

Farikal

Author: Sofia Holmes
Preparation: 15 to 30 minutes
Cooking: 30 to 45 minutes
Yield: 6 servings
Cuisine: Nordic
Meal: Main Course
Season: Winter



Fårikål is a Norwegian lamb and cabbage stew, very simple but really good for cold winters. This is my personal version (with Basil).

Ingredients

1 kg	Lamb	400 ml	Broth
1	Cabbage	1	Salt and pepper
1 kg	Potato	1	Basil

Directions

1. Layer the bottom of a stockpot or dutch oven with lamb pieces, then sprinkle with a little of the salt. Add a layer of cabbage, then another layer of lamb and salt, and so on. Add the peppercorns and broth, then enough water to just cover everything. Bring to a simmer over high heat, then reduce heat to low and gently simmer until the lamb pulls away easily from the bone, about 2 hours. Add the potatoes during the last 30 minutes of simmering.

2. Preheat your oven on the broil setting. Carefully remove the lamb pieces from the oven and place on a baking sheet. Broil the lamb until darkened and crispy, about 2 minutes per side. Return the lamb to the pot, season the stew with salt to taste, and serve.