TURKISH · DINNER

Kuzu Tandır (Turkish Slow-Roasted Pulled Lamb Shoulder)

Kuzu Tandır

230 min · Serves 6 · 439 kcal a serve · Video 13:33 in Turkish · Yemek.com

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

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30 g protein and under 1 g net carbs a serve: lamb shoulder slow-roasted in its own juices with just olive oil, garlic and spices, giving well over a day's vitamin B12.

Diet notes: Keto (0.5 g net carbs a serve).

Ingredients 6 · SERVES 6

- [ ] 1 **bone-in lamb shoulder** (about 2 kg), excess fat trimmed (yields about 800 g meat)
- [ ] 2 cloves **garlic**, crushed
- [ ] **olive oil**, ½ çay bardağı (50 ml)
- [ ] **salt**, about 2½ çay kaşığı (1¼ tsp)
- [ ] **freshly ground black pepper**, 2 çay kaşığı (5 ml)
- [ ] **dried thyme** (kekik), 1 çay kaşığı (2.5 ml), optional

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. Singe off any hairs near the shank end of the lamb shoulder over a flame (or ask the butcher to trim it). 1:25
2. With a sharp knife, trim off as much of the thick top fat as you like (keep it to roast potatoes later). 1:50
3. Score the fatty side with shallow cuts so the seasoning can soak in. 2:40
4. Mix the olive oil, crushed garlic, salt, freshly ground pepper and crushed thyme, pour it over the lamb and massage it in well, especially into the cuts. 2:57
5. Wet 3 sheets of baking paper, squeeze them out and overlap them. Put the lamb in the middle and wrap it tightly. 4:50
6. Wrap the parcel in 3 layers of foil, fat side down, then turn it so the seam is on top and add an extra layer over the seam. 5:43
7. Set it seam-up on the oven rack with a tray of water on the oven floor. Roast at 220°C for 2½ hours, then at 120°C for 1 hour more. 6:57
8. Open the parcel and pull the meat off the bones with tongs. For a browner top, put it back in a hot oven for about 5 minutes. 8:32

> **Tip** Serves 6 as on the cook's written recipe. In the video the trimmed fat roasts potatoes and the juices soak pide; a big salad or roast vegetables keep it low in carbs. Leftovers reheat well.

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

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
439 kcal	30 g	0.7 g	0.2 g	34 g	570 mg
1,830 kJ	60% of a day	0.5 g net · 0 g sugars	1% of a day	12 g saturated	25% of a day
		0% of a day		44% of a day	

Energy from net carbs 0% · protein 28% · fat 72% — fits keto: 0.5 g net carbs, 72% of the energy from fat

High in (20%+ of a day) Vitamin B12 144% · Selenium 64% · Zinc 63% · Omega-3 32%

Source of (10–19%) Iron 16% · Vitamin B6 11% · Vitamin K 10%

Recipe and video: Yemek.com (@yemekcom) on YouTube — youtube.com/watch?v=xazEfhqlWaQ, published 11 April 2021. 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/kuzu-tandir-slow-roast-lamb