



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.