

RHEINISCHER SAUERBRATEN (BRISKET)

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

¾ c. vinegar

(12 crushed gingersnaps)

Prick brisket with fork on both sides and put in roasting pan just large enough to fit. Make 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 skillet on both sides in oil. Strain marinade, discard spices, put onions on meat. Roast at 350° for 3 to 3½ hours until fork-tender. Add a little of marinade as meat cooks. 15 minutes before 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. Serves 6.

*Substitute chuck roast, arm roast or family steak.

Mrs. Donald Humphreys, Kenmore