

## **BIGOS STAROPOLSKI** (by Teresa Grabiec Silverstein)

½ kg – 1lb white shredded cabbage  
½ kg – 1lb sauerkraut  
300mg – 0.7lb pork or beef or both  
40 g – 1.5 -2oz dry Polish mushrooms  
500ml (2 cups) cold water  
200g - 7oz Polish sausage  
150g 5.5oz bacon  
1 big onion  
100g - 3.5oz prunes  
1 cup of red wine (optional)  
½ tsp allspices  
1 tsp whole black pepper  
2 bay leaves  
2 cloves  
1/2 small (Apr. 3oz) tomato concentrate  
Salt and pepper to taste  
Oil for frying

1. Dry mushrooms – rinse on the sifter and put in a pot with 500ml cold water. Leave it overnight or at least a few hours. Afterwards, boil it (using same water they were soaking in) until soft. It will take min 30 min–1 hour. Drain the mushrooms, chop them into smaller pieces, but leave the “mushroom water” for later, to add to the bigos.
2. Check if the sauerkraut is very sour. If yes, rinse it with cold water. Drain it, chop it, and put in the pot to cook, covering it with water (just enough to be all immersed in water) Cook it covered for 1 hour.
3. Put white fresh cabbage in the pot to cook, add water and 1 tsp of salt (water should just cover the cabbage). Cook until soft, apr. 30 min.
4. After cabbage is cooked, drain each one of them and combine in one big pot.
5. Pork and/or beef cut into small cubes and fry until golden. Then add small amount of salt and add to bigos.
6. Onion, bacon, and sausage—chop into smaller pieces and fry (remove the sausage skin). Add it to the bigos.
7. Add prunes (cut into pieces), “mushroom water,” wine, and tomato concentrate.
8. Cook for at least one hour. The longer the better. Make sure the bigos is not too dry. You can add some water or meat/vegetarian broth.
9. Add salt and pepper to taste.
10. The bigos should be cooked for a few minutes for three consecutive days.
11. The bigos is best after three days. You can keep it for up to three weeks and/or freeze it.

*You can also eat bigos right away as we always do 😊*