EASTERN EUROPEAN · DINNER

Székelykáposzta (Hungarian Pork Braised with Sauerkraut)

110 min · Serves 5 · 506 kcal a serve · Video 5:35 · Kitchen Paprikash

Gluten-free ingredients · No nuts listed

Pork shoulder slow-braised in a kilo of sauerkraut gives about 28 g protein and 8 g fibre a serve, and is rich in selenium, zinc and vitamin B12. It is salty (about 1.9 g sodium a serve), so rinse very sour kraut and skip extra salt.

Diet notes: Keto (9.2 g net carbs a serve); Paleo with a swap: leave out the sour cream; No dairy if you leave out the sour cream.

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Ingredients 14 · SERVES 5

- [ ] 700 g **pork shoulder**, cut into 2.5 cm cubes
- [ ] 1 kg **sauerkraut** (rinsed and drained only if very sour)
- [ ] 3 tbsp **lard**
- [ ] 1 large **onion**, finely chopped
- [ ] 1 **tomato**, halved and seeded
- [ ] ½ green (or yellow Hungarian) pepper, seeded
- [ ] 1 clove **garlic**, cut into 2–3 pieces
- [ ] 4–5 tsp **Hungarian sweet paprika** (3 tsp for the stew, the rest with the sauerkraut)
- [ ] 1 heaped tsp **salt**
- [ ] 1 tsp **ground caraway seeds**
- [ ] 1 tsp **ground black pepper**, plus a little more with the sauerkraut
- [ ] 4–5 **bay leaves**
- [ ] about 300 ml **water**, then 200 ml more (plus extra if it dries out)
- [ ] **sour cream**, to serve (about 2 tbsp a plate)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. 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. Gently heat 3 tbsp lard in a large pot and sweat the finely chopped onion on low heat until translucent. 1:03
2. Take the pot off the heat and stir in 3 tsp paprika so it doesn't burn. Return to the heat, add the pork cubes at once and stir on medium until seared all over. 1:46
3. Season with 1 heaped tsp salt, 1 tsp ground caraway and 1 tsp black pepper. Add the garlic, tomato and green pepper, pour in about 300 ml water, cover and cook on low for about 30 minutes, until the pork is half done. 2:18
4. Taste the sauerkraut; only if it is very, very sour, rinse it under cold water and drain. Stir it into the pot with the rest of the paprika, a little more pepper and the bay leaves. 3:03
5. Pour in 200 ml water, cover and cook on low for about 1 hour, stirring now and then and adding a splash of water if needed (it should stay juicy), until the pork and sauerkraut are tender. 3:59
6. Serve with sour cream spooned over and a sprinkle of paprika. 4:49

> **Tip** Kitchen Paprikash serves it with slices of white bread; it also works in a pressure cooker or slow cooker and keeps well in big batches. Rinsing the sauerkraut lowers the salt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
506 kcal	28 g	17 g	8.1 g	37 g	1,950 mg
2,120 kJ	57% of a day	9.2 g net · 7.6 g sugars	29% of a day	14 g saturated	85% of a day
		6% of a day		47% of a day	

Energy from net carbs 8% · protein 23% · fat 69% — fits keto: 9.2 g net carbs, 69% of the energy from fat

High in (20%+ of a day) Selenium 69% · Vitamin C 54% · Vitamin B6 43% · Zinc 42% · Vitamin B12 39% · Iron 29% · Vitamin K 28% · Potassium 20%

Source of (10–19%) Folate 18% · Omega-3 16% · Magnesium 15% · Vitamin A 13% · Calcium 11% · Vitamin E 10%

⚠ One serve has about 85% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Kitchen Paprikash (@kitchenpaprikash3888) on YouTube — youtube.com/watch?v=WWid4D-ZTpY, published 28 May 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/szekelykaposzta-pork-sauerkraut