



Sauerbraten Michael Symon

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Categories: Main Dish - Beef

Start to Finish Time: 4 hours 45 minutes

Preparation Time: 30 minutes

Cooking Time: 2 hours 30 minutes

Description: Adapted from Michael Symon, The Chew

Ingredients -

Sauerbraten

1 t Black Peppercorns
1 t Whole Cloves
1 bunch Parsley, 6 stems reserved, 1/3 cup leaves finely chopped
1 sm bundle fresh Thyme
4 lbs Eye of Round Roast
3 c Red Wine
1 c Red Wine Vinegar
2 sm Yellow Onions, thinly sliced
2 med Carrots, thinly sliced on a bias
2 T Olive Oil
4 sliced Thick-Sliced Bacon, medium diced, about 1 heaping cup
1 1/2 T Granulated Sugar
1/4 c Gingersnap Cookies, crushed by hand or in a food processor
Kosher salt and freshly ground Black Pepper, to taste

Ingredients: Parsley Salad

2 med Carrots, shaved into ribbons
1 med Red Onion, peeled and thinly sliced on a mandolin
1 bunch Parsley Leaves
1/4 c Red Wine Vinegar
Sea Salt and freshly ground Black Pepper, to taste

Temp (F):

Directions - Sauerbraten

- 1) In a piece of cheesecloth, add the peppercorns, cloves, 6 parsley stems and thyme. Gather up and secure with butchers twine. Set aside.
- 2) In a large baking dish, add beef roast, wine, vinegar, onions, carrots and cheesecloth bundle. Place in the refrigerator to marinate for 3 - 5 hours, rotating every hour.
- 3) Preheat oven to 325°F
- 4) Remove roast from marinade and pat dry. Season on all sides with salt and pepper. Strain the marinade, reserving the vegetables/sachet and the liquid separately.
- 5) Place a large Dutch oven over medium-high heat and add 2-3 tablespoons olive oil. Sear the meat on all sides until a deep golden brown crust forms, 12-15 minutes. Remove the meat to a platter. Drain oil from the pan. Return heat to medium and add the bacon. Cook, stirring occasionally until crisp. Add reserved onions and carrots from marinade and cook for 5 more minutes. Add reserved marinade, scraping any brown bits off the bottom of the pan and season the liquid with salt and pepper. Add the sachet and the meat. Bring liquid to a simmer. Remove from heat. Cover and carefully transfer to oven for 2 1/2 hours. After 1 hour, begin basting the meat every half hour.
- 6) Remove the roast to a cutting board and tent with foil.
- 7) Strain cooking liquid into a saucepan and place over medium heat. Add sugar and ground gingersnaps. Bring to a simmer and continue to stir until thickened. Season with salt and pepper then stir in the parsley.
- 8) To serve, slice the roast into 1/2-inch thick pieces and transfer to a serving platter. Spoon a generous amount of sauce over the top.

Directions - Parsley Salad

- 1) In a medium bowl, add the carrot ribbons, red onion, parsley and red wine vinegar and toss to combine. Season with Kosher salt and freshly ground black pepper.

Notes: Tip: Make the sauerbraten ahead! After cooking the roast, bring to room temperature. Then chill the roast in the sauce overnight. The next day, reheat and serve for better flavor absorption.

