

Fried Potatoes & Onions with Smoked Polish Sausage Feast

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30 min

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INGREDIENTS

- 1 lb sauerkraut, drained
- 1 large onion, chopped
- Salt, black pepper, and caraway seeds to taste
- 1 lb Polish sausage, sliced
- 1 lb potatoes, peeled and diced
- 2 tablespoons vegetable oil
- 1 tablespoon butter

Swaps and Notes:

Sausage: Smoked Polish sausage (kielbasa) is the traditional choice, but you can also use other types of smoked sausage.

Potatoes: Russet or Yukon Gold potatoes work best here. Russets will give you a crispier exterior, while Yukons will be creamier on the inside.

Sauerkraut: Make sure to drain the sauerkraut well before adding it. This prevents the dish from becoming watery.

Caraway Seeds: Caraway seeds are classic in Polish and German cooking and add an essential earthy, slightly peppery flavor. Don't skip them if you want an authentic taste!

Step-by-Step Instructions:

Prep the Potatoes: Peel and dice the potatoes into 1/2-inch cubes. Rinse them in cold water to remove excess starch, then pat them completely dry with a paper towel. This is a crucial step for getting them to crisp up!

Cook the Potatoes: In a large skillet or Dutch oven, heat the vegetable oil over medium-high heat. Add the dried potato cubes in a single layer. Cook for 10-15 minutes, stirring occasionally, until the potatoes are tender on the inside and crispy and golden brown on the outside.

Add Sausage and Onions: Push the potatoes to one side of the skillet. Add the sliced Polish sausage and the chopped onion to the other side. Cook the sausage until it's lightly browned and the onions are soft and translucent, about 5-7 minutes. Stir everything together.

Add the Sauerkraut and Seasoning: Reduce the heat to medium-low. Add the drained sauerkraut, salt, pepper, and caraway seeds to the skillet. Stir everything together until well combined.

Simmer and Finish: Add the tablespoon of butter to the skillet and let it melt. Let the mixture cook together for another 5 minutes, allowing all the flavors to meld and the sauerkraut to warm through.

Serve: Serve the dish hot, directly from the skillet.

Tips for Success:

Pat the Potatoes Dry: This is the most important tip for getting crispy fried potatoes. Any moisture will cause them to steam instead of fry.

Don't Crowd the Pan: Cook the potatoes in a single layer to ensure a good sear. If you have too many potatoes, cook them in two batches.

Use a Good Skillet: A heavy-bottomed skillet or Dutch oven is perfect for this recipe as it retains heat well and cooks everything evenly.

Season to Taste: The saltiness of the sausage and sauerkraut can vary, so add the extra salt and pepper at the end after you've tasted the dish.

Serving Suggestions and Pairings:

Nutritional Information (per serving, approximate):

Calories: 600 kcal

Carbohydrates: 40g

Protein: 25g

Fat: 35g

Saturated Fat: 12g

Cholesterol: 70mg

Sodium: 1400mg

Fiber: 8g

Sugar: 4g

DIRECTIONS

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11. Serving Suggestions and Pairings: This sausage skillet is a complete meal on its own. You can serve it with a side of mustard for dipping, or with a simple side of crusty bread. The savory, tangy flavors would also pair well with a hearty, comforting meal like this Cajun Chicken Sausage Gumbo for a full feast.
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21. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. Storage and Leftover Tips: Leftovers of this dish are fantastic! Store them in an airtight container in the refrigerator for up to 3 days. To reheat, you can warm it gently in a skillet on the stovetop until heated through. The potatoes might lose a little of their crispness, but the flavor will still be delicious.
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