

# Sauerbraten (Slow Cooker)

- 3 to 4 pound bottom round
- extra virgin olive oil
- salt and pepper
- 1 yellow onion, diced
- 1 carrot, diced
- 2 cups red wine vinegar
- 2 cups water
- 1 tablespoon kosher salt
- 2 teaspoons nutmeg
- 1 teaspoon yellow mustard seed
- 6 whole cloves
- 12 juniper berries
- 2 bay leaves
- 1/2 cup white sugar
- about 5 ounces of ginger snaps
- 1/2 cup of seedless raisins

Cut the fat off of the bottom round. Baste with olive oil, and season with salt and pepper. Brown for a few minutes. Set aside.

Combine the onion, carrot, vinegar, water, kosher salt, nutmeg, mustard seed, cloves, juniper berries and bay leaves to make a brine.

Bring the brine to a boil, cover, lower the heat and simmer for 15 minutes. Then leave the pan off the heat until the brine comes to room temperature.

Put the roast into the brine, and put into the refrigerator for 3 to 5 days. Turn it over one or two times per day.

The morning that you plan to serve the sauerbraten, add sugar to the marinade and put the meat and marinade into a slow cooker on low for 10 to 12 hours (or on high for 6 to 7 hours).

When getting close to serving time, remove all the sauce from the slow cooker and place the meat back in. Strain the marinade through a sieve, and discard the solid bits.

Put the strained marinade into a saucepan over a medium-high heat. Put the ginger snaps into a bag, and crush them with your fist and/or a rolling pin. Whisk the cookie crumbles and the raisins into the sauce.

When the sauce is thickened, plate the roast and slice it thin against the grain. Serve the sauce on the side.

Serves: 6 to 8

Preparation time: about an hour (start 4 to 5 days ahead)

- Subscriptions (1)

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