



ChefNorway's Norwegian

Lamb & Cabbage

| <i>Servings</i> | <i>Preparation Time</i> | <i>Cooking Time</i> | <i>Time to make dessert</i> | - |
|-----------------|-------------------------|---------------------|-----------------------------|---|
| 4+ People | 5 minutes | 120+ minutes | 120 minutes | - |

Lamb & Cabbage or "Får I Kål" was voted as the Norwegian National dish by the most popular radio show 40 years ago. It's still very popular, and very healthy. Cabbage is probably one of the healthiest vegetables you could eat, and with delicious lamb this is a meal worth serving the entire family. Let the kids help you make it and you'd do it the true Norwegian way. It's a very simple and easy recipe. Just add everything in the pot, and boil it for 2 hours.



Ingredients

| European Measurements | US Measurements |
|--------------------------|--------------------------|
| 3 dl. water | 1 ½ cup water |
| 1.5 kg lamb meat | 53 oz. lamb meat |
| 1.5 kg cabbage | 53 oz. cabbage |
| 2 tsp. whole pepper corn | 2 tsp. whole pepper corn |
| 1 tsp salt | 1 tsp salt |
| 1 cinnamon stick | 1 cinnamon stick |
| potatoes | potatoes |

*0.5 kg (17.5 oz.) lamb and cabbage per adult, add more if more attending your dinner party.

Directions

- Start by cutting cabbage into large chunks
- Add water to a large pot.
- Then add some meat with fat side down. It will prevent it from sticking or getting burned.
- Add cabbage and pepper
- Add in the rest of your meat.
- I like to throw in a stick of cinnamon as well.
- Season with some salt and pepper on top.
- Put the lid on and bring to a boil
- Then let it simmer for at least 2 hours.
- Serve with boiled potatoes.

You could find out more about this recipe and a video on how to make it at <http://www.chefnorway.com>.

There's lots of delicious recipes at the website with a video showing you how to make every recipe in English. (Click to view)

