

Farikal (Lamb and Cabbage Stew)

Ingredients:

- 2 lb. sliced lamb shoulder, neck or breast on the bone
- 1 large cabbage
- 1 Tbsp. whole peppercorns
- 2 tsp. salt (or less)
- 2 Tbsp. flour
- ¼ c. water



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Directions:

- Slice the cabbage into “boats” by radiating slices from the center outward. In a wide, heavy pot, layer the meat with the cabbage, sprinkling each layer with salt, flour and peppercorns, ending with a layer of cabbage. Add the water. Bring to a boil and simmer until the meat is tender, about 1½ hours. Serve with boiled potatoes.

Makes eight servings. Per serving: 180 calories, 4 grams (g) fat, 26 g protein, 9 g carbohydrate and 700 mg sodium.

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