

FREEDOM RUN FARM'S GREEK LAMB TACOS WITH MINTED YOGURT SAUCE



Recipe provided by Feasting at Home | Serves 6-8

INGREDIENTS

- 5-6 pound boneless lamb shoulder
- 12 fat garlic cloves
- 1/2 cup packed fresh herbs- thyme, parsley, oregano or sage or a combination
- 1/2 cup olive oil
- zest of 1/2 a lemon
- 5-6 teaspoons kosher salt (1 teaspoon for every pound of meat)
- 2 teaspoons pepper
- 1 cup white wine
- 1 large onion
- 3 bay leaves
- 1 English cucumber- sliced or diced
- 6 radishes- sliced or diced
- 1 cup crumbled feta (optional- or make yogurt sauce)
- 1/2 cup fresh torn Italian parsley or mint leaves (for garnish)
- 10-12 small Tortillas

MINTED YOGURT SAUCE (OPTIONAL- OR SUB FETA OR GOAT CHEESE)

- 1 cup Greek-style yogurt (whole milk)
- 1 tablespoon olive oil
- zest of a lemon
- 1 tablespoon lemon juice (or lime)
- 1/4 teaspoon kosher salt
- 1-2 tablespoons fresh chopped mint

HERBED CAPER SAUCE – OPTIONAL

- 1/2 cup mint
- 1/2 cup parsley
- 1-2 garlic cloves- finely minced
- 1/3 cup olive oil
- zest of one lemon
- 1/8 cup fresh lemon juice (half a lemon)

DIRECTIONS

Preheat oven to 350F

Let meat rest on counter and come to room temp. Trim any excess fat. (A little is ok)

Make the herb paste: Place garlic, oil, herbs, zest, salt and pepper in a blender or food processor and blend into a paste.

Slice the onion into 1/2 -1/2 inch rings and lay in the bottom of a large Dutch oven, creating a foundation for the lamb to rest on. Add the bay leaves. Pour the cup of wine over the onion.

Rub the lamb with the garlic herb paste, coating all sides well, using it all up, getting in all the nooks and crannies, inside and out. Place the meat over the onions in the pot. Cover with a tight filling lid and place in the hot oven. The lamb will take roughly about 3 hours to cook and become tender, give or take, depending on size and weight. Check after 2 hours, then every 1/2 hour after that. It is done when the meat easily pulls apart with two forks.

While the lamb is braising, prep the veggies. Slice or dice the cucumber and radishes. Chop the herbs. Make the Minted Yogurt sauce by stirring the ingredients together in a medium bowl.

When the meat is tender, using tongs, carefully remove it from the pan, placing it on a dish. Discard the Bay leaves. Fish out the flavorful melted onions and save them with the meat. Pour all the fat/liquid out of the pan, saving it. Return the lamb and onions to the pan, shred it a little with two forks and season with salt. Either skim the fat from the braising liquid (which will rise to the surface) or chill it- (it will harden) and you can easily remove it. You can add a little braising liquid back into the lamb (this step is optional-but adds more moisture and flavor).

Serve up the lamb with toasted tortillas (or lightly grill them over your gas burner on the stove) and all the sides.

Notes

For another added burst of flavor make the optional Herbed Caper Drizzle. Place all but the capers in a food processor and pulse repeated, until chopped evenly (but not smooth). Pour in a small bowl. Stir in the Capers.

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- 1/4 tsp salt
- 2 tablespoons capers



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