



Oct 12, 2012

Sauerbraten (German Pot Roast)

It was in Cologne in 1963 that I finally solved the riddle of preparing sauerbraten. What I could not achieve until then was the golden glow that shimmers over the deep brown gravy; browning flour in the conventional *einbrenne* (roux) never yielded that result. But a generous chef demonstrated the secret: the addition of sugar to the *einbrenne*. It gilds the gravy even as its sweetness balances the sour lemon note and the zing of pickling spices. —*Mimi Sheraton, author of The German Cookbook*

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[ie=UTF8&camp=1789&creative=390957&creativeASIN=0394401387&linkCode=as2&tag=saveur-20](http://www.amazon.com/gp/product/0394401387/ref=as_li_ss_tl?ie=UTF8&camp=1789&creative=390957&creativeASIN=0394401387&linkCode=as2&tag=saveur-20)) (*Random House, 1965*)



Credit: Todd Coleman

SERVES 8-10

INGREDIENTS

1 (5-lb.) beef eye of round

Kosher salt, to taste
2 cups red wine
1½ cups red wine vinegar
3 large onions, thinly sliced
1 large carrot, thinly sliced
1 bouquet garni (1 tbsp. pickling spices, 14 whole cloves, 8 whole black peppercorns, 3 bay leaves, 3 sprigs thyme, 2 sprigs parsley, wrapped in cheesecloth, tied with kitchen twine)
4 tbsp. unsalted butter
4 slices bacon, finely chopped
3 tbsp. flour
2 tbsp. sugar
½ cup golden raisins
6 gingersnaps, crumbled
Juice of ½ lemon
2 tbsp. chopped parsley

INSTRUCTIONS

1. Season beef liberally with salt in large bowl. Bring wine, vinegar, 1 onion, carrot, bouquet garni, and 4 cups water to a boil in a 4-qt. saucepan; pour over beef. Cover and refrigerate, turning once or twice a day, for 5 days. Remove beef from marinade; pour marinade through a fine strainer into a bowl, and dry beef thoroughly. (Reserve 5 cups of the marinade and the bouquet garni.) Heat 2 tbsp. butter and bacon in an 8-qt. Dutch oven over medium-high heat; cook until bacon renders its fat, about 10 minutes. Transfer bacon to a plate; set aside. Add beef; cook, turning, until browned all over, about 25 minutes. Transfer to a plate; set aside.
2. Heat oven to 325°. Add remaining onions to pot; cook, stirring, until caramelized, about 18 minutes. Return beef to pot with reserved marinade and sachet; boil. Cover; bake until beef is very tender, about 2½ hours. Transfer beef to a platter; pour sauce through a fine strainer into a bowl.
3. Return pot to medium-high heat; add remaining butter. Add flour and sugar; cook, whisking constantly, until lightly browned, about 5 minutes. Add sauce, raisins, gingersnaps, and juice; return beef to sauce. Bring to a simmer, cover pot, and cook until slightly reduced, about 10 minutes. Thinly slice beef; arrange on a platter. Spoon sauce over top; sprinkle with bacon and parsley.

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