

Sauerbraten

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Servings: 6

Plan Ahead!! This recipe calls for the meat to marinate for 3 days.

The meat may be cooked in the oven for 3 1/3 to 4 hours or in a slow cooker for 4 hours on HIGH or 7 hours on LOW.

1 (3 1/2 to 4 pounds) beef round roast, brought to room temperature
vegetable oil to coat
salt and pepper or Montreal seasoning

FOR THE BRINE SAUCE

2 1/2 cups water
2 cups cider vinegar
1 cup cloudy cider
1 large carrot, peeled and thickly sliced on an angle
1 onion, peeled and quartered with root end left attached
3 ribs celery, thickly sliced on an angle

FOR THE FLAVOR POUCH

2 large bay leaves
4 whole cloves
1 tablespoon juniper berries (food store spice aisle)
1 1/2 teaspoons mustard seed
1 1/2 teaspoons coriander seed
1 1/2 teaspoons dill seed

ADDITIONAL INGREDIENTS

3 tablespoons light brown sugar
2 tablespoons tomato paste
16 ginger snaps, ground

To make the flavor pouch: In a tea filter sack, coffee filter or cheesecloth, bundle together the bay leaves, cloves, juniper berries, mustard seed, coriander and dill. Set aside.

Heat a large Dutch oven over medium-high heat. Rub the roast with vegetable oil and season liberally with salt and pepper or Montreal seasoning. Brown in the hot pan on all sides for 10 to 12 minutes. Remove from the heat.

In a saucepot or large Dutch oven, make the brine by combining the water, vinegar, cider, carrot, onion, and celery. Add the flavor pouch. Bring to a boil. Turn the heat off and let cool.

Combine the brine and meat in another container and refrigerate for three days, turning the meat occasionally.

To cook, bring the meat to room temperature. Sprinkle the sugar into the cooking pot and combine with the brine sauce.

Preheat the oven to 325 degrees and roast for about 3 1/3 to 4 hours. Alternatively, the meat may also be cooked in a slow cooker for 4 hours on HIGH or 7 hours on LOW.

Remove the roast to a carving board and cover with foil. Let rest for 10 minutes.

Strain the sauce (or finely grind the sauce in a food mill) and return it to the pot.

Whisk in the tomato paste and the ground ginger snaps (if the ginger snaps do not dissolve completely, pass them through the sieve or food mill again).

Adjust the black pepper in the sauce to taste.

To serve, thinly slice the meat and serve with wilted or sautee'd dark greens and mashed potatoes with sour cream or potato cakes alongside.