



Garden Fresh Farm Recipes

Potée au Chou (French Cabbage Stew)

Potée au Chou is a traditional French dish, a rustic and hearty cabbage stew that originates from the countryside, particularly in regions like Alsace, Lorraine, and Auvergne. It is a slow-cooked one-pot meal made with cabbage, pork (such as shoulder, belly, or ham hock), smoked sausages, bacon, and root vegetables like potatoes, carrots, and leeks. The dish is seasoned with aromatic herbs, garlic, and sometimes cloves, creating a deeply flavorful broth.

The name “potée” comes from the French word for “pot,” emphasizing its humble, slow-cooked nature. It is similar to other European peasant-style stews, focusing on simple ingredients that develop rich flavors over time. Traditionally, Potée au Chou was a winter dish, offering warmth and nourishment, often served with crusty bread and mustard on the side. Today, it remains a beloved comfort food, embodying the essence of French farmhouse cooking.

Ingredients:

- 1 small green cabbage, quartered and core removed
- 1.3 lbs pork shoulder or pork belly, cut into large chunks
- 2 smoked sausages (e.g., Montbéliard or Morteau), sliced
- 7 oz bacon, cut into pieces
- 4 large potatoes, peeled and halved
- 3 carrots, peeled and sliced
- 2 leeks, cleaned and cut into thick slices
- 1 onion, studded with 2 cloves
- 2 cloves garlic, minced
- 1 bouquet garni (thyme, bay leaf, and parsley tied together)
- 6 cups water or light broth
- Salt and black pepper to taste



Directions:

Bring a pot of salted water to a boil. Add the cabbage and boil for 5 minutes. Drain and set aside. This helps soften the cabbage and remove bitterness.



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In a large pot or Dutch oven, heat a little oil over medium heat. Brown the pork chunks on all sides. Remove and set aside. Add the lardons (or bacon) and let them render for a couple of minutes.

Add the onion with cloves, garlic, leeks, and carrots to the pot. Stir for a few minutes. Return the pork to the pot, pour in the water or broth, and add the bouquet garni. Bring to a simmer. Cover and cook over low heat for 1.5 hours.

Add the blanched cabbage, potatoes, and smoked sausages to the pot. Continue simmering for another 30-40 minutes until all the ingredients are tender.

Remove the bouquet garni and discard. Adjust salt and pepper to taste. Serve hot with crusty bread and Dijon mustard on the side.