



Recipe Category / Meats

Greek lamb fricassée

1 hour 30
minutes

Hands on

4-6
Portion(s)

1
Difficulty



Method

- Place a wide pot over high heat and let it get very hot.
- Add 3 tablespoons olive oil to the pieces of meat and season with salt and pepper. Toss to coat.
- Add the meat to the pot and sauté for about 3-4 minutes, until golden on both sides.
- Add the water, bouillon cube and cumin.
- Lower heat to medium and simmer for 1 hour.
- Next, prepare the vegetables.
- Thinly slice the spring onions and coarsely chop the lettuce. (You don't want it to completely fall apart while cooking.)
- Finely chop the dill and reserve some for the egg lemon sauce and for serving.
- Add the spring onions and lettuce to the pot.
- Cover pot with lid and simmer for 15-20 minutes.
- When it is almost ready, prepare the egg lemon sauce.
- In a bowl, whisk the egg yolks, salt, pepper, lemon zest and lemon juice until completely combined.
- At this point you can also add the tahini. This is optional. Tahini helps thicken the sauce better while at the same time giving it a unique taste.
- Add a handful of dill and stir.
- Add a ladleful of the hot liquid from the pot to the bowl with the egg lemon sauce and continue whisking.
- Add more ladleful's of liquid (3-5) while continuously whisking.
- Remove pot from heat and add the egg lemon sauce to the pot.
- Stir thoroughly.
- Transfer to serving bowls, add some dill, drizzle with a little olive oil and serve with lemon wedges.

Ingredients

- 4 tablespoon(s) olive oil
- 1.200 g lamb, leg, bone in, cut into portions
- salt
- pepper
- 1 liter water
- 1 vegetable bouillon cube
- 1 teaspoon(s) cumin
- 400 g spring onion
- 500 g lettuce
- 30 g dill, finely chopped +extra for egg lemon sauce and for serving

For the egg lemon sauce

- 3 egg yolks
- lemon juice, +extra for serving
- lemon zest, +extra for serving
- salt
- pepper
- 2 tablespoon(s) tahini, (optional)

Διατροφικός πίνακας

Nutrition information per portion

486 Calories (kcal)	28.0 Total Fat (g)	8.8 Saturated Fat (g)	8.4 Total Carbs (g)
24%	40%	44%	3%
6.8 Sugars (g)	46.0 Protein (g)	3.9 Fibre (g)	0.58 Sodium (g)
8%	92%	16%	10%