

Recipe: by Greg Strahm, The Silver Chef

I never got the recipe for my Grandmother's German Pot Roast. Over the years I have tried a number of recipes trying to replicate Grandma's. There are as many recipes for Sauerbraten as there are grandmothers. After multiple iterations, all of which were very good and some came close, I was able to adapt several different recipes using the same main ingredients, beef, onions, vinegar, brown sugar, and spices. However, by varying the amounts of the spices, I was able to recreate the closest thing to the flavor and the smell that instantly transported to a much less complicated and innocent time.



MARINADE

1 large vidalia onion, rough chopped
2 cups apple cider vinegar
2 cups water
1/3 cup light brown sugar
1 tablespoon kosher salt
6 tablespoons pickling spices
1 (6 pound) beef rump roast

ROAST

flour, for browning roast
1/3 cup bacon grease
1 large vidalia onion, thinly sliced
kosher salt and freshly ground black pepper,
to season roast

GRAVY

1 cup gingersnap crumbs
2 tablespoons honey
pan juices

MARINADE

1. In a medium saucepan, combine the chopped vidalia onions, apple cider vinegar, water, light brown sugar, kosher salt, and pickling spices. Bring to a boil over high heat. Reduce heat to low and simmer for 10 minutes. Remove from heat and allow the marinade to cool completely.

2. Place the beef rump roast in a 2-gallon ziploc bag. Pour the cooled marinade over the roast, ensuring they are fully submerged. Remove excess air from the bag and seal it. Refrigerate for 48 hours, turning the bag a couple of times each day to ensure even marinating.

PREPARATION

3. Preheat the oven to 325°F.

4. Remove the beef roast from the marinade and strain through a fine-mesh sieve, discarding the solids, and set the strained marinade aside. Pat roast dry with paper towels and dust with flour. .

5. Heat a Dutch oven over medium high heat for 5 minutes. Add the bacon grease and allow to heat. Brown floured roast the on all sides until uniformly deep golden brown. Remove to a plate.

6. Reduce heat to medium. Add the onion slices to the pan and fry for 3–4 minutes on each side, or until softened, stirring as needed.

7. Place the roast on top of the onions and pour the reserved marinade over the roast in the Dutch oven. Cover and place in the preheated 325° F. oven.

8. Begin checking the internal temperature of the roast with an instant-read meat thermometer at the 1-hour mark. Remove the roast from the oven once the internal temperature reaches 150°F. Transfer the roast to a platter and loosely tent it with aluminum foil. Let it rest while preparing the gravy.
9. Strain the braising liquid, discarding any solids. Return the strained liquid to the Dutch oven and place it over medium-low heat on the stovetop and bring to a simmer.
10. Add the gingersnap crumbs and honey to the braising liquid, continuously whisking until the crumbs and honey are fully dissolved and incorporated. Continue stirring the mixture until the gravy begins to thicken. If the gravy is too thick, thin it with a small amount of water or beef broth. If it is too thin, add more gingersnap crumbs and continue stirring until the desired consistency is reached.
11. Slice the roast and serve with the gingersnap gravy spooned over the top. Serve with spaetzle, mashed potatoes, or noodles, and sweet and sour red cabbage.