

Cooking Live

with Gosia

Bigos

(Hunter's Stew)

Ingredients:

2 32-oz jars sauerkraut*
2 medium heads of fresh cabbage
4-5 lb piece pork shoulder or pork butt or mix of meats
1.5-2 lbs smoked Polish sausage*
1 lb block hunter's bacon*
1 onion
2 cans tomato paste
Spices: bay leaves, allspice berries, black pepper corns,
ground nutmeg, sweet paprika
Salt and pepper to taste

*Sauerkraut, Polish smoked sausage "zwycajna" and hunter's bacon should be purchased from a Polish store if possible

Steps:

1. Wash and cut the meat into pieces.
2. Place the meat in a large pot with enough water to cover the meat, add some salt, bring it to a boil and then reduce heat and simmer for about 1.5 hours.
3. Remove the meat from the pot retaining the water. Let the meat cool down, cut it into small pieces, discard fat In a separate pot cook sauerkraut with a little bit of water for about ½ hour.
4. Shred cabbage.
5. Cube bacon and Polish sausage and fry it in a skillet, add some oil to fry, and at the end add chopped onion.
6. Add sauerkraut to your broth, add cooked meat, fried bacon and sausage, tomato paste and shredded cabbage. Mix well and add salt, pepper and paprika to taste.
7. Continue simmering about 1 hour.
8. Serve with bread.

Courtesy of



SEVEN OAKS SENIOR CENTER
Energizing the Lives of Seniors in Perry Hall, MD



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Chleb

(Artisan Home-Made Bread)

Ingredients:

3 cups (approx.) of flour (regular or bread)
1.5 cup lukewarm water
1 packet (1/4oz) dry yeast or 3/4 oz fresh yeast
1 tsp. sugar
2 tsp. salt
1 tbsp. oil

Steps:

1. Mix yeast, sugar and salt in water together until all ingredients dissolve.
2. Add flour and oil. Mix well.
3. If the dough is too dry, add water, if too wet, add flour.
4. The dough should be moist but not sticking to your fingers.
5. After forming a nice ball, place the dough in a flour-sprinkled bowl, cover with a clean kitchen towel and let it rise for ½-1 hour in a warm place.
6. Preheat the oven to 450°F, place your baking dish in the oven to heat up for at least 20 minutes.
7. When the dough doubles its volume, take the dish out of the oven, sprinkle the bottom with a dash of flour.
8. Take your risen dough out and gently fold it under a few times. Form a nice round loaf and place it in your baking dish. Make a few very shallow cuts on the top of the loaf.
9. Bake covered for 30 minutes then remove the lid and bake for 15 more minutes.
10. Take baking dish out of the oven and carefully remove bread to cooling rack.
11. Slice and enjoy!

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