

# German Beef Sauerbraten

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|---------|----------|-----|---------|
| 1 HR 30 | 8        | 200 | 24 G    |
| MIN     | SERVINGS | CAL | PROTEIN |

🕒 **Prep Time: 15 min**

🕒 **Cook Time: 75 min**

🕒 **Total Time: 1 hr 30 min**

## 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
- ☐ 1/2 teaspoon pepper



## 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.

