

GERMAN FOOD GUIDE

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Sauerbraten

Number of Servings: 6

Ingredients

3 lb Beef Roast (boneless)
3 cups Water
2 Onions, chopped
1 Carrot, chopped
8 [Juniper Berries](#)
5 Whole Allspice Berries (aka Pimento and Jamaica Pepper)*
10 Peppercorns
2 [Bay Leaves](#)
4 Cloves
1 tablespoon Salt
1 tablespoon Sugar
2 cups Vinegar (traditionally Red Wine Vinegar is used)
2 tablespoons Butter
2 tablespoons Tomato Paste
1/2 cup Sour Cream
1 slice of Bread (choose a dark bread, like [Schwarzbrot](#))

* If you can't find the whole allspice berries, you can substitute it with 1/2 teaspoon ground (powdered) allspice.

Instructions

Add water and vinegar to a pot. Add vegetables, spices, salt, and sugar. Bring to a boil. Allow to boil for 5 minutes, then remove from heat and cool completely.

Place the beef roast in a medium-sized bowl. Pour the cooled marinade over the beef, so that the beef is completely covered in liquid. Cover meat tightly and refrigerate for 3 days, rotating meat daily.

Preheat oven to 350°F (180°C).

To cook the meat, begin by melting the butter in a roasting pot. Remove the beef from the marinade. Pat the meat dry with a cloth or some papertowels. Season meat with salt and pepper. Place meat in the roasting pot and sear each side.

Pour the marinade through a strainer into a pot. Reserve liquid. Add vegetables (now in the strainer) to the roasting pot. Add the tomato paste to the roasting pot. Add half of the marinade to the pot and mix to dissolve the tomato paste.

Cover the pot and cook meat in the oven for 2 hours. During this time, turn the meat and baste the meat with the liquid in the pot occasionally. After 1 hour of cooking time, add the bread slice to the liquid in the pot.

Once the meat is finished cooking, remove the meat from the pot. Cover and keep warm. Pour the liquid and vegetables from the pot through a strainer into a bowl or pot. Return the liquid to the original pot and mix in the sour cream. Season with sauce with salt and pepper.

Slice the Sauerbraten and serve immediately with the sauce.

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