

## Meat: Pork and Sauerkraut Soup (Jota)

This slovenian soup is a hearty, winter meal. One of those meals that villagers would eat in times of hardship, when they were called to create without many options! Un-pretentious, down to earth and filling!

### ingredients

500g sauerkraut  
500g smoked pork (or prosciutto bone for better flavour)  
250g dry beans  
350g potatoes  
200g onions  
1 clove of garlic  
1 tbsp tomato paste  
1 bay leaf  
water  
pepper and salt

### instructions

- Soak beans over night
- Chop onion into thin julienne
- Thinly shred the cabbage
- Peel the potatoes

1. Boil cabbage together with meat on the bone.
2. Boil the beans separately.
3. Boil the potatoes separately as well.
4. Add boiled beans (along with the water in which they were boiled) to cabbage.
5. Cut the potatoes in cubes and mash a few to make jota thicker, and add them to the cabbage.
6. Remove the meat from the soup and clean the meat off the bone. Return to the soup.
7. Brown the onion in oil, and add to jota.
8. Spice with bay leaf, salt, and pepper.
9. Add tomato paste to give it a nice colour.
10. Let boil for about 15 minutes. If the tastes have mixed and the thickenss is as thick and smooth, take off the heat.

\*Some chefs thicken jota with roux (is a cooking mixture of wheat [flour](#) and [fat](#)).