KIKKOMAN

Vegetarian bigos—Polish cabbage stew

Total time **90 mins** **25 mins** preparation time **65 mins** cooking time

Nutritional facts (per portion):
960 kJ / 230 kcal

Fat: **7 g** Protein: **7 g**
Carbohydrates: **34 g**

INGREDIENTS

4 portion(s)

600 g	sauerkraut, shredded
200 g	fresh white cabbage
150 g	button mushrooms
100 g	shimeji mushrooms, white and brown
50 g	shiitake mushrooms
150 g	onion
80 g	carrot
20 g	dried wild mushrooms
80 g	dried prunes
20 g	raisins
40 ml	Kikkoman Naturally Brewed Soy Sauce
20 g	butter
1	bay leaf
4	juniper berries
3	allspice berries
0.25 tsp	dried marjoram
1 pinch	ground black pepper
0.25 tsp	smoked paprika
4	whole cloves
500 ml	vegetable stock

PREPARATION

Step 1

Peel and finely dice the onion. Shred the fresh cabbage. Grate the carrot. Slice the button mushrooms and shiitake. Leave the shimeji mushrooms whole.

Step 2

Melt the butter in a large pot and sauté the onion for 2 minutes. Add the fresh cabbage and sauté for 1 minute. Add the carrot, button mushrooms, shiitake and shimeji and sauté for 3 minutes. Add the dried mushrooms, bay leaf, juniper berries, whole cloves, allspice, marjoram, smoked paprika and black pepper. Sauté for another 30 seconds.

Step 3

Pour in the Kikkoman Soy Sauce and stir well. Add the shredded sauerkraut, prunes and raisins.

Step 4

Pour in the vegetable stock. Cover and simmer over medium heat for 1 hour, stirring every 10 minutes. Serve.