

Sauerbraten (Sour Roasted Beef)

Use for 4-6 servings:

Ingredients:

2 pounds (1 kg) piece of beef (e.g. from the upper back hip, no usual roast beef!)
1 cup (1/4 l) vinegar from red wine or a mixture 50:50 red wine and vinegar
2 bay leaves
2 tblsp whole black pepper
2 big onions
1 big carrot
1/2 pound (200g) potatoes
1 cup (1/4 l) bouillon
2 tblsp creme fraiche (or sour cream)
salt, pepper, oil

Directions:

1. Place meat in a high dish, fill with vinegar (or mixture) until covered. Add bay leaves and pepper grains and place dish in the refrigerator. Leave there for 2-3 days, turn meat around at least once.
2. Get meat out of marinade and dry. Spice meat with pepper all around.
3. Cut onions, carrots and potatoes in little cubes. Heat oil, place meat in it and roast until brown from all sides. Add onions until brown, too.
4. Salt the meat, add potatoes and carrots, then the bouillon, and, optionally, some more red wine (esp. if you used only vinegar before). Add also a little of the marinade (without leaves and pepper).
5. Simmer for at least 1 1/2 hours on low heat in a closed pot, turn once.
6. Get meat out of the pot and keep warm. Puree the sauce, let reduce a little. Add creme fraiche or sour cream, add salt and pepper to your taste.
7. Cut meat into slices, serve.

Traditional side dishes are potatoes or Kloesse (dumplings), and some vegetable like Rotkraut (that is hot red cabbage).

In some areas of Germany, they add raisins and sliced apples to the sauce so that it gets a more sweet-and-sour taste.