



of the American-Polish Century Club of
Sterling Heights, Mi.

RECIPE: Sauerkraut with Pork
(*Kapusta z Wieprzowina*)

Submitted by: Anonymous

Date: March, 2011

Ingredients:

- 2 lbs. pig's feet or ham hocks
- 2 lbs. neck bones or spareribs
- 3 tablespoons lard or margarine
- 1 large onion, diced
- 1 clove garlic, crushed
- 1.5 quarts, boiling water
- 1 green pepper, diced
- 4 cloves, whole allspice
- 1 bay leaf
- ½ teaspoon celery seed
- 1 quart (*about 2 lbs.*) sauerkraut
- ¼ cup barley
- ½ teaspoon caraway seed
- 2 teaspoons salt
- ½ teaspoon pepper

Directions:

1. Brown all meat in lard or margarine in a kettle.
2. Add onion and garlic, fry for one minute.
3. Add boiling water, green pepper, allspice, bay leaf, and celery seed. Cover.
4. Cook one hour at medium or until meat is tender.
5. Remove meat; cool. Boil until broth is reduced to 3 cups.
6. Discard bones and gristle from meat. Drain and rinse sauerkraut.
7. Cook barley in the broth for 15 minutes.
8. Add meat, sauerkraut, caraway seed, salt and pepper. Cook 45 minutes longer.

Approximately 6-8 servings.