

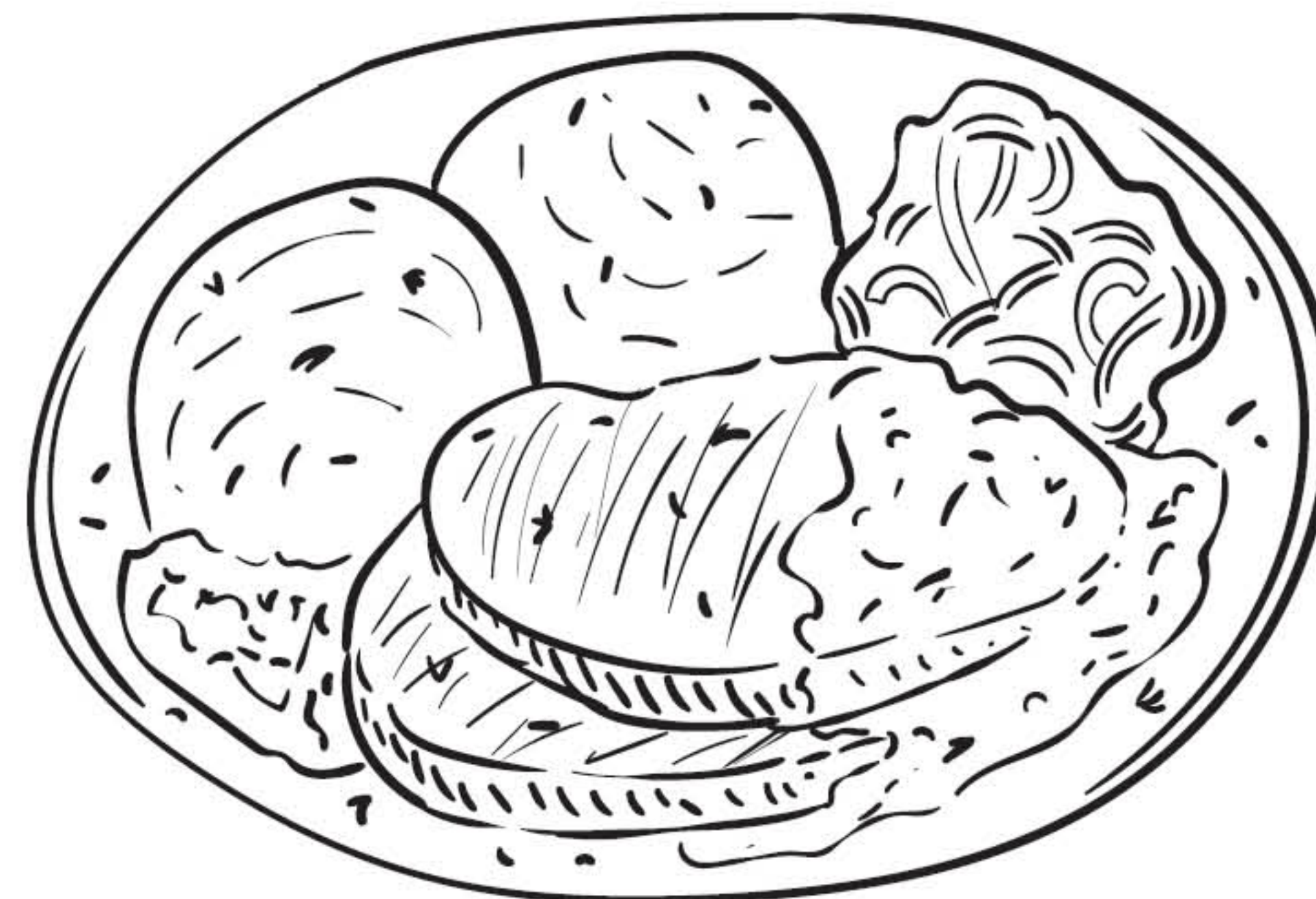
RECIPE CARD

Germany: Sauerbraten

One of the country's national dishes, this slow-cooked beef roast is marinated in a rich mix of vinegar, spices, and herbs. Please note: Marinating time is 4-7 days.

INGREDIENTS:

- | | |
|-------------------------------------|---|
| 2 large yellow onions, chopped | 1 tsp sugar |
| 2 large carrots, diced | 2 ½ cups red wine |
| 1 large leek, chopped | 1 cup red wine vinegar |
| 3 cloves garlic, minced | 1 ½ cups water |
| 2 large sprigs thyme | 4 lbs beef roast |
| 2 small sprigs rosemary | 4 slices bacon, finely diced (optional) |
| 2 bay leaves | 4 tbsp all-purpose flour |
| 8 juniper berries, cracked | ¼ cup raisins |
| 6 whole cloves | 3 ounces ginger snap cookies, crumbled |
| 10 whole black peppercorns, cracked | 1 tbsp honey |
| 2 ½ tsp salt | |



DIRECTIONS:

Prepare the marinade: Place all veggies and herbs in a heavy non-reactive stock pot or enameled Dutch oven along with the garlic, juniper berries, whole cloves, bay leaves, salt, sugar, and peppercorns. Add the red wine, red wine vinegar, and water.

Bring the mixture to a boil, reduce heat, cover, and simmer for 10 minutes. Turn off the heat and let the mixture cool down completely.

Marinate the meat: Nestle the roast in the vegetable marinade and place the lid on the pot. Let it marinate in the fridge for at least 4 days, preferably 7. (Traditionally, the marinating time is as long as 2 weeks! The longer you let the roast marinate the faster it will cook.) Turn the roast over once a day if not completely submerged under the liquid.

Remove the roast, pat it dry with paper towels, and strain the liquid from the vegetables. Reserve the liquid and the vegetables.

Cook the roast: Rinse the pot out and heat a tbsp or two of oil in it over high heat. Generously brown the roast on all sides. Remove the roast and set aside. If using bacon, cook the bacon.

DIRECTIONS:

Leave about 2 tbsp of oil/fat in the pot. Drop in the strained vegetables (with the bacon if using) and cook for 5-7 minutes. Stir in the flour, cooking the mixture for a minute or two to eliminate the flour flavor. Add the liquid that you strained from the vegetable marinade, bring it to a boil, stirring constantly to prevent lumps.

Add the raisins, honey, and crushed ginger snaps. Return the roast to the pot.

Bring to a boil, reduce the heat to low, cover, and simmer for 2-4 hours or until the meat is very tender. Cooking time will vary depending on the type of roast and how long the roast marinated.

When the roast is done, remove and transfer it to a plate, then let it rest for 5 minutes before slicing.

Prepare the gravy: Strain the gravy and return it to the pot. Taste and add more sugar, salt, and pepper as desired. If you want your gravy thicker, make a cornstarch slurry to thicken the gravy. (The balance of sour to sweet is a matter of personal taste – adjust the flavor according to your preference. If the flavor is too strong, dilute it with water or broth.)

Spoon the gravy over the sliced Sauerbraten and serve immediately.