



## JERNEJ KITCHEN

# PORK AND SAUERKRAUT GOULASH (SEGEDIN)

*Pork and Sauerkraut Goulash or Segedin is a delicious one-pot recipe. It's hearty, comforting, and made with few ingredients. Easy to make ahead.*

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOK:	60	MINUTES
TOTAL TIME:	70	MINUTES

### SEGEDIN

3 tbsp lard or canola oil  
3 onions  
2 bay leaves  
1 kg (2 pounds) pork shoulder  
3 garlic cloves  
1 1/2 tbsp paprika powder  
1/2 tsp caraway powder  
1 tsp tomato paste (optional)  
1 kg (2 pounds) sauerkraut  
1200ml (5 cups) water or stock  
100 g (1/2 cup) sour cream, to serve

### TOOLS AND EQUIPEMENT

large pot with a lid

### PREPARE THE MEAT AND SPICES

Place a large pot (with a lid) over medium heat. Add lard or oil and diced onion. Pan fry for 6 - 8 minutes. Cut the meat into small pieces (approx. 1 cm or 1/2 inch). Add the bay leaves and meat to the onion and pan-fry on high heat for about 5 minutes or until golden brown. Add diced garlic, paprika powder, caraway powder, salt, and pepper. Optionally add the tomato paste and cook for a minute.

### COOK

Add sauerkraut to the meat. Add the water or stock and bring it to a boil. Cover with a lid, reduce the heat to medium-low, and simmer for 1 hour.

### SERVE

Remove the bay leaves before serving. Divide the Segedin between six plates. Add the sour cream on top, and serve with your favorite side dish.