



Beer Bratwursts

READY IN



60 min.

SERVINGS



8

CALORIES



2469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 24 ounce lager beer
- ☐ 2.5 pounds bratwurst fresh
- ☐ 1 teaspoon caraway seeds
- ☐ 4 cloves garlic smashed
- ☐ 1 piece ginger thinly sliced
- ☐ 6 italian-bread segents
- ☐ 1 large onion cut into wedges
- ☐ 4 tablespoons butter unsalted

- ☐ 8 servings whole-grain mustard for serving
- ☐ 8 servings toppings assorted for serving (below)
- ☐ 8 servings toppings assorted for serving (below)

Equipment

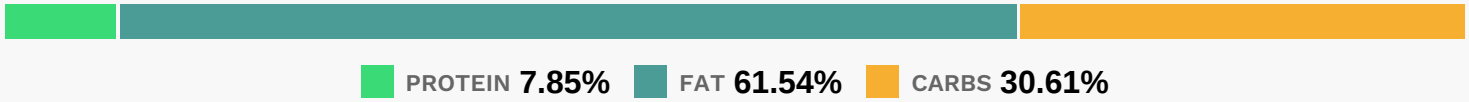
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ grill

Directions

- ☐ Combine 6 cups water, the beer, onion, garlic, ginger, caraway seeds, bay leaves and cloves in a large pot over medium-high heat; bring to a gentle simmer and cook 10 minutes.
- ☐ Add the bratwursts, return to a simmer and cook until almost done (the meat should still be slightly pink in the center), about 15 minutes.
- ☐ Remove from the heat and let the bratwursts cool completely in the cooking liquid, about 1 hour.
- ☐ Preheat a grill to medium high.
- ☐ Transfer 2 cups of the cooking liquid to a small saucepan over medium heat.
- ☐ Add the butter and bring to a boil; cook until the butter melts, about 1 minute.
- ☐ Grill the bratwursts, occasionally turning and basting with the butter mixture, until marked and cooked through, 10 to 12 minutes.
- ☐ Serve on rolls with mustard and other toppings.
- ☐ Sweet-and-Sour Onions
- ☐ Cook 2 chopped red onions in a skillet with 2 tablespoons olive oil over medium-high heat, stirring, until golden, about 8 minutes.
- ☐ Add 1/2 teaspoon caraway seeds; cook, stirring, 30 seconds.

- ☐ Add 1/4 cup red wine vinegar, 1 tablespoon brown sugar and 1/2 teaspoon kosher salt; cook, stirring until the onions are glazed, 1 minute.
- ☐ Let cool completely.
- ☐ Bell Pepper Relish
- ☐ Pulse 1 each chopped yellow bell pepper and orange bell pepper, 4 each chopped radishes and scallions, 1 chopped celery stalk and 1 garlic clove in a food processor until finely chopped.
- ☐ Whisk 2 tablespoons each cider vinegar and chopped parsley, 1 tablespoon olive oil, 2 teaspoons brown sugar, 1/2 teaspoon each celery salt and kosher salt, and pepper to taste in a large bowl.
- ☐ Add the vegetable mixture; toss to coat.
- ☐ Smoky Beer Cheese
- ☐ Combine 1/4 pound each shredded sharp cheddar and smoked gouda, 1 minced garlic clove, 1/2 cup lager beer, 2 teaspoons hot sauce, 1/2 teaspoon kosher salt, and pepper to taste in a food processor; pulse until smooth.
- ☐ These toppings also taste great on burgers or hot dogs.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:30.568260700806%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 2468.98kcal (123.45%), Fat: 167.24g (257.29%), Saturated Fat: 83.03g (518.93%), Carbohydrates: 187.22g (62.41%), Net Carbohydrates: 174.65g (63.51%), Sugar: 105.88g (117.65%), Cholesterol: 119.94mg (39.98%), Sodium: 2520mg (109.57%), Alcohol: 3.32g (100%), Alcohol %: 0.7% (100%), Protein: 47.97g (95.94%), Vitamin B3: 22.61mg (113.04%), Selenium: 58.9µg (84.14%), Vitamin B1: 1.15mg (76.88%), Folate: 227.73µg (56.93%), Fiber: 12.58g (50.3%), Vitamin B2: 0.78mg (45.64%), Iron: 8.11mg (45.03%), Phosphorus: 449.01mg (44.9%), Potassium: 1303.21mg (37.23%), Zinc: 5.4mg (36%), Vitamin B6: 0.55mg (27.51%), Magnesium: 98.47mg (24.62%), Vitamin B12: 1.06µg (17.73%), Vitamin D: 1.66µg (11.09%), Vitamin B5: 1.04mg (10.35%), Copper: 0.17mg (8.63%), Calcium: 57.02mg (5.7%), Manganese: 0.1mg (5.22%), Vitamin K: 5.49µg (5.22%), Vitamin A: 189.95IU (3.8%), Vitamin E: 0.56mg (3.75%), Vitamin C: 1.98mg (2.4%)