GERMAN (RHINELAND)

Sauerbraten

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	**6**	**30 min + 3 days marinating**	**2 hr 30 min**	**Braise**	**Outside round**

Ingredients

- 1.5 kg (3⅓ lb) outside round roast

MARINADE

- 500 ml (2 cups) red wine vinegar
- 500 ml (2 cups) water
- 1 onion, sliced
- 1 carrot, sliced
- 8 whole cloves, 10 juniper berries, 10 peppercorns, 3 bay leaves
- 1 tbsp salt

BRAISE AND GRAVY

- 3 tbsp lard or oil
- 1 onion, 1 carrot and 1 celery stalk, chopped
- 1 tbsp tomato paste
- 6 gingersnaps (ginger biscuits), crushed
- 2 tbsp raisins
- 1 tbsp sugar
- 2 tbsp sour cream (optional)

Steps

1. Bring all the marinade ingredients to a boil in a pot, then cool completely.
2. Put the beef in a deep non-reactive bowl and pour the cold marinade over it. The meat should be nearly covered. Marinate in the fridge for 3 days, turning once a day.
3. Lift out the meat and pat it very dry. Strain and keep the marinade, discarding the solids.
4. Heat the lard in a heavy pot over medium-high heat. Sear the beef until deep brown on all sides, about 10 minutes. Move to a plate.
5. Lower the heat to medium and brown the chopped vegetables for 8 minutes. Stir in the tomato paste for 1 minute.
6. Pour in 500 ml (2 cups) of the strained marinade and scrape up the browned bits. Return the beef, cover, and braise on low heat (or in a 150°C or 300°F oven) for 2 to 2½ hours, turning once, until fork-tender.
7. Remove the meat and keep warm, covered with foil. Strain the liquid into a saucepan.
8. Add the gingersnaps, raisins and sugar. Simmer for 10 minutes, whisking, until thick and glossy. Taste: it should be sweet-sour. Stir in the sour cream if using.
9. Rest the meat for 10 minutes, slice thickly across the grain, and serve with the gravy.

Notes

- **Serving:** red cabbage, potato dumplings or boiled potatoes.
- **Marinating time:** 2 days works if you are short on time; the acid softens the surface of the lean meat.
- **Leftovers:** thin slices in the gravy are even better on day two, and they freeze for 3 months.

- **Can't find juniper berries?** Leave them out, or add 1 tbsp gin to the marinade for a similar piney note.
- **Slow cooker:** marinate and brown as written, then cook on low 8 hr or high 4–5 hr. Make the gingersnap gravy on the stove.
- **Chef's touch:** stir in the sour cream off the heat so the gravy stays smooth and does not split.