

Braised Lamb Shoulder with Figs

Yield: 6 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-dried-turkish-figs>

Ingredients:

- 1 lamb shoulder boneless, 4 to 4 1/2 lb.
- bones rolled and tied, cut into pieces
- freshly ground pepper
- salt
- all-purpose flour for dredging
- 5 teaspoons olive oil
- 1 yellow onion large, thinly sliced
- 4 large garlic cloves crushed with the side of
- 1/2 inch lemon wide strips of peel from 1
- 1 cup dry red wine
- 1 cup chicken stock
- 1 tablespoon tomato paste
- 1 teaspoon dried oregano
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 6 dried figs large, about 8 oz. total, hard stems
- figs trimmed, halved or quartered
- 1 tablespoon fresh dill chopped

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 50 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 18 grams
7. SaturatedFat: 2 grams

8. Sodium: 270 milligrams

9. Sugar: 7 grams

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