



## Menu du Jour

24 Jan 06

Sauerbraten with Gingersnap Gravy  
(Sauerbraten mit von Ingwer berührter Sosse)

Braised Red Cabbage  
(Geschmorte Rotkohl)

Rhineland Mashed Potatoes  
(Kartoffelbrei mit Meerrettich & Petersilie)

Applesauce  
(Apfelmus)  
(Serves four)

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### Sauerbraten with Gingersnap Gravy

*Sauerbraten is a German specialty dish consisting of beef roast marinated for several days in a sour marinade of vinegar and spices (cloves, bay leaves, peppercorns, onions, etc.) and then braised in the marinade. (A popular variation uses venison instead of beef.) Serve with braised red cabbage and parsley & horseradish mashed potatoes. This recipe requires advanced preparation. Guten Appetit!*

- 1 (4-pound) bottom round beef roast
- 2 yellow onions, peeled and sliced
- 2 bay leaves
- 1 tablespoon black peppercorns
- 6 whole cloves
- 1 teaspoon whole juniper berries
- 2 teaspoons kosher salt
- 2 tablespoons pickling spice
- 3 springs fresh thyme
- 1 carrot, peeled and chopped
- 1 rib celery, washed and chopped
- 2 1/2 cups red wine vinegar
- 2 cups water
- 2 tablespoons shortening, lard, or rendered beef fat
- 8 to 10 gingersnap cookies, crushed (about 3/4 cup)
- 1 tablespoon granulated sugar

Trim any fat from the beef roast (the fat could be rendered, if desired, and used for browning the roast). Place the roast in an earthenware, glass, or plastic bowl.



In a medium saucepan, combine the onions, bay leaves, peppercorns, cloves, juniper berries, salt, pickling spices, thyme, carrot, celery, vinegar, and water. Bring to a boil, reduce heat, and simmer for 15 minutes. Cool to room temperature and pour over the roast.

Marinate the roast, covered and refrigerated, for 3 to 7 days, turning twice a day. (The longer the meat marinates, the stronger the “sour beef” taste will become.) Remove meat from marinade and pat dry with paper towels; reserve marinade and vegetables.

Preheat the oven to 325 degrees F.

In a heavy Dutch oven, melt the shortening over medium-high heat. Brown the meat on all sides. Add the reserved marinade and vegetables, cover, and place into the preheated oven. Roast until the meat is tender (about 2 1/2 to 3 hours). Remove the meat to a carving board and keep warm while preparing the sauce.

Strain and measure the braising liquid, adding beef stock if needed, to make 2 1/2 cups. Pour liquid into a saucepan and bring to a boil; stir in gingersnaps and sugar and simmer, stirring, over medium heat until thickened, about 5 minutes. Adjust consistency with beef stock, or water, if necessary.

After allowing the meat to rest for about 15 minutes; slice against the grain and serve.

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### Braised Red Cabbage

1 medium red cabbage  
1 medium red or yellow onion, peeled and sliced  
3 tablespoons unsalted butter  
1/2 cup water  
1/2 cup red wine vinegar  
1/2 cup brown sugar, firmly packed  
2 Granny Smith apples, cored and sliced  
1 teaspoon kosher salt  
1 tablespoon caraway seeds

Quarter the cabbage; cut away the core, then coarsely slice. Melt the butter in a large skillet over medium-low heat. Add the cabbage and onion, toss and cook 3 to 4 minutes. Add the water, vinegar, and brown sugar. Cover and cook for about 15 to 20 minutes, stirring occasionally.

Add the apple slices, salt, and caraway seeds. Stir well; heat, uncovered, about 5 to 8 minutes until the apples begin to soften.



### Rhineland Mashed Potatoes

5 Russet potatoes  
3 tablespoons unsalted butter  
1/2 teaspoon white pepper  
1/2 cup sour cream  
1/2 cup light cream  
1 tablespoon prepared horseradish, drained  
1/4 cup chopped fresh flat leaf parsley

Peel and dice the potatoes. Add the potatoes to a medium saucepan, covered with cold salted water and bring to a boil over medium heat. Cook until the potatoes are tender, about 15 minutes; drain well and return to medium-heat stovetop. Add the butter and pepper, mash. Add the sour cream, light cream, horseradish, and chopped parsley. Mash well and stir to combine.

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### Applesauce

4 Granny Smith or Rome Beauty apples  
2 teaspoons ground cinnamon  
1/4 teaspoon ground nutmeg  
6 tablespoons brown sugar

Peel, core, and chop the apples. Place apples in a medium saucepan over medium low heat. Sprinkle with cinnamon and nutmeg, cover with cold water and cook until the apple becomes soft, about 10 minutes. Stir in the brown sugar and mix well. Serve warm or cover and refrigerate.

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**Cooking & Presentation**



**Marinade Simmering On The Stovetop**



**Beef Roast In The Cooled Marinade**



**Beef Roast After Marinating For 5 Days**



From The Kitchen Of Michael H. Stines, Ph.B.  
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