

## Heimo Lappalainen's recipe for *frackh* (on the occasion of NAFA2017), for 4 persons

1 kg of ox tails  
1 cup of dried beans of any kind  
1 cup of chia seeds or garbanzo beans (leave to soak the night before)  
1 cup of finely chopped parsley  
4 cloves of garlic (with peel)  
6 whole large unpeeled potatoes  
4 eggs with shell  
1 tablespoon of salt  
1 tablespoon of ground cumin  
1-1.5 teaspoon of hot peppers/chili  
2 tablespoons of mild pepper/paprika  
1 cup of heated olive oil  
5 cups of cold water  
1 large turnip  
1 large swede  
4 carrots

All ingredients are put in a pot without mixing them beforehand. Bring slowly to a boil with the lid firmly on. Add up to three cups of water every now and then. Simmer for at least 4 hours, even better for 24-48 hours. Serve with additional boiled potatoes, a green salad, and wholemeal bread.



The three musketeers (from left to right): David MacDougall, Colin Young, and Heimo Lappalainen. From NAFA event in the 1980s. Picture taken from transfer of original newspaper clip photo onto fabric by Colin's son Keir, on the occasion of Colin's 90<sup>th</sup> birthday (2017).