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Żur (Sauermehlsuppe)



Ingredients

Pork tail/ribs/smoked
bacon/...
Spices or stock cube,
bay leaf
onions
sausage
garlic
sour rye soup
concentrate (can be
ordered online or
prepared a few days
in advance)
marjoram



Optionally

eggs
boiled potatoes

First, a stock must be prepared. It can be cooked with pork tail, ribs, a piece of smoked bacon or even pork bones. If none of this is available, smoked sausage will also do. Add a bay leaf, allspice, pepper, salt, or a stock cube.

The stock can then be simmered over a very low heat (so that only individual, small bubbles form) for at least 4 to 8 hours. The longer, the better. Some sources say that smoked bones can even be cooked for 24 hours. After simmering, remove the bones and other unwanted ingredients from the pot.

Then dice the onions, fry until golden brown and add to the pan. Next, cut the sausage into slices, fry or not depending on your preference and add it to the pan. Finally, press and add the garlic before cooking everything together for about 10 minutes.

Now gradually add the sour rye soup concentrate to the boiling stock and stir to prevent it from sticking. The pot should be large enough, because when the soup boils, it will rise. Turn down the heat and stir to prevent it from boiling over. Cook over a low heat for approx. 20 minutes.

Optionally, add halved hard-boiled eggs and/or boiled potatoes boiled, diced and serve in deep plates.

Enjoy!