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## Sauerbraten

From the Manassas Gourmet Club Dinner  
"Oktober Fest"  
6 servings

Quantity	Ingredients	Preparation Notes
1	Large Onion , sliced	• Combine onion, vinegar, water and sugar in a large Dutch oven
1 C	Cider Vinegar	• Add spices
1 C	Water	• Add roast, cover and marinate in a refrigerator for 24 - 48 hours
2 Tbsp	Brown Sugar	• Remove roast from marinade, reserving marinade
1 Tbsp	Salt	• Return roast to empty Dutch oven and brown in vegetable oil
12	Whole Cloves	• Pour marinade over roast
10	Coriander Seeds	• Add gingersnaps
10	Mustard Seeds	• Bring to a boil
6 - 8	Whole Allspice	• Cover and reduce heat and simmer for 2 - 3 hours turning once until meat is tender
6 - 8	Black Peppercorns	• Place flour in heavy skillet, cook over med heat for 15 minutes until flour browns
6	Bay Leaves	• Gradually add water, stirring until smooth and set aside
1 - 4 lb	Chuck or Rump Roast	• Remove roast from Dutch oven, set aside and keep warm
2 tsp	Vegetable Oil	• Strain pan juices and return to Dutch oven.
6 - 8	Gingersnaps, crushed	• Bring to a boil
3/4 C	Flour	• Stir in enough of browned flour mixture to thicken gravy
1 C	Water	• Slice roast and serve with gravy.