

Crock Pot Sauerbraten

Recipe By: Bob and Robin Young

Source: Adapted from Food (dot) com, "Crock Pot Sauerbraten"

Start to Finish Time: 79hrs 30mins *Serving Size:* 10 *Preparation Time:* 72hrs

Description: "A wonderful sauerbraten that is cooked in the crock pot. Just don't skimp on the marinating time - the longer, the better."

Categories: Main Dish - Crockpot

Serving Ideas: Hot Egg Noodles or Spätzle and Hot German Potato Salad.

Amount Measure Ingredient -- Preparation Method

Ingredients:

1¼	c	Water	
1	c	Apple Cider Vinegar, unfiltered and unpasturized (3 Monks)	
1	lg	Onion -- coarsely chopped	
1	lg	Lemon -- cut into 8 wedges	
3	lg	Bay Leaves	
1½	t	Sea Salt	
1	t	Peppercorns	
1	t	Cloves	
1	t	Allspice, ground	
1	4½ - 5 lbs	lean Top Round Beef Roast	
¼	c	Brown Sugar	
12		Gingersnaps -- crushed	
¼	c	Water	
1	T	All-Purpose Flour	

Directions:

Combine the first 10 ingredients in a large saucepan and bring to a boil. Boil for 10 minutes. Cool.

Place beef in a glass 9 x 13" baking dish. Pour the cooled marinade over the beef. Cover with plastic wrap and marinate in the refrigerator of a minimum of 3 days, and up to 10 days. The longer the better, but a minimum, 3 days.

Remove the meat and place in a 7-8 quart slow cooker. Strain the marinade and pour over the beef. Cook on low for 6-7 hours, or until the beef starts to fall apart on the edges.

Remove the beef to a platter and slice ¼" thick. Set aside.

Strain the cooking liquid and return to the crock pot. Turn to high. Add the brown sugar and gingersnaps, stirring until dissolved. Mix the flour into the ¼ cup of water. Stir into the liquid and heat and stir for 5 minutes. Return the beef to the gravy. Cover and cook on high for 30 minute more or until the gravy is thickened.