

 Prep: 23 hours Cook: 3 hours 8 servings

Dinner

German

Meat & Poultry

Sauerbraten (Sweet/Sour German Pot Roast)

Ingredients

for 8 servings

- 3 ½ **pound** bottom round or chuck roast
- ¾ **cup** red wine (*use a good wine that you would serve to drink*)
- ¾ **cup** red wine vinegar
- 1 5-7 juniper berries (*can buy at Whole Foods or on Amazon*)
- 1 5-7 whole cloves
- 1 Roughly chopped (for flavor only): 1 onion, 3 carrots, 1 leek (*3 stalks celery*)
- 1 Goose Fat (*adds a subtle traditional taste - may substitute for lard*)
- 1 tblsp. black peppercorns
- Salt & Pepper to taste

Conversion: *No conversion*

Steps

1. In a large, sealable container, place roast and all ingredients. Marinate in refrigerator for 3-4 days, turning daily.
2. Heat goose fat in a large pot, casserole, or ceramic-coated dutch oven like Le Creuset. Remove the roast from marinade and pat dry. Sear the roast on all sides to seal the meat and add a flavorful coating.
3. Pour all marinade with veggies into the pot and add enough wine/wine vinegar (half and half measurements) to cover the roast. Bring liquid to a boil. Cover and place in a 350 degree Fahrenheit oven for 2-2.5 hours (center of roast should reach 140 degrees).
4. Carefully remove roast (will be VERY tender) to a cutting board and allow to rest for 5-10 minutes before cutting.
5. In the meantime, strain the cooking liquid to remove all veggies and spices. Return 2 cups of liquid to a medium saucepan. Return to medium-high heat. Add sugar substitute to taste to cut the sour (I use Splenda as there is no aftertaste). The finished flavor should be pleasantly sweet and sour. Add your favorite thickener - I use Arrowroot. I don't like using Xanthan gum as it gives a strange texture on the tongue. Another possibility is to use unflavored gelatin.
6. Cut roast into 1/4" slices against the grain. Serve with gravy on top.