

Basics & Essentials

My Famous Sauerkraut

James Bell

My very own creation, with Sam Wickersham's blessing...



Servings: 36

Preparation Time: 1 hours

Start to Finish Time: 3 hours

An essential part of end-of-the-year Holiday festivities

Susan's favorite

- 4 quarts sauerkraut, rinsed and drained
- 1 tart green apple, peeled and diced
- 2 strips thick-sliced bacon, diced
- 2 medium red onions, diced
- 1 clove garlic, diced
- 3/4 bottle white wine (Sauvignon Blanc is good)
- 5 country ribs
- 3 German frankfurters, sliced 1/2-inch thick
- 1 pound kielbasa, sliced 1/2-inch thick
- 1 tablespoon brown sugar
- 1/4 cup fennel seeds
- 1/4 cup barley
- 1/2 cup malt vinegar
- 2 tablespoons dijon mustard
- 1/2 cup gin
- 1 tablespoon salt
- 1 teaspoon white pepper
- 2 japanese chilis

In a large pot, render the bacon; add a little oil if necessary. Saute the chiles, onions and garlic in the rendered bacon, then add all the remaining ingredients and simmer everything else, covered, in the wine for about three hours. That's it.

Serving Ideas: Best served with mashed potatoes, mustard, and dark bread.

Yield: 1 Gallon

Suggested Wine: Forget wine- Stout or Porter

Per Serving (excluding unknown items): 83 Calories; 4g Fat (46.9% calories from fat); 3g Protein; 7g Carbohydrate; 9mg Cholesterol; 1029mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

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