

Sauerbraten

German style pot roast and gingersnap gravy

with step by step pictures

In Germany, the Sauerbraten method was often used in cooking Venison or other game, as the spices and vinegar took away the “wild” taste of the meat. Most of us make it with beef, these days, and so did Grandma Block.

She often prepared this when children and grandchildren were coming to visit. We all loved it. She bought a lean roast, not too big to fit into her marinating crock, poured the spices and wine over it, and let it sit on a shelf in her cool basement for several days, turning the roast each day to be sure all sides of it were well “soaked.”

Ingredients;

4-pound lean beef roast
1 cup flour

Marinade;

2 C. red wine vinegar
2 C. red wine
2 C. water
1 large onion, sliced
2 bay leaves,
3 cloves,
10 peppercorns
or *sauerbraten gewurtz
sauerbraten spice

gravy

20 gingersnaps



You will need:

A large crock or bowl for marinating the roast
or a plastic container with a lid.
A large, tightly-covered kettle or Dutch Oven for cooking

First Step Marinating the Roast



Here is the first Step to assemble your ingredients.
We have 2 cups water, 2 cups red wine and 2 cups red wine vinegar.
a 4 lb beef roast. You can use round, chuck any kind of roast really.
This is a package of Sauerbraten Gewurtz (spice) that I got from the
Germandeli.com.



You can also use 2 bay leaves, 3 cloves, and 10 peppercorns.



Here I have added the water, vinegar and wine, sauerbraten spice and a sliced onion.

Heat the marinade to a simmer, then turn off and cool.



Pour the cooled marinade over the roast



My grandma used a crock, but also a plastic container or stainless metal container works well.



When you are ready to cook the sauerbraten, take the meat out of the marinade and strain off the onions and spice.



Place the meat on a plate with 1 cup of flour



Flip the roast over and flour the other side.



Brown the roast in a Dutch oven or large thick bottomed cooking pot.



Add a few cups of the cooking liquid and the onions. I put in a bay leaf also.

Cover and cook for about 3 hours.



Check to see that you have plenty of cooking liquid in the pot.
Add more of the marinade if it gets low.



Take the temperature of the sauerbraten. I like to get it to 200 degrees. But I will stop the cooking around 195 degrees and it will continue to cook as it sits. If you dont have a meat thermometer lift the meat up with a fork. If it slips off easily it is very close.



What you want is a slice that will tear apart easily but still hold together. If you cook it too long the roast just falls apart. What you want is a nice slice but still is fork tender. If it is not tender enough then put it back in the pot and continue to cook.



Now let's make the gingersnap gravy. Add about 20 gingersnaps.



Simmer the cooking liquid with the gingersnaps
Add any remaining marinade so you get plenty of gravy.



Cook till the gingersnaps are dissolved.



Strain the gravy, and discard the onions and spice. If you like the gravy a little thicker then return it to the stove and make a slurry of 2 tablespoons flour and 1/2 cup of water and add whip some of this into the simmering gravy until it is a bit thicker. Remember it will thicken as it sits a bit. If your gravy gets too thick just thin it with water.



Slice the meat about 3/8 inch slices. Here I am serving it with Spaetzle and Sweet and Sour Red Cabbage. Roasted or mashed potatoes or dumplings go well with sauerbraten as well.

