

This dish should be started at least a day in advance.

SAUERBRATEN

4 pounds bottom round or side
round of beef

2 garlic cloves

Salt

Freshly cracked black pepper

1 large Bermuda onion, sliced

4 cups water

1/4 cup tarragon vinegar

4 whole peppercorns

2 slices lemon

1 bay leaf

2 whole cloves

5 tablespoons salt butter

4 medium-size yellow onions, *whisked*
coarsely chopped

A little all-purpose flour

A little paprika

2 teaspoons granulated sugar

3x

2 teaspoons tomato paste

1 carrot, finely chopped 1/3 coarse

6 gingersnaps

1 cup sour cream

SWEET-SOUR RED CABBAGE

2 small red cabbages

2 medium-size yellow onions

2 tablespoons bacon fat or
salt butter

2 cups sliced apples (cored and
skinned)

1/2 cup brown sugar

1 cup chicken stock (page 35)

Salt

Freshly cracked black pepper

2 tablespoons vinegar

Braised Beef,

German Style, with

Sweet-Sour Cabbage

The beef must be marinated at least 24 hours. Cut the garlic cloves into small slices and insert them into the beef with a sharp knife. Rub it well with salt and pepper. Put it in an earthenware bowl, and cover it with the sliced Bermuda onion. In a separate pan, mix the water, vinegar, and peppercorns, lemon, bay leaf, and cloves, boil 3 minutes, and pour it over the meat. Cover the bowl tightly with foil, and leave it in the refrigerator at least 24 hours. After the meat has been properly marinated, drain it and dry it on paper towels. Reserve the marinade to use in the sauce (below).

Preheat the oven to 350°. In a small heavy pan, melt 2 tablespoons butter and sauté the yellow onions. Pat the roast lightly with flour. Melt 3 tablespoons butter in a deep heavy casserole and brown the roast in it, turning on all sides. Add the sautéed onions to the casserole, also the paprika, sugar, tomato paste, carrot, 1 1/2 cups of the marinade, and the roughly crumbled gingersnaps. Cover the casserole with a tight lid and cook in the oven 3 1/2 to 4 hours, until the meat is tender.

SWEET-SOUR RED CABBAGE. Cut the red cabbages in fine shreds. Put the shredded cabbage in cold water, bring to a boil, and drain (it is now blanched). Sauté the onions in a casserole in the bacon fat or butter. Add the cabbage, apples, brown sugar, chicken stock, salt, and pepper. Cover with wax paper and the lid, and cook in a preheated

350° oven 1½ hours. Remove from the oven, and stir in the vinegar.

When the meat is tender, transfer it to a hot platter. Taste the sauce for seasoning, and mix in the sour cream. Reheat the sauce and strain it. Spoon some of the sauce over the meat and serve the rest in a sauceboat. Serve the cabbage separately. NET: 6 to 8 servings.

*Take
vine*