

Sausage and Sauerkraut

<http://thedomesticman.com/2013/01/03/sausage-and-sauerkraut/>



*4 Polish or kielbasa sausage (beef or pork)
2 tbsp butter, ghee, or coconut oil
1 onion, sliced
1/2 tsp black pepper
1/4 tsp caraway seeds
2 cups sauerkraut
1/2 cup sauerkraut liquid
1 granny smith apple*

While many sausages can be cooked from a frozen state, I chose to thaw our beef sausage so that its cooking time coincides perfectly with the sauerkraut. Traditionally, the sausages are simmered with the sauerkraut, but I found that grilling them added a new texture and some diversity to the dish.

In a large skillet on med/low heat, warm the butter/ghee/oil for a couple minutes. Add the sliced onion and sauté until translucent, about five minutes. Add the sauerkraut, pepper, caraway seeds, and sauerkraut juice, cover and simmer on low for 20 minutes.

As the sauerkraut simmers, grill your sausages using indirect heat (turn off half the burners and put the sausages on the cool side of the grill) for 20 minutes, turning the sausages halfway through cooking. Medium heat (350-400) is ideal. You'll know the sausages are ready when they look delicious. In all seriousness though, the best way to tell that sausages cooked from a raw (not frozen) state is how they look!

While the sauerkraut simmers and the sausage is cooking, cut up your apple and set it aside. Once the sausages are done cooking, let them rest for five minutes.

As the sausages are resting, add the apple to the sauerkraut, raise the heat to med/low, and simmer for an additional three minutes, until the apples are softened (but before they start falling apart).

And that's it! Plate your sausages with a heaping portion of sauerkraut and go to town.