



John Besh's Choucroute Garnie Recipe

 Gluten Free  Dairy Free

READY IN



170 min.

SERVINGS



8

CALORIES



978 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounces bacon diced
- 1 bay leaves
- 8 servings pepper black freshly ground
- 1 pound bratwurst (4)
- 1 teaspoon caraway seeds
- 1 carrots chopped
- 1 stalk celery chopped
- 2 cups mirin dry

- 1 pound garlic
- 1 pork hock
- 2 tablespoons honey
- 2 juniper berries crushed
- 4 onion chopped
- 1 pound pork belly
- 4 medium potatoes yellow peeled quartered
- 8 servings salt
- 6 cups sauerkraut dry rinsed
- 2 tablespoons vegetable oil

Equipment

- oven
- pot

Directions

- Preheat the oven to 350 degrees.
- Heat the oil in a medium heavy-bottomed pot over medium heat.
- Add half the onions, the carrots and celery and cook until tender, about 10 minutes. Season with salt and pepper.
- Add 2 cups water, the wine and pork belly and bring to a boil. Cover, transfer to the oven and braise until the belly is tender, about 2 hours.
- Let cool in the braising liquid. Set the pork belly aside, then strain and reserve the liquid. Render the bacon in a heavy-bottomed pot over medium-high heat.
- Add the remaining onions and cook until tender, about 10 minutes. Reduce the heat to medium, add the braised pork belly, ham hock, sauerkraut, caraway seeds, juniper berries and bay leaf. Cover with the reserved braising liquid and bring to a boil. Reduce the heat and simmer about 45 minutes.
- Add the potatoes, bratwurst, garlic sausage and honey to the sauerkraut, cover and steam together for 30 minutes more. To serve, slice the pork belly into serving pieces. Discard the bay leaf. Mound the sauerkraut on a generous platter and pile the meat and potatoes on

top.Try out these recipes with sauerkraut on Food Republic:DBGB's Super Secret Sauerkraut Recipe

Sausage And Sauerkraut Fritter Recipe

How To Make Sauerkraut

Nutrition Facts

PROTEIN 12.7% **FAT 63.39%** **CARBS 23.91%**

Properties

Glycemic Index:45.48, Glycemic Load:23.48, Inflammation Score:-9, Nutrition Score:32.561304631441%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg, Quercetin: 12.94mg

Nutrients (% of daily need)

Calories: 978.19kcal (48.91%), Fat: 66.81g (102.78%), Saturated Fat: 22.87g (142.93%), Carbohydrates: 56.7g (18.9%), Net Carbohydrates: 48.72g (17.72%), Sugar: 10.37g (11.52%), Cholesterol: 124.65mg (41.55%), Sodium: 1664.14mg (72.35%), Alcohol: 5.7g (100%), Alcohol %: 1.27% (100%), Protein: 30.13g (60.25%), Vitamin B6: 1.57mg (78.66%), Vitamin C: 59.26mg (71.83%), Manganese: 1.39mg (69.75%), Selenium: 42.13µg (60.19%), Vitamin B1: 0.82mg (54.43%), Vitamin B3: 8.34mg (41.7%), Phosphorus: 410.37mg (41.04%), Potassium: 1418.35mg (40.52%), Fiber: 7.98g (31.94%), Vitamin B2: 0.48mg (28.2%), Zinc: 4.07mg (27.13%), Vitamin A: 1345.57IU (26.91%), Vitamin K: 27.87µg (26.54%), Copper: 0.52mg (25.97%), Iron: 4.64mg (25.8%), Magnesium: 78mg (19.5%), Calcium: 191.6mg (19.16%), Vitamin B12: 1.03µg (17.2%), Vitamin B5: 1.54mg (15.38%), Folate: 60.44µg (15.11%), Vitamin E: 1.06mg (7.04%), Vitamin D: 0.74µg (4.91%)