

Sauerbraten III

Ox-Yoke Inn - Amana, IA

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 12

4 pounds boneless bottom round of beef

1 cup vinegar

2 cups water

2 bay leaves

3 whole cloves

2 tablespoons flour

2 teaspoons salt

freshly ground pepper (to taste)

2 large onions, sliced

browned flour

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Place the meat, vinegar, water, bay leaves and cloves into an earthenware crock and let stand in a cool place for two or three days. Baste frequently and turn over once per day.

Then drain the meat, reserving the liquid. Sprinkle the meat with the flour, salt and pepper. Brown in hot fat on all sides. Add the marinade and onions. Cover. Cook slowly for one and one-half hours or until tender.

Remove the meat. Strain the liquid and thicken with browned flour to make a rich, brown gravy. Slice the meat and add to the gravy.

To brown flour, place it in a heavy skillet or pan and stir over the heat until the flour becomes brown.

Per Serving (excluding unknown items): 20 Calories; trace Fat (13.8% calories from fat); trace Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 361mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	20
% Calories from Fat:	13.8%
% Calories from Carbohydrates:	78.9%
% Calories from Protein:	7.3%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	5g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
Protein (g): trace
Sodium (mg): 361mg
Potassium (mg): 68mg
Calcium (mg): 19mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 10IU
Vitamin A (r.e.): 1RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 20 Calories from Fat: 3

% Daily Values*

Total Fat	trace	1%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	361mg	15%
Total Carbohydrates	5g	2%
	Dietary Fiber 1g	4%
Protein	trace	

Vitamin A		0%
Vitamin C		4%
Calcium		2%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*