

Cabernet-Braised Lamb Shoulder

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/lamb-shoulder-roast-recipe-indian>

Ingredients:

- 2 tablespoons fennel seed ground
- 4 tablespoons extra-virgin olive oil
- 5 pounds lamb shoulder roast boneless American, tied
- 2 apples roughly chopped
- 6 cloves garlic smashed
- 6 shallots roughly chopped
- 2 carrots roughly chopped
- 2 celery stalks roughly chopped
- 1 cabernet bottle
- 4 cups chicken stock or low-sodium broth
- 6 fresh bay leaves
- 8 sprigs rosemary tied with string

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 195 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 61 grams
7. SaturatedFat: 9 grams
8. Sodium: 400 milligrams
9. Sugar: 8 grams

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