

Norwegian Lamb and Cabbage Stew (Får i kål or Fårikål) from Tom Dahle/Karen Oby
Contrary to popular belief this stew is considered the traditional Norwegian dish, not Lutefisk.

2 tablespoons cooking oil
3 pounds lamb, cut into 2 inch pieces
1 (2 pound) head of cabbage
2 teaspoons salt
1½ teaspoons black peppercorns (or to taste)
2 cups hot beef broth or bouillon
1 bay leaf
Chopped parsley

Wash and trim cabbage; separate into leaves. Set aside.

Heat oil in Dutch oven or large frying pan and brown meat in oil until well browned. Remove meat and discard drippings.

Place alternate layers of cabbage and meat in *slow cooker* and sprinkle each layer with salt and peppercorns.

Add hot broth/bouillon and bay leaf. Cook for 8-10 hours.

Remove bay leaf and sprinkle with parsley before serving.

Serve with boiled potatoes, carrots and flatbread. Makes 6 servings.

Stovetop Option: After browning meat and discarding drippings, layer in a Dutch oven, bring to a boil, reduce heat, cover and simmer about 1½ to 2 hours or until meat and cabbage are tender.

Oven Option: Place Dutch oven in 350° oven and bake for 2 to 3 hours or until meat and cabbage are tender.

Recipe is adapted from *Scandinavian Cooking made easy*, Galahad Books, New York City 1979 page 61.