

Sauerbraten

I developed a taste for sauerbraten from the Old German restaurant in Ann Arbor. Since it went out of business as a restaurant, I've been searching for a local source. This tastes like the recipe I remember. I use sirloin roast and I add mushroom soy to darken the sauce. I cut the original recipe from The Daring Gourmet in half and substituted dried herbs.



Ingredients:

- 1 large yellow onion
- 1 large carrot
- 1 small leek
- 2 cloves garlic
- 1/2 tsp. dried thyme
- 1/4 tsp. of rosemary
- 1 bay leaf
- 4 juniper berries
- 3 whole cloves
- 5 whole peppercorns
- 1 1/4 tsp. salt
- 1/2 tsp. sugar
- 1 1/4 cups red wine
- 1/2 cup red wine vinegar
- 3/4 cups water
- 2 lbs. beef roast
- 1 Tbsp. vegetable oil
- 2 slices of bacon
- 2 Tbsp. flour
- 1 oz. (snack box) raisins
- 1 1/2 oz. gingersnap cookies
- 1/2 Tbsp. honey

Equipment:

- Dutch oven
- Marinade injector
- Strainer

<input checked="" type="checkbox"/>	Directions	(min)
	Peel and chop two onions	5
	Peel and dice two carrots	3
	Wash 1 leek. Separate leaves and look for dirt. Chop.	3
	Peel and mince 2 cloves garlic	3
	Crack 4 juniper berries	2
	Crack 5 peppercorns	2
	Dice 2 slices of bacon	2
	In a large Dutch oven, place the onions, carrots, leek, garlic, juniper berries, peppercorns, 1/2 tsp. thyme, 1/4 tsp. rosemary, 1 bay leaf, and 3 cloves	2
	To the Dutch oven, add 1 1/4 tsp. salt, 1/2 tsp. sugar, 1 1/4 cups red wine, 1/2 cup red wine vinegar, and 3/4 cups water	3
	Bring mixture to a boil and then simmer	10
	Remove from heat and allow to cool to room temperature	20
	Inject liquid marinade into the beef	2
	Immerse beef in marinade. Add water if necessary to cover	2
	Place in the refrigerator for a week. Turn once or twice.	7 days
	Remove the beef and pat dry.	1
	Separate liquid from solids in the marinade, reserve	2
	Rinse out the Dutch oven and dry. Heat 1 Tbsp. oil	2
	Brown beef and cook the bacon	4
	Remove beef. Add vegetables to the bacon	7
	Stir in the flour	2
	Add liquid marinade. Bring to a boil. Stir to avoid lumps	2
	Add 1 oz. raisins, 1/2 Tbsp. honey, crush and add 1 1/2 oz. ginger snaps, simmer	2 hrs.
	Remove beef. Cover with foil to rest before slicing.	5
	Strain out vegetables and reserve liquid gravy. Return liquid to pot and discard vegetables. Thicken with cornstarch and water or darken with mushroom soy, if needed	3
	Slice beef and serve with gravy.	
	Total: 7 days plus	2 hr. 22