SPANISH · LUNCH · DINNER

Caldereta de Cordero (Spanish Lamb and Paprika Stew)

Caldereta de cordero

75 min · Serves 6 · 526 kcal a serve · Video 4:46 in Spanish · Andalucía Videorecetas

Gluten-free ingredients · Dairy-free · Nut-free

Scan for the video, full nutrition and more free recipes

34 g protein and 4 g net carbs a serve from lamb braised with green pepper, onion, white wine and smoked paprika — rich in vitamin B12 and zinc.

Diet notes: Keto (3.9 g net carbs a serve).

Ingredients

11 · SERVES 6

- [ ] 3¼ lb **lamb**, cut into pieces on the bone
- [ ] ¼ cup **olive oil**
- [ ] 4 **garlic** cloves
- [ ] 2 **bay leaves**
- [ ] 1 green Italian (long) pepper, chopped
- [ ] a few **black peppercorns**
- [ ] 1 **onion**, chopped
- [ ] ⅔ cup **dry white wine**
- [ ] 6 g (about 2½ tsp) **sweet smoked paprika** (pimentón de la Vera)
- [ ] **water**, just enough to cover the meat (about 1⅔ cups)
- [ ] **salt** to taste

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat ¼ cup olive oil in a pressure cooker and fry 4 whole garlic cloves until golden. Lift them out and set aside. 0:48
2. Add the lamb pieces to the same oil, season with salt and brown them well on all sides. 1:27
3. Add 2 bay leaves and the chopped green pepper. After about 3 minutes add the peppercorns and chopped onion and cook for about 5 minutes more. 1:53
4. Crush the fried garlic and loosen it with ⅔ cup white wine. Pour it over the lamb and cook for 3–4 minutes. 2:28
5. Stir in 6 g smoked sweet paprika, then add just enough water to cover the meat. Taste and adjust the salt. 2:55
6. Lock the lid. Once the valve starts turning, cook for about 40 minutes, then take off the heat and let all the steam out before opening. Serve the lamb with its sauce. 3:34

> **Tip** Serves 6 (our estimate from 3¼ lb lamb). No pressure cooker? Simmer it covered for about 1½ hours until tender. Keeps 3 days in the fridge and freezes well; serve with a green salad or greens.

The method is a summary in our words, in English — the video (in Spanish) shows every step.

One serve gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
526 kcal 2,200 kJ	**34** g 67% of a day	**5.1** g 3.9 g net · 1.7 g sugars 2% of a day	**1.2** g 4% of a day	**39** g 14 g saturated 50% of a day	**490** mg 21% of a day

Energy from net carbs 3% · protein 27% · fat 70% — fits keto: 3.9 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin B12 159% · Zinc 71% · Selenium 71% · Omega-3 36%

Source of (10–19%) Iron 19% · Vitamin B6 19% · Vitamin C 18% · Vitamin E 13% · Vitamin K 13% · Potassium 11% · Magnesium 10% · Folate 10%

Recipe and video: Andalucía Videorecetas (@AndalucíaVideorecetas) on YouTube — youtube.com/watch?v=JxMHfClAXIQ, published 5 July 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/caldereta-de-cordero