BALKAN · LUNCH · DINNER

# Kavarma Kebap (Bulgarian Pork and Vegetable Stew)

Кавърма кебап

60 min · Serves 4 · 600 kcal a serve

Video 8:07 in Bulgarian · Bulgarian Recipes - Zvezdev's Kitchen

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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About 37 g protein and 14 g net carbs a serve: pork neck slowly braised with leek, peppers, tomato and red wine, with no flour or potato.

## Ingredients 13 · SERVES 4

- [ ] 800 g **pork neck**, cut into bite-size cubes
- [ ] 1–2 tbsp **lard** (or oil)
- [ ] 1 **onion**, cut into large pieces
- [ ] 1 **leek**, sliced into rings or half-moons
- [ ] 1 **carrot**, cut into chunks
- [ ] 1 slice **celeriac** (celery root, about 50 g), finely diced
- [ ] 100–150 ml **red wine** (a small glass)
- [ ] 1 **bay leaf**
- [ ] 1 tsp **salt**
- [ ] 2 **roasted red peppers**, peeled and chopped
- [ ] 200 g **canned tomatoes**, chopped
- [ ] **ground black pepper**
- [ ] 250 ml **hot water**

**Allergens found in the listed ingredients:** Celery, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Peel the onion and cut it into fairly large pieces; have the pork neck cut into bite-size cubes. 1:44
2. Heat 1–2 tbsp lard in a large heavy pot over high heat. Add the pork and leave it 2–3 minutes without stirring so it starts to caramelise. 2:03
3. While the meat fries, cut the carrot into chunks and the leek into rings or half-moons. 2:32
4. Stir the meat so it browns evenly, then add the onion, leek, carrot and diced celeriac and fry 4–5 minutes; the vegetables and meat release their juices. 2:48
5. Add the bay leaf and salt, pour in the red wine and let it bubble, then lower the heat to medium and braise 10–15 minutes, checking there is still some liquid so it doesn't catch. 3:50
6. Chop the roasted peppers and add them with the chopped tomatoes. 5:10
7. Season with black pepper, pour in hot water to about a third of the way up, cover and simmer slowly at least 30 minutes, until the meat is tender, the liquid has cooked away and the fat shows on top. 6:11

> **Tip** Pork shoulder or leg also work. On camera he uses 1–2 spoons of lard; his written recipe says 4 tbsp. It is rich, so serve it with a shopska-style tomato and cucumber salad rather than bread. Keeps 3 days in the fridge and freezes well.

The method is a summary in our words, in English — the video (in Bulgarian) shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 600 kcal | 37 g | 18 g | 3.8 g | 39 g | 780 mg |
| 2,510 kJ | 75% of a day | 14 g net · 7.8 g sugars | 14% of a day | 14 g saturated | 34% of a day |
| | | 7% of a day | | 50% of a day | |

**Energy from** net carbs 10% · protein 27% · fat 63% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Selenium 93% · Vitamin C 69% · Zinc 55% · Vitamin B12 50% · Vitamin B6 46% · Vitamin A 28% · Iron 22% · Potassium 20% · Vitamin K 20%

**Source of** (10–19%) Folate 17% · Magnesium 15% · Omega-3 14% · Vitamin E 13% · Vitamin D 12%

**Recipe and video:** Bulgarian Recipes - Zvezdev's Kitchen (@zvezdevBG) on YouTube — youtube.com/watch?v=OjHxqv3aD2Q, published 21 December 2023. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kavarma-kebap