

QUICK SAUERBRATEN

- 4-pound beef rolled rump roast
- 1 package (4/5 ounce) instant meat marinade
- 2/3 cup white vinegar
- 1 medium onion, sliced
- 2 bay leaves
- 1 teaspoon pickling spice
- 1/4 teaspoon pepper
- 2 tablespoons shortening
- 2 tablespoons flour
- Gingersnap Gravy (below)

Place meat in deep skillet or Dutch oven. Mix marinade and vinegar; pour over meat. With sharp fork, pierce surface of meat; marinate 15 minutes, turning occasionally.

Add onion, bay leaves, pickling spice and pepper. Cover tightly; simmer on top of range or in 325° oven 3 hours. Remove meat.

Strain drippings and discard spices. Measure drippings and add water to measure 2 1/2 cups liquid. Melt shortening in skillet. Blend in flour. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Gradually stir in liquid. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Add meat; cover and simmer 30 minutes or until tender, turning meat once. Place meat on warm platter; keep warm while preparing Gingersnap Gravy. Serve gravy with meat.

10 TO 12 SERVINGS.

GINGERSNAP GRAVY

Stir 1/3 cup crushed gingersnaps and 1 teaspoon sugar into gravy in pan. Heat to boiling, stirring constantly. Boil and stir 1 minute.

ABOUT 2 CUPS.

VARIATION

■ *Sauerbraten Dinner:* Simmer meat 3 1/2 hours. Remove and keep warm. (This is the only cooking period for meat.) Omit shortening and flour; stir 12 gingersnaps, crushed, and 2 teaspoons sugar into the 2 1/2 cups liquid (strained drippings plus water) and return to skillet or Dutch oven. Add 2- to 3-pound red cabbage, cut into 10 to 12 wedges; cover and heat to boiling. Prepare Dumplings (page 50); drop dough onto wedges. Cook uncov-

and gains new recipes: Chef's Pig, Croquettes, w, Shepherd's

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rib)

Dutch oven; about 15 min-
ppper.

let and cover
r in 325° oven
eat on warm
g, gravy. Serve

roast can be used

beef blade pot-

a bowl, leav-
it rise to top
1/4 cup. Place
p all-purpose
until mixture
heat.

measure 2 cups
Heat to boil-
1 minute.

1/2 teaspoons
on ginger, 1/4
egar. Reduce
asionally.