

COOKBOOK RECIPE SHEET

Recipe # 20005

Check or click to mark the group.

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|------------------------------------|---|----------------------------------|
| <input type="radio"/> Appetizers | <input checked="" type="radio"/> Entrée | <input type="radio"/> Soups |
| <input type="radio"/> Bakery | <input type="radio"/> Mix | <input type="radio"/> Sides |
| <input type="radio"/> Beverages | <input type="radio"/> Salad | <input type="radio"/> Vegetables |
| <input type="radio"/> Dressings | <input type="radio"/> Sandwich | Sub |
| <input type="radio"/> Desserts | <input type="radio"/> Sauces | OUTLET: _____ |
| <input type="radio"/> Other: _____ | | YIELD: _____ <u>8</u> |

RECIPE TITLE: _____ Old Fashioned Authentic Sauerbraten _____

YOUR NAME: _____

RECIPE INGREDIENTS: List your ingredients in order of use.

		Amounts
1	Water	2 cups
2	Cider Veinegar	1 cup
3	Red Wine Vinegar	1 cup
4	Onions-Minced	1 Med
5	Onions-Minced	1 Large
6	Kosher Salt	1 Tbsp + 1 tsp
7	Black pepper	1/2 tsp
8	Bay leaves	2
9	Cloves-whole	6
10	Juniper Berries	12

		Amounts
11	Mustard seeds	1 tsp
12	Botton Round Roast	3-4#
13	Vegetable Oil	1 Tbsp
14	Sugar	1/3 cup
15	Gingersnaps	18
16	Seedless Raisins-optional	1/2 cup
17		
18		
19		
20		

RECIPE DIRECTIONS:

In a large saucepan over high heat combine the water, cider vinegar, red wine vinegar, onion, carrot, slat, pepper, bay leaves, cloves, juniper and mustard seeds. Cover and bring this to a boil, than lower the heat and simmer for 10 minutes. Set asid3e to cool. Pat the bottom round dry and rub with vegetable oil and salt on all sides. Heat a large saute pan over high heat; add the meat and brown on all sides, approximately 2 to 3 minutes per side. When the marinade has cooled to a point where you can stick your finger in it and not be burned, place the meat in a non-reactive vessel and pour over the marinade. Place into the regrigerator for 3 days. If the meat is not completely submerged in the liquid, turn it over once a day. After 3 days of marinating, preheat the oven to 325 degrees. Add the sugar to the meat and marinde, cover and place on the middle rack of the oven and cook until tender, approxiately 4 hours. Remove the meat from the vessel and keep warm. Strain the liquid to remove the solids. Return the liquid to the pan and place over medium-high heat. Whisk in the gingersnaps and cool unti lthickened, stirring occasionally. Strain the sauce through a find mesh sieve to remove any lumps. Add the raisins if desised. Slice the meat and seve with the sauce.

SHELF LIFE: _____ 6 hours cool per HACCP Regulations _____

HACCP : _____ Reheat per HACCP Regulations _____

CHEF TIPS : _____ Reheat to 165° F degree _____

CHEF APPROVED: _____ *Robert W. Phillips* _____