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Oma's German Sauerbraten Recipe

Ingredients:

- 2 Tbsp oil, bacon fat, or butter
- approx 2 lb bottom round beef roast
- 2 onions, diced
- 2 carrots, diced
- 1 rib celery, diced
- ½ cup red wine vinegar
- ½ cup red wine
- ½ cup beef broth
- 4 bay leaves
- salt and lots of freshly ground pepper
- 1 tsp granulate sugar (optional)

Instructions:

1. Put Instant Pot onto Sauté. Add oil, bacon fat, or butter and brown meat on all sides.
2. Remove meat and add diced onions, carrots, and celery and sauté for a few minutes until slightly softened.
3. Return meat. Add liquids and bay leaves. Sprinkle with about ½ tsp salt and lots of freshly ground pepper.
4. Seal Instant Pot lid and set to manual, Hi pressure, 40 minutes.
5. Do a 10 minutes natural pressure release and then a quick release.
6. Remove meat and let rest, covered, while you make the gravy.
7. Use an immersion blender to blend the veggies into the cooking liquid. Season with additional salt, freshly ground pepper, and sugar (if using.) If desired, you can thicken further with a cornstarch slurry (1 Tbsp cornstarch mixed with 1 Tbsp cold water)
8. Makes 4 - 6 servings.

Hints:

- If you wish you can brown the meat and veggies in a separate saucepan, deglaze with the liquids, and then put it all into the pressure cooker. Whichever is easier for you.
- Omit red wine vinegar and use ½ cup red wine and 1 cup beef broth for a less sour flavor.