

Alsatian Choucroute (Sauerkraut)

For 6 people · 1 clay terrine

Sauerkraut, the quintessential Alsatian dish, is — contrary to popular belief — both light and easy to digest. With only 20 calories per 100 g, it is rich in potassium, calcium, fibre and vitamin C.

INGREDIENTS

- 1.5 kg raw sauerkraut
- ½ salted pork shoulder (600 g)
- ½ smoked pork shoulder (600 g)
- 600 g salted pork ribs
- 600 g smoked bacon
- 600 g fresh pork breast
- 6 Lorraine/Alsace sausages
- 12 knacks or frankfurters (alternatively, for a "choucroute royale": add 6 liver dumplings and 6 small black puddings)
- 1 bottle Riesling
- 1 small glass of schnapps
- 40 g margarine
- 4 to 5 garlic cloves, minced
- 3 bay leaves
- 4 cloves
- 20 juniper berries
- 14 coriander seeds
- 10 black peppercorns
- A pinch of cumin
- 1 tbsp salt
- 2 onions
- ¼ L broth
- Pepper

PREPARATION

1. Pour boiling water over the sauerkraut and drain in a colander; repeat once more. The sauerkraut should be white and well drained.
2. Tie a bouquet garni (bay leaf, cloves, juniper berries, coriander, peppercorns, a little salt) and add it to the sauerkraut with the ¼ L broth; mix well.
3. Melt the margarine in a pan and gently cook the chopped onion and minced garlic without browning. Add 50 cl Riesling and a glass of water with the melted broth.
4. Line the bottom of the terrine with the bacon slices, then arrange half the sauerkraut on top.
5. Pour the schnapps over the sauerkraut, add the meats and sausages, then cover with the remaining sauerkraut.
6. Close the terrine with its lid and simmer at 230°C for 2 hours 30 minutes.
7. Serve straight from the terrine at the table.

SERVING SUGGESTION

Riesling or Crémant d'Alsace.

Care tip: before first use, soak the pottery in cold water for 12 hours.