

German Beef Sauerbraten

This traditionally German roast recipe is served with a brown gravy made with, of all things, gingersnap cookies. This classic dish is a must try.

INGREDIENTS

- 1 beef Bottom Round Roast Boneless (about 2 pounds)
- 2 teaspoons vegetable oil
- 2 cups water
- 3/4 cups apple cider vinegar
- 1/2 medium onion, diced (1-1/2 inches)
- 1/2 lemon, cut into wedges
- 2 teaspoons salt
- 5 whole cloves
- 2 whole bay leaves
- 1 cup cold water
- 4 whole gingersnap cookies
- 2 tablespoons sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon browning and seasoning sauce - Browning and Seasoning Sauce can be found in the spice or gravy seasoning aisle of your supermarket.
- 1/2 teaspoon pepper



1.50	8	42 Cal	24g
Hours	Servings		Protein

COOKING

1. Combine water, vinegar, onion, lemon, salt, bay leaves and cloves in large non-reactive saucepan. Bring to a boil. Cool slightly. Place beef roast and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate overnight or up to 24 hours.
2. Remove beef from marinade; strain & reserve marinade. Dry sides of beef with paper towel. Heat large stock pot on medium heat until hot. Brown each side of roast 2 - 3 minutes.
3. Place beef in large roasting pan; add reserved marinade to roasting pan, cover with aluminum foil. Roast in 325°F oven 1-1/4 to 1-3/4 hour). Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board, reserving liquid. Tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. In the same stockpot, add liquid from roast, 1/2 cup water, sugar and gingersnaps; bring to a boil, stirring occasionally until sugar and gingersnaps are dissolved. Whisk the 2 tablespoons of flour into 1/2 cup cold water. Add this flour mixture to sauce pan; cook on medium-medium high heat 6-8 minutes to thicken. Stir in browning and seasoning sauce and pepper. Keep warm.

5. Carve roast into thin slices. Ladle sauce over beef. Serve with boiled red potatoes and braised red cabbage.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		7g	67mg		8g	24g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com