GEORGIAN · LUNCH · DINNER

Chakapuli (Georgian Lamb or Veal Stew with Tarragon)

ჩაქაფული

115 min · Serves 5 · 363 kcal a serve · Video 10:36 in Georgian · Apolines cuisine

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 54 g protein and 5 g net carbs a serve: lean veal or lamb slowly braised in half a kilo of fresh herbs and white wine, with no flour, oil or added fat.

Diet notes: Low carb (4.7 g net carbs) but not keto: 23% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (3.5 g, 9% of the energy); DASH-friendly (510 mg sodium a serve).

Ingredients 11 · SERVES 5

- [ ] 1 kg **veal or lamb** (some of it on the bone), cut into chunks
- [ ] 150 g **fresh tarragon** (tarkhuna), finely chopped
- [ ] 150 g **fresh coriander**, finely chopped
- [ ] 150 g **spring onions**, chopped
- [ ] 30 g **green garlic** (young garlic shoots), chopped
- [ ] 30 g **mild green chillies**, sliced
- [ ] 100 g **garden cress** (tsitsmati), chopped
- [ ] a small bunch of **dill**, chopped (the cook doesn't give the amount)
- [ ] 200 ml **dry white wine**
- [ ] 30 g **tkemali** (sour green cherry plums), whole
- [ ] **salt** to taste

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Cut the veal or lamb into large bite-sized chunks. 1:40
2. Wash and finely chop all the greens — spring onions, green garlic, tarragon, coriander, cress and dill — slice the green chillies, and toss everything together in a big bowl so the herbs are evenly mixed. 1:50
3. In a heavy clay or cast-iron pot, make layers: a layer of herbs, then meat, a few sour plums and a pinch of salt. Repeat until everything is in, finishing with herbs and plums on top. 3:50
4. Pour the white wine over the layers. 5:55
5. Cover, bring to a gentle simmer and cook on low heat for about 80 minutes, until the meat is tender and the herbs have melted into a green, tangy broth. 6:15
6. Ladle the meat, herbs and broth into bowls and serve hot. 7:15

> **Tip** Serves about 5 (the cook doesn't say). It's Georgia's Easter dish, made when tarragon and sour plums are in season; no tkemali? A squeeze of lemon gives the same tang.

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

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
363 kcal 1,520 kJ	54 g 107% of a day	7.5 g 4.7 g net · 2.5 g sugars 3% of a day	2.7 g 10% of a day	9.3 g 3.5 g saturated 12% of a day	510 mg 22% of a day

Energy from net carbs 6% · protein 68% · fat 26% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 294% · Vitamin B12 68% · Zinc 57% · Vitamin C 44% · Vitamin B6 41% · Selenium 41% · Vitamin A 28% · Iron 24% · Folate 24% · Potassium 22% · Magnesium 21%

Source of (10–19%) Vitamin E 16% · Calcium 11% · Omega-3 10%

Recipe and video: Apolines cuisine on YouTube — youtube.com/watch?v=ekW0VMMDs4o. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, 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/chakapuli-georgian-lamb-tarragon-stew