

Baked Lamb with Rice and Yogurt

Ingredients

- 2 lbs trimmed lamb shoulder, cubed
- 6 Tbsp flour, divided
- salt & pepper to taste
- 6 Tbsp butter, divided
- 1 Tbsp olive oil
- 4 cloves garlic, minced
- 1 Tbsp dried oregano
- 1/4 cup rice
- 2 cups plain Greek yogurt
- 2 eggs
- fresh nutmeg

Directions

Turn oven to 350°F. Transfer lamb to a baking dish.

Toss the lamb cubes with 3 Tbsp flour and season generously with salt and pepper.

Heat 3 Tbsp butter and the olive oil in a lidded pan or pot over medium high heat. Add the lamb cubes and cook, stirring occasionally, until it starts to brown, about 10 minutes. Add minced garlic, oregano, rice, salt and pepper to taste and 1/2 cup water. Bring to a boil, cover, turn heat to low and simmer for 15 minutes.

Meanwhile, melt the remaining 3 Tbsp butter over medium-high heat in a medium saucepan. Add the remaining 3 Tbsp flour and whisk constantly, creating a roux. Cook for 2 minutes. Turn off the heat and whisk in the yogurt. Whisk in the eggs and season generously with salt and pepper.

Transfer the lamb to an oven-safe casserole dish. Pour the yogurt sauce on top of the lamb. Grate nutmeg to taste on top. Bake for 40 minutes or until browned.