

## Authentic Polish Bigos Stew Recipe



### Ingredients:

1 lb. sauerkraut drained, chopped  
10.5 oz. white cabbage chopped  
4 chicken thighs or other meats, see Notes\*  
14 oz. Polish smoked sausage kielbasa, diced  
1/4 oz. dried porcini mushrooms small handful  
8-10 prunes pitted, halved  
1 large onion finely chopped  
1 1/3 tsp. caraway seeds  
1 1/3 tsp. dried marjoram  
1 1/3 tsp. paprika  
3 allspice berries  
3 juniper berries  
1-2 bay leaf  
1 1/2 Tbls. tomato puree  
5 Tbls. vegetable/olive oil  
1 1/2-2 cups (360-480ml) water

### Instructions:

1. In a large pot heat 3 tablespoons of the oil, add the caraway seeds, juniper and allspice berries, bay leaf and onion and gently fry for 3 minutes stirring often.
2. Push the onion mixture to the side and add the chicken thighs. Cook for 2 minutes on each side.
3. Add the sauerkraut, cabbage, prunes, tomato puree, mushrooms, marjoram, paprika, pepper to taste and half of the water and stir to combine. Cover, bring to the boil then simmer for 1 hour stirring occasionally. Top up with more water as needed (make sure the bigos don't stick to the bottom of the pan).
4. In a frying pan heat the remaining oil (1-2 tablespoons) and fry the chopped sausage until crispy stirring often. Add the sausage into the stew and continue cooking gently for 1-1 1/2 hours. Add a little more water if needed.
5. Remove the chicken from the pot, separate the meat from the bone and put the meat pieces back into the pot. Serve with boiled/mashed potatoes or rye/pumpernickel bread.

### Notes

- \*Use any meat you like but ensure it's dark, not white (not chicken breast or pork tenderloin for example). Pork ribs or pork shoulders are good options.
- Use any Polish sausage (kielbasa) but ensure it's smoked (most are). You can also add crisped up bacon or pieces of chopped ham.
- Wash the porcini thoroughly by placing it in a bowl with a little water and rubbing with your fingertips to get rid of any grit. Then rinse under cold water and add into the bigos.

- Add the water. The stew should be full of moisture though adding too much water may result in a soupy consistency, which is not what you want.
- Do NOT add any salt into your bigos. Both sauerkraut as well as Polish sausage are quite salty so you might only have to add pepper to taste (you can adjust the seasoning towards the end of cooking).
- Serve with boiled/mashed potatoes or bread.