



RHEINISCHER SAUERBRATEN

- 4 Pound Beef Rump Roast
- 2 Cups Wine Vinegar
- 2 Cups Water
- 1 Large Bay Leaf
- 4 Whole Cloves
- 1 Teaspoon Peppercorns
- ½ Teaspoon Mustard Seed
- 2 Medium Onions, Sliced Thin
- 2 Teaspoons Salt
- ¼ Cup Sugar
- ¼ Cup Brown Sugar
- 1 Cup half and Half

DIRECTIONS

1. Bring vinegar, water, bay leaf, cloves, peppercorns, mustard seeds, salt, and sugar to a boil.
2. Place uncooked roast in large bowl and pour hot sauce over the meat.
3. Cover and refrigerate for 2 days, turning once or twice.
4. Remove meat from marinade and pat dry.
5. Heat ¼ cup olive oil in a large Dutch oven.
6. Brown roast on all sides.
7. Add marinade and onion, cover and simmer in a 350 degree oven for 2 ½ to 3 hours.
8. Spread brown sugar over roast and cook 5 minutes to melt the sugar.
9. Remove meat to a warm platter.
10. Strain drippings, then return to pan.
11. Thicken with a little bit of flour.
12. Slowly stir in cream – do not boil.
13. Slice meat and spoon gravy over top.