

## Potée Lorraine - A Traditional French Pork & Vegetable Stew

Rustic French Stew with Pork, Cabbage & Root Vegetables



**TIME**  
**7 min**

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**ChefManiac**

### INGREDIENTS

- 1.5 kg (3.3 lbs) pork shoulder, cut into large chunks
- 4 carrots, sliced
- 6 potatoes, peeled and chopped
- ½ head green cabbage, cut into pieces
- 2 onions, thinly sliced
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 2 sprigs thyme
- 2 bay leaves
- Salt & black pepper, to taste
- 2 liters (8 cups) water

### DIRECTIONS

- 1. Brown the Pork:** In a large Dutch oven or soup pot, heat olive oil over medium heat. Add the pork chunks and sear until golden brown on all sides, about 5-7 minutes.
- 2. Add Aromatics:** Stir in the sliced onions and garlic. Cook for 2-3 minutes until fragrant and softened.
- 3. Build the Base:** Add the sliced carrots and chopped potatoes. Stir well to coat with the cooking juices.
- 4. Add Cabbage and Herbs:** Layer in the chopped cabbage. Add thyme, bay leaves, salt, and pepper.
- 5. Add Water and Simmer:** Pour in water to cover all ingredients. Bring to a boil, then reduce to low heat. Cover and let simmer gently for 2 hours, stirring occasionally.
- 6. Taste & Finish:** Once the pork is tender and falls apart easily, adjust salt and pepper to taste.
- 7. Serve:** Ladle the stew into shallow bowls. Serve hot with crusty French bread to soak up that flavorful broth.

### TIPS FOR SUCCESS

Don't rush the simmering - the slow cook is what gives the broth depth and tenderness.

Optional: Add a splash of dry white wine during step 4 for an extra flavor layer.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/potee-lorraine-a-traditional-french-pork-vegetable-stew/>