the heat, and simmer for 5 minutes.

For the egg lemon sauce

- In a **bowl** add the lemon zest and juice, the yolks, salt and pepper.
- With a ladle, slowly add the stock from the pressure cooker to the bowl with the yolks, by constantly stirring with a hand whisk.
- Transfer the whole mixture into the pressure cooker again, stirring slowly, and serve with dill, pepper, olive oil, and lemon slices.

Ingredients

- 1,2 kilos leg of lamb, in portions
- salt
- pepper
- 2 tablespoons olive oil
- 50 g white wine
- 1 teaspoon cumin
- 1 chicken bouillon cube
- 500 g water
- 1 sprig of rosemary
- 250 g spring onions
- 500 g lettuce
- ½ bunch dill

For the egg lemon sauce

- zest and juice of 2 lemons
- 3 egg yolks
- salt
- pepper
- 400 g of the lamb's stock

To serve

- ¼ bunch dill
- pepper
- 1 teaspoon olive oil
- slices of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

391 Calories (kcal)	25.0 Total Fat (g)	7.8 Saturated Fat (g)	5.1 Total Carbs (g)
20%	36%	39%	2%
4.4 Sugars (g)	34.0 Protein (g)	2.0 Fibre (g)	1.6 Sodium (g)
5%	68%	8%	27%