

# BIGOS

**Source :** BAR DOBRE  
www.bardobre.com

**Type :**

**Origin :** Poland

**Category :**

Quantity	Measure	Item
4	pounds	Beef, cubed for stew
4	pounds	pork, cubed for stew
2	pounds	Keilbasa, sliced
1	Pound	bacon, diced
4	Pound	mushroom, quartered
2	Each	Cabbage
1	#10 Can	Sauerkraut
10	Each	Onions (1 CC)
10	Each	Apples
1	Each	Sachet d'epices
5	Each	Bay Leaf
1	Pound	Prunes, dried, sliced thin
1	Cup	Rice Flour (can sub AP flour if Gluten Free is not needed)
2	Cup	Dry Red Wine
	as needed	Vegetable Stock
	as needed	Pork Fat Scraps

## Instructions :

Prep:

Clean and prep all meats.

Thinly slice cabbage, salt and let drain on perforated pan. Let sit for at least an hour and drain off all excess moisture.

Peel apples and onions, dice and hold apples in water.

Rinse sauerkraut.

Render down pork scraps.

Heat up large saute pan and render down pork fat back or canola oil. Season the beef and pork with salt and pepper then dredge in the flour. Add seasoned meat to rondo. Brown meat on all sides and then reserve for stew. Deglaze pan with wine and reserve.

In a large stock pot heat some oil/pork renderings and add bacon, saute for 2-3 minutes and then add onions and saute until translucent. Add mushrooms and saute an additional 5 minutes. Deglaze with a touch of wine if necessary.

In layers, add the cabbage, beef, pork, sauerkraut, kielbasa, apples & seasonings. Cover with vegetable stock and let simmer for 4-6 hours.

Season to taste. Cool in ice bath, label and date.