

NORWEGIAN LAMB AND CABBAGE

- 4 lamb shanks
- 1 c flour
- 1 tsp salt
- ½ tsp garlic powder
- 1 tsp ground dried rosemary
- 2-3 T olive oil
- ¼ c peppercorns
- Salt to taste
- 1 cabbage, quartered

Heat olive oil in a deep stock pot. Combine flour, salt, garlic powder, and rosemary. Dredge the shanks in the flour mixture and brown in the oil (set the flour mixture aside for thickening the gravy later). Transfer to a slow cooker, including all the juicy bits from the browning. Add water to cover and salt to taste. Wrap the peppercorns in a piece of cheesecloth and secure with string or unwaxed dental floss. Add to the slow cooker with the shanks and water. Set the slow cooker on High and cook for 2 hours. Turn slow cooker to Low and continue to cook for 4 more hours. Remove shanks to a covered dish and keep warm. Add the cabbage and cook on High 1-2 hours until tender. Remove the cabbage to the same dish as the shanks. Discard the peppercorn bag. Thicken the gravy with the remaining flour mixed with water into a thin paste. Pour gravy over the cabbage and shanks. Serve with boiled potatoes.