

Sauerbraten

"Rump roast is marinated in spiced cider vinegar for five days, then seared and braised and served with a sour cream sauce."

Prep Time: 15 Minutes

Cook Time: 2 Hours 15 Minutes

Ready In: 5 Days 2 Hours 15 Minutes

Servings: 6

Ingredients:

2 cups cider vinegar	6 black peppercorns
2 cups water	1 bay leaf
1/3 cup brown sugar	2 onions, diced
1/2 teaspoon ground cloves	3 carrots, chopped
1/2 teaspoon ground allspice	2 stalks celery, chopped
1 tablespoon salt	4 1/2 pounds rump roast
1/2 teaspoon ground black Pepper	2 tablespoons vegetable oil
	1 cup sour cream

Directions:

1. In large saucepan over medium heat, combine cider vinegar, water, brown sugar, cloves, allspice, salt, pepper, peppercorns, bay leaf, onion, carrot and celery. Heat, stirring occasionally, until bubbles appear at edges, but do not boil.
2. Poke deep holes in roast and place in non-metal bowl. Pour vinegar mixture over roast. Cover and refrigerate for five days, turning once daily.
3. Remove roast from liquid; pat dry with paper towels. Remove bay leaf and peppercorns from liquid and discard. Strain liquid from vegetables, reserving both.
4. Heat oil in Dutch oven over medium-high heat. Sear all sides of roast quickly, 1 to 2 minutes each side. Reduce heat to low, pour reserved vegetables and 1 cup of vinegar liquid into pan. Cover and simmer 1 1/2 hours, adding more vinegar liquid if necessary.
5. Remove roast from pan, and let cool slightly. Slice roast and return slices to liquid in pan, cover and simmer 30 minutes more. Remove slices to serving platter. Stir sour cream into heated liquid and heat through, but do not allow to boil. Pour sauce over meat and serve immediately.