



Venison Sauerbraten

READY IN



300 min.

SERVINGS



6

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound roast of venison (or beef chuck)
- ☐ 0.3 cup olive oil extra virgin melted
- ☐ 8 gingersnap cookies
- ☐ 3 Tbsp butter
- ☐ 2 Tbsp flour
- ☐ 6 servings salt
- ☐ 1 bottle red wine
- ☐ 0.5 cup red wine vinegar
- ☐ 2 cups water

- ☐ 1 Tbsp peppercorns black
- ☐ 1 Tbsp juniper berries
- ☐ 1 Tbsp mustard seed
- ☐ 6 cloves
- ☐ 3 bay leaves
- ☐ 1 Tbsp thyme leaves dried
- ☐ 2 celery stalks chopped
- ☐ 2 carrots peeled chopped
- ☐ 1 medium onion chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ aluminum foil
- ☐ dutch oven

Directions

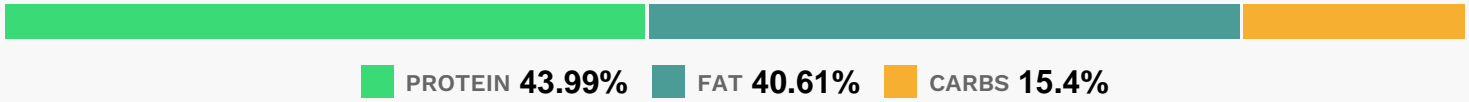
- ☐ Marinate the venison: Put marinade ingredients (wine, vinegar, water, peppercorns, juniper, mustard, cloves, bay leaves, thyme, celery, carrots and onion) in a pot and bring to a boil.
- ☐ Turn off heat and allow the marinade to cool.
- ☐ Submerge the venison in the marinade and refrigerate for at least 24 hours, and up to 5 days. Three days is a good length of time for this.
- ☐ When you are ready to cook, remove the roast from the marinade and sprinkle it all over with salt. Set it aside for 15–20 minutes or so.
- ☐ Preheat the oven to 275°F. Actually, 225°F is a better temperature, but the roast can take up to 8 hours to properly cook then; this is what I do at home on weekends. At 275°F, the roast

will probably take about 5 hours to cook. You can go up to 300°F – a typical venison roast will be ready in 3 1/2 hours at this temperature – but you will get gray, not pink, meat. It will still taste good, though.

- ☐ Brown venison in butter or oil (optional): Now you have an optional step: You can, if you choose, brown the venison in butter or oil. I chose not to because if you then simmer the venison at a low enough temperature, it will remain pink all the way through. If you brown the outside, you will get a gray ring around the edge of the venison when you cut into it. Either way is fine.
- ☐ Pour the marinade into a Dutch oven or other lidded, oven-proof pot and bring it to a boil.
- ☐ Add the venison to the pot. Cover and put in the oven.
- ☐ If the venison is not submerged by the marinade, turn the roast over every hour. This is also a good way to test for doneness – you want the roast to almost be falling apart.
- ☐ The roast should take between 3 1/2 to 8 hours to cook, depending on the oven temperature. At 275°F, it should take about 5 hours to cook.
- ☐ Remove roast from oven and coat with oil or melted butter: When the roast is done (completely tender), take it out of the pot and coat it with some of the 1/4 cup olive oil or melted butter. Reserve the rest of the oil or butter for later. Wrap it in foil.
- ☐ the sauerbraten sauce: Sauerbraten is all about the sauce. Strain the cooking liquid through a fine-meshed sieve into a bowl.
- ☐ Take the 8 gingersnap cookies and pulverize them in a blender. You want it to look like a rough meal or coarse flour.
- ☐ In a medium-sized pot, melt 3 tablespoons of butter over medium-high heat. When it is frothing and totally melted, whisk in 2 tablespoons flour. Cook the roux until it is the color of coffee-and-cream, stirring often.
- ☐ Slowly whisk in the strained cooking liquid, one cup at a time. The mixture will turn to clay at first, then loosen into a silky sauce.
- ☐ Taste for salt – it will probably need it – and add enough to your taste.
- ☐ Whisk in 4 tablespoons of the pulverized gingersnaps. They will not dissolve completely at first, but keep stirring and they will disappear.
- ☐ Taste the sauce.
- ☐ Add another tablespoon of gingersnaps if you want, or add a tablespoon of sugar.
- ☐ The sauce should taste sour, warm (a pumpkin pie sort of spicy warm) and a little zippy and sweet.

- ☐ serve, slice the roast into 1/4 inch thick slices. Venison can be dry – it has zero fat – so one trick I do is to coat each slice in melted butter before I serve it. You'll need about 1/2 stick melted to do this trick.
- ☐ Serve with lots of sauce, some braised onions, and either mashed potatoes, egg noodles, or spaetzle. A hearty red wine would be an ideal match here, as would a dark, malty beer.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:3.11, Inflammation Score:-10, Nutrition Score:34.53565256492%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg, Petunidin: 2.47mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg, Malvidin: 17.3mg Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg, Peonidin: 1.56mg Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg, Catechin: 8.93mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg, Epicatechin: 4.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg, Naringenin: 2.21mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 595.94kcal (29.8%), Fat: 22.17g (34.11%), Saturated Fat: 7.37g (46.04%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 16.85g (6.13%), Sugar: 4.5g (5%), Cholesterol: 208.04mg (69.35%), Sodium: 434.94mg (18.91%), Alcohol: 13.25g (100%), Alcohol %: 3.2% (100%), Protein: 54.04g (108.07%), Vitamin B12: 14.32µg (238.72%), Vitamin B3: 15.51mg (77.57%), Vitamin A: 3623.44IU (72.47%), Vitamin B2: 1.2mg (70.37%), Iron: 10.43mg (57.97%), Phosphorus: 526.41mg (52.64%), Vitamin B6: 0.99mg (49.33%), Manganese: 0.9mg (45.15%), Vitamin B1: 0.58mg (38.68%), Selenium: 26.08µg (37.25%), Zinc: 5.22mg (34.81%), Copper: 0.69mg (34.36%), Potassium: 1057.87mg (30.22%), Vitamin K: 27.65µg (26.34%), Magnesium: 87.33mg (21.83%), Vitamin E: 2.29mg (15.26%), Folate: 35.14µg (8.79%), Fiber: 2.07g (8.28%), Calcium: 71.24mg (7.12%), Vitamin C: 3.15mg (3.82%), Vitamin B5: 0.21mg (2.06%)