

## Homestyle Cabbage Stew



January 12, 2023

*This is my version of Slovenian cabbage stew based on taste memory. When I visited Slovenia this summer, my favorite restaurant in Ljubljana was Jakob Franc. The Jota was so good that I ate it twice during my trip and became friends with the owner of the restaurant. We had*

*several conversations about how he made “the stew that sat all day on the stove...” and because there wasn’t a recipe written down for the Jota, I used my taste memory, my conversations with Jakob and watched a few Slovenian home cooks make their version of cabbage soup on You Tube. All together, I think I landed on a very similar soup/stew to the one I enjoyed in Slovenia.*

### Makes 14 Cups

### Ingredients:

New Potatoes, about ½ pound—you need one cup (steamed and mashed) cooked potatoes

1 large onion, cut in half moon slices,

5 ounces country, ham or bacon, diced

4-6 cloves of garlic

Extra-virgin olive oil

2 bay leaves.

1 14.5-ounce can diced tomatoes.

1 38.5 ounce jar of sauerkraut, rinsed and drained about 4 cups.

8 1/2 cups chicken stock, divided

1 16-ounce can pinto or borlotti beans, drained, and rinsed (about 2 1/2 cups cooked)

1 tablespoon smoked paprika.

2 tablespoons Lipton onion soup mix, veggie or bouillon cubes

2 cups filtered water, plus more as needed

1/3 cup dry, Riesling, wine, optional.

Kosher Salt and Freshly-ground pepper to taste

### Method:

1. Place potatoes in a small pot and fill with enough cold water to cover them by a few inches of water. Bring to a boil and check on them occasionally while you make the rest of the soup.
2. Meanwhile, add enough olive oil to coat the bottom of a large pot. I used a pressure cooker and sautéed the onions in the pressure cooker for five minutes. Sauté and stir occasionally adding two good pinches of salt--you want the onions to be translucent but not browned.

# WHAT'S 4 DINNER?

#RECIPESTHATDISH

3. Add the garlic and sauté for 1-2 minutes, stirring occasionally. Add the country ham and sauté for an additional 1-2 minutes, stirring occasionally. At this point, the ham and onions will be lightly browned.
4. Add 6 1/2 cups of chicken broth, bay leaves, can of diced tomato, and the rinsed and drained sauerkraut. Stir well and set the pressure cooker on high pressure for seven minutes with a natural release.
5. While the cabbage stew is cooking, check the potatoes. When a knife easily goes through the potatoes, turn off the heat and let them sit until, they are cool enough to touch. Drain the potatoes and remove the skin.

*Tip: An easy way to remove the skin is to take small pieces—about ¼ sheet—of a paper towel and rub the potato while it's still warm, the skin will come off very easily.*

6. Mash them with a fork and set aside. *Note: Don't be tempted to add any olive oil or butter. You are not making mashed potatoes, you're going to use these cooked potatoes to add body to the soup.*
7. When the pressure has released, open the top of the pressure cooker and add the remaining two cups of chicken stock, smoked paprika, 2 tablespoons of French onion soup mix, or other veggie/bouillon cubes, and the beans.  
At this point, you can determine whether or not you think the broth should be thinner.
8. I ended up adding 3 cups of filtered water and 1/3 cup of dry Riesling wine because I had it.
9. Change the setting on your pressure cooker to slow cooker and add the “mashed potatoes” Stir well.
10. Let the stew simmer for at least an hour or longer, adding water if necessary as the broth evaporates. When you are happy with the consistency—all the potatoes should dissolve into the broth so that you can't really see them. Stir well, and taste the stew to determine whether or not you want to add any more water or wine, salt, and pepper.

11. Serve with crusty bread as a meal in a bowl.