

RHEINISCHER SAUERBRATEN (BRISKET)

Ingredients

4 lbs. beef brisket*

MARINADE:

1 tbsp. sugar
2 tbsp. pickling spices
1 tbsp. tomato puree
2 medium onions sliced

1 c. water
½ c. red wine
½ c. vinegar
12 crushed gingersnap

Instructions

Prick brisket with a fork on both sides and put in roasting pan just large enough to fit. Make the marinade by combining sugar, spices, puree, onions, water, wine, and vinegar to a boil. Pour over beef; refrigerate, turning once a day for 6 days. Drain meat well, reserving marinade. Brown meat in a skillet on both sides in oil. Strain marinade, discard spices, put onions on meat. Roast at 350° for 3 to 3 1/2 hours until fork-tender. Add a little of the marinade as meat cooks. 15 minutes before the meat is done, add remaining marinade. If necessary, add more wine to make 3 c. gravy. Remove meat from gravy; keep hot. Add crushed gingersnaps to gravy stirring until thick. Serve sauerbraten sliced with buttered noodles.

Notes: *Substitute chuck roast, arm roast or family steak.