

# Bigos (Polish Pork and Sauerkraut Stew)

Yield: 8 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-polish-sauerkraut-recipe>

## Ingredients:

- 1/4 ounce dried porcini mushrooms
- 4 ounces bacon cut into 1/2? pieces
- 1 pound boneless pork shoulder cut into 1? cubes
- kosher salt
- ground black pepper
- 8 ounces smoked kielbasa cut into 1? rounds
- 1 teaspoon caraway seeds
- 8 whole allspice berries
- 2 yellow onions large, chopped
- 2 bay leaves
- 1/2 cup tomato paste
- 3 tablespoons flour
- 4 pounds sauerkraut drained
- 2 ounces pitted prunes chopped
- 6 cups beef stock
- 1/2 cup madeira wine
- 2 tart apples medium, peeled, cored, and cut into 1/2? cubes
- chives Minced, to garnish, optional

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 65 milligrams
4. Fat: 13 grams
5. Fiber: 10 grams
6. Protein: 26 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 1770 milligrams
  9. Sugar: 17 grams
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