GF, Lamb, Low Carb, Soups, Stew

Indian Curried (but not curry) Lamb Soup

Adapted a bit from James Peterson, Splendid Soups



1 1/4 pounds lamb shoulder, or leg of lamb, visible fat removed, cut into 1/2" cubes
3 tablespoons vegetable oil
1 quart low-sodium beef broth, or water
8 whole garlic cloves, peeled only, left whole
2 tablespoons unsalted butter, or ghee
2 medium onions, finely chopped
2 tablespoons fresh ginger, peeled, finely chopped
1 teaspoon ground cumin
1 teaspoon ground mace
1/2 teaspoon cinnamon
2 teaspoons ground coriander
1 teaspoon ground cardamom
1/4 teaspoon cayenne
1 1/2 cups canned tomatoes, seeded, drained
1 cup coconut milk, or heavy cream
GARNISHES:
1 cup yogurt
2 tablespoons cilantro, finely chopped
salt to taste
2 limes, juiced

Per Serving (excluding unknown items): 301 Calories; 24g Fat (69.9% calories from fat); 13g Protein; 10g Carbohydrate; 2g Dietary Fiber; 49mg Cholesterol; 334mg Sodium; 5g Total Sugars; trace Vitamin D; 79mg Calcium; 2mg Iron; 411mg Potassium; 172mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 10

NOTE: If you're using lamb shoulder it may take longer to get tender. Leg of lamb will become tender in a bit over an hour.

1. In a 4-quart pot over medium-high heat brown the lamb in oil. You'll likely need to do this in more than one batch. Don't crowd the meat or the lamb will steam rather than caramelize. Remove lamb to a bowl and set aside. Drain off burned fat but leave all the browned fond in the bottom.
2. Turn down heat to medium, add onions and butter and saute (without burning) the onions for about 5-7 minutes. Add whole garlic cloves and stir a bit. When the onions are nearly soft, add the seasonings - ginger, cumin, mace, cinnamon, coriander cardamom and cayenne. Stir for about 1 minute or two to bloom the spices. Add the beef broth and bring to a slow simmer; add the meat into the soup, cover and simmer for about 1-1/2 hours, or until the lamb is tender. Use a ladle to skim off any fat or froth that floats to the top. Add more broth if needed to cover the meat and onion mixture.
3. Remove the garlic cloves to a small bowl and mash them with a fork then return them to the pot.
4. Add tomatoes and coconut milk. Taste for seasoning and add salt to taste. If you prefer a thicker soup, remove some of the broth and onion part, puree in a blender then return to the pot.
5. Ideally make this one day ahead so the flavors will meld overnight. Bring soup back to a simmer, add lime juice and season with salt. Add more cayenne if you like it hotter. Serve in bowls with a dollop of yogurt and garnish with fresh chopped cilantro.