



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.