

Published October 26th, 2011

Fabulous Friars' Oktoberfest Sauerbraten

(Serves 5-6)



Fabulous Friars' Sauerbraten Photo Susie Iventosch

leaf. Bring to a boil. Pour over roast; turn to coat, layer onions between pieces. Cover and refrigerate for 2 - 3 days, turning twice a day.

Remove roast, reserving marinade; pat roast dry. On a hot grill, brown roast on all sides in oil. (For smaller quantities you can use a Dutch oven.)

Strain marinade, reserving half of the onions and seasonings. Pour 1/3 to 1/2 of marinade and reserved onions and seasonings over roast (cover and refrigerate remaining marinade). Bring to a boil. Reduce heat; cover and simmer for 3 hours or until meat is tender.

Strain cooking liquid, discarding the onions and seasonings. Pour liquid into a large pot; bring to a rolling boil. Crush gingersnaps in processor and gradually add to marinade; simmer until gravy is thickened, adding gingersnaps as needed to thicken. If necessary, add reserved marinade. (Be careful not to add too much gingersnaps as gravy becomes too thick.)

Slice roast and serve with gravy.

*Serve Sauerbraten with red cabbage and bratwurst casserole, homemade sauerkraut, and potato latkes with sour cream and applesauce garnish.

INGREDIENTS

- 1 teaspoon salt
- 1 teaspoon ground ginger
- 2 pounds beef tri tip
- 1/3 cup water
- 1/3 cup cider vinegar
- 1 cup red wine
- 1 medium brown onion, peeled and sliced thick
- 2 tablespoons sugar
- 1 tablespoon mixed pickling spice
- 1/2 teaspoon whole peppercorns
- 1-2 whole cloves
- 1 bay leaf
- 1-2 tablespoons vegetable oil
- 1 gingersnap, crushed (for the gravy)

DIRECTIONS

Combine salt and ginger; rub into tri tip. Place meat in deep bowl or non-conductive roasting pan.

In large pot, combine water, red wine, cider vinegar, onion, sugar, pickling spice, peppercorns, cloves and bay

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