

Sauerbraten (German Pot Roast)

Yield: 9 min
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-beef-pot-roast-recipe>

Ingredients:

- 5 pounds beef eye of round
- kosher salt to taste
- 2 cups red wine
- 1 1/2 cups red wine vinegar
- 3 onions large, thinly sliced
- 1 carrot large, thinly sliced
- 1 bouquet garni 1 tbsp. pickling spices, 14 whole cloves, 8 whole black peppercorns, 3 bay leaves, 3 sprigs thyme, 2 sprigs parsley, w...
- 4 tablespoons unsalted butter
- 4 slices bacon finely chopped
- 3 tablespoons flour
- 2 tablespoons sugar
- 1/2 cup golden raisins
- 6 gingersnaps crumbled
- 1/2 lemon
- 2 tablespoons chopped parsley

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 195 milligrams
4. Fat: 49 grams
5. Fiber: 2 grams
6. Protein: 51 grams
7. SaturatedFat: 20 grams
8. Sodium: 420 milligrams
9. Sugar: 10 grams

10. TransFat: 2.5 grams

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