

Bigos - an age-old hunters' stew



Serves: 6

Profitability:

Steps:

Simply soften onion, garlic and white cabbage in a little oil or dripping then add the rest of the ingredients

Bring to the boil then simmer for two hours, although the longer and gentler this sticky, hearty stew cooks the better it will be

Bigos is ideally served the next day with bread, dumplings or boiled potatoes

Ingredients:

500g Polish sausage, cut in 2cm chunks

1 onion medium, chopped

3 garlic cloves, chopped

Handful prunes, soaked & pitted

Handful closed cup mushrooms, chopped

1 white cabbage medium, chopped

500g sauerkraut

1 can chopped tomatoes

Large glass dry red wine

200ml water

1 bay leaf

salt and pepper to taste