



## Polish Hunter's Stew



Gluten Free



Dairy Free



Popular

READY IN



220 min.

SERVINGS



10

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 ounce porcini wild dried
- ☐ 2 Tbsp vegetable oil
- ☐ 2 pounds boston butt pork shoulder
- ☐ 1 large onion chopped
- ☐ 1 head cabbage red chopped (regular, not savoy or )
- ☐ 1.5 pounds mushrooms mixed fresh
- ☐ 1 pounds kielbasa smoked
- ☐ 1 ham hock smoked

- ☐ 1 pound polish sausage fresh
- ☐ 25 ounce sauerkraut fresh refrigerated (we recommend Bubbies, which you may be able to find in the section of your local supermarket)
- ☐ 1 bottle lager beer
- ☐ 1 Tbsp juniper berries
- ☐ 1 Tbsp peppercorns black
- ☐ 1 Tbsp caraway seeds
- ☐ 2 Tbsp marjoram dried
- ☐ 10 servings salt
- ☐ 20 prune- cut to pieces sliced in half
- ☐ 2 Tbsp tomato paste
- ☐ 15 ounce tomato sauce canned
- ☐ 1 Tbsp mustard

## Equipment

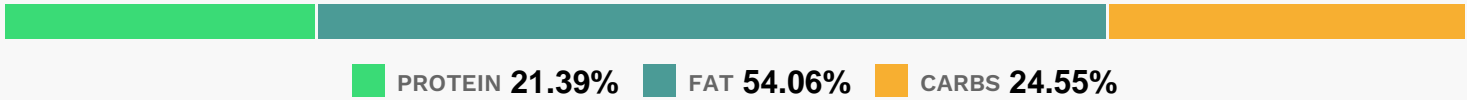
- ☐ frying pan
- ☐ pot
- ☐ wooden spoon

## Directions

- ☐ Pour hot tap water over the dried mushrooms and submerge them for 20–40 minutes, or until soft. Grind or crush the juniper berries and black peppercorns roughly; you don't want a powder.
- ☐ Cut the pork shoulder into large chunks, about 2 inches.
- ☐ Cut the sausages into similar-sized chunks.
- ☐ Drain the sauerkraut and set aside. Clean off any dirt from the mushrooms and cut them into large pieces; leave small ones whole.
- ☐ Heat the bacon fat or vegetable oil in a large lidded pot for a minute or two. Working in batches if necessary, brown the pork shoulder over medium-high heat. Do not crowd the pan. Set the browned meat aside.

- ☐ Put the onion and fresh cabbage into the pot and sauté for a few minutes, stirring often, until the cabbage is soft.
- ☐ Sprinkle a little salt over them. The vegetables will give off plenty of water, and when they do, use a wooden spoon to scrape any browned bits off the bottom of the pot. If you are making the tomato-based version, add the tomato paste here. Once the pot is clean and the cabbage and onions soft, remove from the pot and set aside with the pork shoulder.
- ☐ Add the mushrooms and cook them without any additional oil, stirring often, until they release their water. Once they do, sprinkle a little salt on the mushrooms. When the water is nearly all gone, add back the pork shoulder, the cabbage-and-onion mixture, and then everything else except the prunes.
- ☐ Add the beer, if using, or the tomato sauce if you're making the tomato-based version. Stir well to combine.
- ☐ You should not have enough liquid to submerge everything. That's good: Bigos is a "dry" stew, and besides, the ingredients will give off more liquid as they cook. Bring everything to a simmer, cover the pot and cook gently for at least 2 hours.
- ☐ Bigos is better the longer it cooks, but you can eat it once the ham hock falls apart. Check at 2 hours, and then every 30 minutes after that. When the hock is tender, fish it out and pull off the meat and fat from the bones. Discard the bones and the fat, then chop the meat roughly and return to the pot.
- ☐ Add the prunes and cook until they are tender, at least 30 more minutes.
- ☐ Bigos is best served simply, with rye bread and a beer. If you want a little kick, add the mustard or horseradish right before you eat it. Bigos improves with age, too, which is why this recipe makes so much: Your leftovers will be even better than the stew was on the first day.

## Nutrition Facts



## Properties

Glycemic Index:37.75, Glycemic Load:8.07, Inflammation Score:-9, Nutrition Score:34.530434525531%

## Flavonoids

Cyanidin: 176.19mg, Cyanidin: 176.19mg, Cyanidin: 176.19mg, Cyanidin: 176.19mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 609.32kcal (30.47%), Fat: 36.89g (56.75%), Saturated Fat: 12.2g (76.26%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 28.72g (10.45%), Sugar: 16.46g (18.29%), Cholesterol: 119.56mg (39.85%), Sodium: 1794.04mg (78%), Alcohol: 1.33g (100%), Alcohol %: 0.33% (100%), Protein: 32.84g (65.67%), Vitamin C: 64.83mg (78.59%), Vitamin B1: 0.96mg (63.85%), Vitamin K: 63.55µg (60.52%), Selenium: 37.36µg (53.37%), Vitamin B6: 1.02mg (51.04%), Vitamin B3: 10.02mg (50.12%), Manganese: 0.84mg (42.03%), Potassium: 1386.48mg (39.61%), Vitamin B2: 0.66mg (39.01%), Phosphorus: 389.83mg (38.98%), Fiber: 8.98g (35.93%), Zinc: 5.11mg (34.08%), Copper: 0.6mg (29.78%), Vitamin B5: 2.96mg (29.57%), Iron: 5.32mg (29.56%), Vitamin A: 1377.2IU (27.54%), Vitamin B12: 1.6µg (26.68%), Magnesium: 87.89mg (21.97%), Folate: 62.99µg (15.75%), Calcium: 117.74mg (11.77%), Vitamin E: 1.29mg (8.57%), Vitamin D: 0.88µg (5.88%)