German Sauerbraten

Description

German Sauerbraten is a classic German style pot roast, marinated over several days in a sour brine that creates a very tender roast and a unique and delicious gravy.

Summary

Yield: 6
Prep Time: 48 hours
Category: Roasts
Cuisine: German

Ingredients

Marinade
- 2 cups dry white wine
- 12 whole cloves
- 1 tbsp mustard seeds
- 1 bay leaf
- 12 peppercorns
- 2 tsp kosher salt
- 2 cups carrots, chopped
- 2 brown onions, peeled and sliced
- 2 cups cider vinegar
- 1 tbsp granulated sugar

Roast
- 4 lb boneless bottom round roast
- 2 tbsps vegetable oil
- 2 carrots, sliced
- 2 brown onions, peeled and sliced (for roast)
- 2 bay leaves
- 2 tbsps tomato paste
- 10 gingersnaps, crumbled (optional)

Instructions

Marinade:
In a large saucepan, combine the cider vinegar, white wine, cloves, bay leaf, mustard seeds, peppercorns, salt, carrots, onions, sugar and 2 cups of water. Bring the liquid to a full boil, then let the marinade cool to room temperature.

Pierce holes in the meat and place the beef roast in a 4 quart bowl (glass or ceramic, no metal) and pour the marinade over the top. Cover and marinate in the refrigerator, turning once a day for 3 to 4 days. Remove the roast from the marinade and pat dry with paper towels.

Remove the bay leaf and peppercorns from the liquid and discard. Strain the marinade liquid from the vegetables and reserve both.

Roast:
Heat the oil in a Dutch oven over medium-high heat. Sear all sides of the roast quickly, about 2 minutes each side. Transfer the roast to a plate temporarily. Add the sliced carrots and onions and cook over low heat, stirring until the onions are translucent and soft. Add the reserved marinade, bay leaf and 1 cup of water. Bring the liquid to a full boil and return the beef to the Dutch oven. Braise the roast, covered in a 325° F oven for 2 1/2 hours, or until tender when pierced with a fork.

Transfer the meet to a cutting board. Discard the bay leaf, and skim any excess fat from the cooking liquid. Pour the cooking liquid and vegetables into a blender, and puree to a smooth consistency. Pour the pureed into a sauce pan and add the gingersnaps (optional), tomato paste, salt and pepper. Simmer the mixture and whisk while cooking for 5 minutes.

Slice the roast across the grain and arrange the slices on a platter. Pour some of the sauce over the meat and serve the remaining sauce separately in a gravy boat.

Serves 6.

Notes

The gingersnaps are not traditionally found in the authentic German sauerbraten recipes. Popular in the US, add the gingersnaps for an extra tangy and rich flavor.