



Recipes From My Kitchen

Sonia



Here is a little piece of my kitchen!

I hope you enjoy these dishes as much as I do. I dedicate this book to my family as they bring happiness to my life and inspire me to cook good food for us all to enjoy together.

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Babcia's Polish Bigos

Example recipe page



Ingredients

- 20 g dried porcini mushrooms
- 5-8 stoned prunes
- 475 g diced casserole beef
- 2 large pork belly slices
- 300 g polish sausage (ideally kielbasa), peeled (I didn't do this which was a mistake)
- 2 onions, sliced
- 3 tbsp olive oil
- 450 g jar sauerkraut, rinsed
- 4 tomatoes peeled and chopped
- 4 cloves
- 1 cinnamon stick
- 1 bay leaf
- 1 tsp dried dill
- 1 pint beef stock
- Salt and pepper

Method

1. Start by putting your dried mushrooms and prunes in a bowl and just covering with boiling water. Leave to soak for 30 mins.
2. Heat your large saucepan or flameproof casserole dish and fry off the meat in batches to brown all over. Remove each batch into a bowl when done.
3. Fry your onions in the saucepan over a low heat now and cook gently for 10 minutes.
4. Return your meat to the pan and add in also your sauerkraut, tomatoes, cloves, cinnamon, bay, dill and sliced sausage.
5. Drain your mushrooms and reserve the liquid in a jug. Add the mushrooms and prunes into your pot. Then make the reserved liquid up to a pint by topping it up with stock. Add that liquid into the pan too.
6. Season it all with pepper (you can add salt later after you've tasted it). Bring the pan to the boil then turn it down to simmer gently with the lid on for 2 hours.
7. Best left to sit overnight after it's cooked and cooked to let the flavours develop.