



This Keto Crown Roast of Lamb is an impressive yet easy dinner party dish. The center is filled with a savory stuffing or you can fill it with crumpled aluminum foil to keep its shape.

Ask your butcher to prepare the crown roast by tying the rib sections of the loins of lamb together in a crown shape.

Servings - 8

**Prep Time - 20 Mins | Cook Time - 1 Hr | Total Time - 1 Hr 20 Mins**

Difficulty - Easy



Cuisine - French

## RECIPE

### KETO CROWN ROAST OF LAMB

## EQUIPMENT

[Non Stick Medium Saucepan](#)

[Mixing Bowls](#)

[Strainer](#)

[Spatula](#)

[Aluminum Foil](#)

[Roasting Tin with Rack](#)

[Sharp Knife, small](#)

[Paper Frills](#)

[Serving Tray](#)

## INGREDIENTS

1 Crown roast of lamb consisting of 16 chops

### Stuffing

[150 g Walnuts, chopped](#)

[1 1/4 Cups Beef Bone Broth](#)

1 small celery stalk, chopped

[1/4 Tsp Kosher Sea Salt \(Coarse\)](#)

[1/8 Tsp Black Pepper \(cracked\)](#)

15 g Butter

1 medium-sized onion, finely chopped

120 g Pork sausage meat

90 g [Keto Oven-Baked White Baguette](#), processed into breadcrumbs

1 Large egg, lightly beaten

## METHOD

Preheat the oven to moderate 350°F/180 C or Fan 160 C/Gas 4.

Put the chestnuts, stock, celery, salt and pepper in a medium-sized saucepan over moderate heat. Simmer for 1 hour or until the chestnuts are tender and have absorbed all the stock. Transfer the chestnuts and celery to a bowl and allow them to cool. Crumble the chestnuts into small pieces or push through a coarse strainer.

In a small saucepan, melt the butter over moderate heat. Add the onion and cook it for 8 minutes or until it is soft. Remove the pan from the heat and allow it to cool. Add the sausage meat, breadcrumbs and eggs to the chestnuts and the onion and mix well with a spatula.

Spoon the stuffing into the center cavity of the crown roast. Cover the tips of the

chop bones with aluminium foil to prevent them from charring during cooking,

Place the roast in a roasting tin and put it in the oven.

Roast the meat, allowing 20 minutes per pound plus an extra 20 minutes. Test if the meat is done by piercing the bottom part of one chop with a skewer or the point of a sharp knife; the juice that runs out should be faintly rosy.

Remove the roast from the oven. Remove the aluminium foil from the chop bones and place the crown roast on a serving tray and pop on the paper frills.

Serve at once.

## SERVING SUGGESTIONS

Serve with [Keto Broccoli with Cheese Sauce](#) and [Keto Garlic, Thyme and Spring Onion Cauliflower Mash](#).

## STORAGE

This meal is better eaten fresh.

## NUTRITION FACTS

Per serving : 111 g | Calories 246 | Protein 13.1 g | Fat 18 g | Carbs 9.9 g | Fiber 2.2 g

Net Carbs : 7.7 g

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE

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