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## German Sauerbraten Cooking Instructions:

Thank you for purchasing our Sauerbraten

About 4 hours before you plan to serve this roast, remove it from the package. Strain and reserve the marinate liquid. Dry the meat well with paper towels, coat it on all sides with flour and a little salt & pepper.

In an 8 quart dutch oven, heat 1/4 cup vegetable oil. When oil is hot, add roast and brown on all sides. Approximately 15-20 minutes. Remove the meat. Pour off all except for about 1 table spoon of the drippings.

In the drippings over med high heat, cook 1 sliced medium onion and 2 medium sliced carrots, approximately 3 minutes. Add the meat. Add the reserved marinate, heat to boiling. Reduce heat to low, cover and simmer approximately 3 1/2 hours, turning occasionally.

Remove the meat to a platter. Spoon off and discard the fat from the drippings. add 1 tsp of salt. Over medium high heat, stir until the mixture thickens. With a wire whisk, blend in 1/2 cup of sour cream. cook, stirring, until heated through (do not boil).

Spoon the gravy over the meat on the platter  
serve remaining gravy on the side.

This sauerbraten is authentically served w/ potato pancakes, boiled  
potatoes or spatzel,  
gravy, carrots and red cabbage

We sincerely hope that you enjoy your meal!