NORDIC · DINNER

# Fårikål (Norwegian Lamb and Cabbage Stew)

170 min · Serves 6 · 571 kcal a serve · Video 10:48 · Food52

Dairy-free · Nut-free

Each serve has about 130 g of lamb for roughly 35 g of protein, plus zinc and vitamin B12, alongside a big portion of cabbage that makes it high in vitamin C and vitamin K.

**Diet notes:** Low carb (30 g net carbs) but not keto: 59% of the energy is from fat, and keto meals get about 60% or more.

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## Ingredients 11 · SERVES 6

- [ ] 1.4 kg **bone-in lamb stew meat**
- [ ] **kosher salt**, a pinch plus more to taste (about 1 tsp in all)
- [ ] a pinch of **ground black pepper**
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] 60 ml **white wine** (or water)
- [ ] whole **black peppercorns**, a few pinches (about 1½ tsp), divided
- [ ] 3 tsp **all-purpose flour**, divided
- [ ] 1 head **cabbage** (1.4 kg), cut into 2.5 cm wedges through the root end
- [ ] 240 ml **water**, plus more as needed
- [ ] 680 g small **potatoes**, peeled and boiled, to serve (optional)
- [ ] 1 bunch **fresh parsley**, chopped, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

**Contains:** Gluten. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Pat the lamb dry and season well with salt and pepper (ideally 2 hours ahead). Sear it in batches in the olive oil in a heavy pot over medium-high heat until browned all over; set aside. 1:13
2. Deglaze the pot with the white wine (or water), scraping up the browned bits, then take it off the heat. 5:09
3. Layer a third of the lamb in the pot, season with salt, peppercorns and ½ tsp flour, then add a third of the cabbage wedges and season the same way. Repeat, ending with cabbage, salt, peppercorns and flour. 5:33
4. Pour over 240 ml of water, bring to a boil, then simmer on the lowest heat for about 2½ hours, until the meat falls off the bone. Add 120 ml water at a time only if it looks dry. 7:42
5. In the last 30 minutes, boil the peeled potatoes in salted water for 10–12 minutes until tender. 8:39
6. Season the broth to taste and serve the lamb and cabbage with the potatoes, spooning broth and peppercorns over the top and scattering with parsley. 9:04

> **Tip** Grams assume about a quarter of the bone-in weight is bone. Mutton is traditional; shank, neck or breast all work. Don't add more water at the start; the cabbage releases its own. Bay leaves are a good addition.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 571 kcal | 35 g | 39 g | 8.5 g | 30 g | 530 mg |
| 2,390 kJ | 70% of a day | 30 g net · 8.7 g sugars | 31% of a day | 11 g saturated | 23% of a day |
| | | 14% of a day | | 39% of a day | |

**Energy from** net carbs 23% · protein 26% · fat 51% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 222% · Vitamin B12 138% · Vitamin C 112% · Zinc 69% · Selenium 64% · Vitamin B6 47% · Folate 41% · Iron 30% · Omega-3 30% · Potassium 29% · Magnesium 22%

**Source of** (10–19%) Calcium 11%

**Recipe and video:** Food52 (@food52) on YouTube — youtube.com/watch?v=yF78aeOg8JQ, published 11 April 2024. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/farikal-norwegian-lamb-and-cabbage