

Potée bourguignonne

A nourishing meat and vegetable stew from Burgundy, renowned for the excellence of its cuisine. The authentic dish uses the local *saucisson de bourgogne*, but any well flavoured sausage will do

Below: Potée bourguignonne – a filling and hearty meal for a cold winter day



MAIN MEAL

Serves 6

Overall timing 3¼ hours

Equipment Large saucepan

Freezing Not recommended

INGREDIENTS

1	White cabbage	1
3	Carrots	3
1	Leek	1
1	Bacon knuckle	1
1	Pig knuckle	1
3½ pints	Water	2 litres
	Salt and pepper	
2	Large potatoes	2
8oz	Sausages	225g

METHOD

- 1 Wash and shred cabbage. Scrape and chop carrots. Wash, trim and slice leek. Put into a pan with the knuckles, water, salt and pepper. Cover and cook for 2½ hours.
- 2 Remove knuckles from pan and cut meat from bones. Peel potatoes and cut into large chunks. Cut sausages in half. Add to pan and cook for a further 30 minutes. Taste and adjust seasoning before serving.

cook's know-how

Knuckles are one of the most economical ways of flavouring and enriching soups and stews. The famous Scotch broth is an excellent example of this.

Put 1½lb (700g) lamb knuckles into a pan with 2oz (50g) pearl barley, 4 pints (2.2 litres) water and add seasoning. Bring to the boil and skim surface. Cover and simmer gently for 1½ hours. Scrape and chop 2 carrots. Peel and chop a turnip and an onion. Wash, trim and slice 2 leeks. Add vegetables to pan and cook for an hour or until barley is tender. Skim surface to remove fat and adjust seasoning if necessary. Remove knuckles from pan and cut off meat. Return meat pieces to pan and garnish with chopped parsley before serving. If you like, soak 2oz (50g) split peas overnight and add to pan with barley, or add 8oz (225g) shredded white cabbage with the rest of the vegetables.

To freeze: cool, pack into rigid container, leaving ¾ inch (2cm) headspace. Cover, label and freeze. Freezer life: 3 months. To use: thaw for 2 hours at room temperature, then reheat slowly.