

# 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
- $\frac{1}{2}$  c. red wine
- $\frac{1}{4}$  c. vinegar
- 12 crushed gingersnap

## Instructions

1. Prick brisket with a fork on both sides and put in roasting pan just large enough to fit.
2. Make the marinade by combining sugar, spices, puree, onions, water, wine, and vinegar to a boil.
3. Pour over beef; refrigerate, turning once a day for 6 days.
4. Drain meat well, reserving marinade.
5. Brown meat in a skillet on both sides in oil.
6. Strain marinade, discard spices, put onions on meat.
7. Roast at 350° for 3 to 3 1/2 hours until fork-tender.
8. Add a little of the marinade as meat cooks.
9. 15 minutes before the meat is done, add remaining marinade.
10. If necessary, add more wine to make 3 c. gravy.
11. Remove meat from gravy; keep hot.
12. Add crushed gingersnaps to gravy stirring until thick.
13. Serve sauerbraten sliced with buttered noodles.

## Notes

\*Substitute chuck roast, arm roast or family steak.