GLOBAL · DINNER · LUNCH

Slow-Cooker Leg of Lamb with Simple Gravy

590 min · Serves 10 · 396 kcal a serve · Video 13:51 · Ketogenic Woman

Carnivore · Gluten-free ingredients · Nut-free

Slow-cooked leg of lamb gives about 38 g protein per serve and is rich in vitamin B12, zinc and selenium. It is seasoned only with salt and herbs, and the gravy is simply reduced cooking juices with a splash of cream, no flour.

Diet notes: Low carb (0.3 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 6 · SERVES 10

- [ ] 1 **bone-in leg of lamb** with shank, 2.48 kg
- [ ] 1 tsp **sea salt**
- [ ] 2 sprigs **fresh rosemary** (removed after cooking)
- [ ] 2 sprigs **fresh thyme** (removed after cooking)
- [ ] 240 ml **beef broth**
- [ ] 2 tbsp **heavy cream**, for the gravy

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the lamb dry and remove any plastic bone cap. If it won't fit in your slow cooker, cut off the shank at the joint and cook it alongside. 2:36
2. Sprinkle the salt over the lamb, lay the rosemary and thyme sprigs on top and pour the broth around it. 3:50
3. Cover and cook on low for 8–10 hours, until the meat is falling off the bone. (Oven method: covered, 120°C, about 1 hour per pound.) 5:30
4. Lift the lamb into a roasting pan, discard the herbs and roast at 200°C for about 20 minutes to brown the outside. 6:47
5. Meanwhile strain the cooking liquid (about 710 ml), skim off the clear fat and simmer about 470 ml of it for 10 minutes until reduced by half. Stir in the cream. 7:41
6. Rest the lamb briefly, then slice or pull it apart and spoon over the gravy. 9:47

> **Tip** Serves about 10 (our estimate, from a 2.48 kg leg). The cook usually uses homemade beef or bone broth. Keep leftovers in the gravy for up to 4 days; save the extra cooking liquid for soup.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
396 kcal	**38 g**	**0.3 g**	**0 g**	**26 g**	**400 mg**
1,660 kJ	77% of a day	0.3 g net · 0.2 g sugars	0% of a day	11 g saturated	17% of a day
		0% of a day		33% of a day	

Energy from net carbs 0% · protein 39% · fat 61% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 162% · Selenium 71% · Zinc 60% · Omega-3 29%

Source of (10–19%) Iron 16% · Vitamin B6 12% · Potassium 10%

Recipe and video: Ketogenic Woman (@KetogenicWoman) on YouTube — youtube.com/watch?v=ATCh1v4QUJM, published 3 April 2021. 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/slow-cooker-leg-of-lamb-gravy