

Sauerbraten with Gingersnap Gravy and Sweet and Sour Red cabbage

Susan Hones- Bayshore, NY

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Servings: 8

*3 1/2 to 4 pounds beef
chuck roast
2 onions, sliced
1 carrot, coarsely chopped
2 bay leaves
2 tablespoons pickling
spices
1 1/2 cups red wine vinegar
1 cup boiling water
2 tablespoons shortening
SWEET and SOUR RED
CABBAGE
2 to 3 pounds red cabbage
2 tablespoons sugar
2 tablespoons red wine
vinegar
2 bay leaves
GINGERSNAP GRAVY
2 1/2 cups drippings and
water
12 to 20 gingersnap cookies*

Preparation Time: 1 hour

Cook Time: 3 hours

Place the meat in a 3 to 4 quart glass dish.

In a bowl, mix the onion, carrot, bay leaves, pickling spices, vinegar and water. Pour over the meat. Cover tightly. Refrigerate for three or four days, turning the meat twice per day.

Remove the meat from the marinade. Strain the marinade and save.

In a Dutch oven, melt the shortening. Brown the meat. Add the marinade to the Dutch oven. Add enough water to completely cover the meat. Cover tightly. Simmer for 2-1/2 to 3 hours or until the meat is tender. Remove the meat and keep warm.

While the meat is cooking, shred the cabbage. In a saucepan large enough to hold enough liquid to completely cover the cabbage when it is added, bring to a boil approximately two cups of water. Add the sugar, wine vinegar and bay leaves. Boil until the sugar is completely dissolved. Add the red cabbage and cover tightly. Simmer until tender, about 20 minutes.

After the meat has been removed from the Dutch oven, strain the liquid and drippings. Return to the Dutch oven. Measure and add water to measure 2-1/2 cups of liquid. Bring to a boil. Break up and add the gingersnap cookies, stirring constantly. As the cookies are absorbed into the liquid, the gravy will automatically thicken (add more cookies if not thick enough).

Best when served with regular egg noodles, Bisquick dumplings or potato dumplings.

Per Serving (excluding unknown items): 142 Calories; 7g Fat (40.0% calories from fat); 4g Protein; 19g Carbohydrate; 1g Dietary Fiber; 8mg Cholesterol; 84mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 Fat; 1 Other Carbohydrates.