

Beef Knockwurst & Sauerkraut

with Potato Salad & Whole Grain Mustard

PREP TIME: 15 minutes

COOK TIME: 35-45 minutes

SERVINGS: 2

We're celebrating the hearty, comforting flavors of Central Europe with a recipe inspired by "choucroute garnie," a popular Alsatian dish of sauerkraut, potatoes, and sausage. Tonight, the star is our beef knockwurst—or smoked beef sausages flavored with garlic and traditional spices like paprika and mace—braised with potatoes, onion, and carrots, then seared on the stovetop for a perfectly browned exterior. A quick-cooking take on sauerkraut completes the meal with plenty of crunchy texture and tangy flavor.



BLUE APRON WINE PAIRING:

Mt. Beautiful Pinot Gris, 2016

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Ingredients



2
BEEF
KNOCKWURST



2
CARROTS



2 cloves
GARLIC



1
VIDALIA ONION



1/2 lb
GREEN CABBAGE



1/2 lb
YUKON GOLD
POTATOES

KNICK KNACKS:



3 Tbsp
WHOLE GRAIN
DIJON MUSTARD



2 Tbsp
VERJUS BLANC
*Sweet
White
Wine*



2 Tbsp
CHAMPAGNE
VINEGAR



1 Tbsp
SUGAR

5/28/17 (F)



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☒ Cut out and discard the cabbage core; thinly slice the leaves.
- ☒ Peel the garlic; using the flat side of your knife, gently smash each clove once.
- ☒ Large dice the potatoes.
- ☒ Peel and thinly slice the onion.
- ☒ Peel the carrots and cut into 1/2-inch-thick pieces on an angle.

2 Make the sauerkraut:

- ☒ In a medium pot, combine the **cabbage**, **vinegar**, **sugar**, **half the verjus**, and **1/4 cup of water**. Season with salt and pepper. Heat to boiling on high.
- ☒ Once boiling, turn off the heat; carefully transfer to a bowl. Wipe out the pot. Set the sauerkraut aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

3 Start the vegetables & knockwurst:

- ☒ While the sauerkraut marinates, in the same pot, heat 1 tablespoon of olive oil on medium-high until hot.
- ☒ Add the **garlic** and cook, stirring frequently, 30 seconds to 1 minute, or until fragrant.
- ☒ Add the **potatoes**, **onion**, and **carrots**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☒ Add the **knockwurst** and **1 3/4 cups of water**; season with salt and pepper. Cook, stirring occasionally, 18 to 20 minutes, or until the vegetables are tender and the liquid has reduced in volume by about 3/4. Carefully transfer the **braised knockwurst** to a plate.

4 Finish the vegetables:

- ☒ Add **half the mustard** and the **remaining verjus** to the pot of vegetables. Cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste.

5 Sear the knockwurst:

- ☒ In a medium pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium-high until hot.
- ☒ Add the **braised knockwurst** and cook 30 seconds to 1 minute on the first side, or until browned and crispy. Flip and cook 30 seconds to 1 minute, or until browned and crispy. Transfer to a cutting board and cut in half crosswise on an angle.

6 Plate your dish:

- ☐ Divide the **finished vegetables** and **seared knockwurst** between 2 dishes. Top with the **sauerkraut** (draining before adding). Serve with the **remaining mustard** on the side. Enjoy!

