



JERNEJ KITCHEN

SLOVENIAN MEAT STEW (BOGRAČ)

Slovenian Meat Stew, or Bograč, is a spectacular one-pot stew made with three types of meat: beef, game (deer), and pork. Soft, tender, and delicious.

SERVES	4	PEOPLE
PREPARATION:	20	MINUTES
COOK:	3	HOURS
TOTAL TIME:	3	HOURS 20 MINUTES

BOGRAČ

3 tbsp lard or oil

3 large onions

½ red pepper

3 garlic cloves

2 bay leaves

2 tbsp paprika powder

1 tsp marjoram

½ tsp caraway powder

½ tsp thyme

300 g (10.5 oz) beef (shanks or chuck)

300 g (10.5 oz) game (deer)

300 g (10.5 oz) pork (shoulder)

600 g (1 1/2 pound) potatoes

160 ml (2/3 cup) red wine

TOOLS AND EQUIPEMENT

pot with a lid

kitchen knife

cutting board

Sponsored

ONIONS AND SPICES

Add lard or oil to a pot and place over low heat. When the lard melts, add the diced onion. Sauté for 10 - 15 minutes while stirring regularly for the onions to soften, but it shouldn't be brown. Add the diced pepper, minced garlic, bay leaf, paprika powder, marjoram, caraway, and thyme. Cook for 5 minutes over low heat.

MEAT

Cut the meat into approximately 2 cm (1 inch) cubes. First, add the beef, cook for 5 minutes over medium heat, then pour 250ml (1 cup) of water. Cover with a lid and simmer on low heat for 45 - 60 minutes. Add the game (deer), cover with a lid, and simmer on low heat for 45 - 60 minutes. Lastly, add the pork, cover with a lid, and simmer on low heat for 30 - 40 minutes.

TIP

It's important to avoid boiling the meat, or it will become stiff. Cook the meat over low heat all the time.

POTATOES

Add the potatoes cut into large pieces. (3 - 4 cm or 2 inches). Stir, and add about 100ml (1/2 cup) water if necessary. The potatoes should be in a liquid. Cover with a lid and cook for 30 - 40 minutes or until the potatoes are soft and cooked.

COOK

Season the meat stew to taste with salt and pepper, add the red wine, and cook (uncovered) for 10 - 15 minutes for the alcohol to evaporate and the stew to thicken. Divide between four plates and serve. Optionally sprinkle with chopped

parsley.