

SAUERBRATEN

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
467 cal	19 g	36 g	27 g	114 mg	491 mg	51 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,POT ROAST,RAW	40 lbs		
WATER	15-2/3 lbs	1 gal 3-1/2 qts	
VINEGAR,DISTILLED	9-3/8 lbs	1 gal 1/2 qts	
SUGAR,BROWN,PACKED	1-1/4 lbs	1 qts	
SALT	3 oz	1/4 cup 1 tbsp	
MUSTARD,DRY	4 oz	1/2 cup 2 tbsp	
CLOVES,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/3 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	3/8 oz	12 each	
ONIONS,FRESH,CHOPPED	4 lbs	2 qts 3-3/8 cup	4-1/2 lbs
CARROTS,FRESH,SLICED	3-1/8 lbs	2 qts 3-1/8 cup	3-3/4 lbs
CELERY,FRESH,CHOPPED	2-3/8 lbs	2 qts 1 cup	3-1/4 lbs
RESERVED LIQUID	27-1/8 lbs	3 gal 1 qts	
COOKIES,GINGERSNAPS,CRUSHED	2 lbs		

**Method**

- 1 Place roasts in a steam-jacketed kettle or stock pot.
- 2 Combine water, vinegar, sugar, salt, mustard flour, cloves, pepper, garlic, bay leaves, onions, carrots and celery.
- 3 Pour mixture over beef; bring to a boil; cover. Simmer 3-1/2 to 4 hours or until tender; turn roasts every hour. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Remove beef and bay leaves. Reserve 3-1/4 gallons marinade. Let beef stand 20 minutes; slice 1/8-inch thick. Arrange 50 portions in each steam table pan.
- 5 Bring marinade to a boil; add cookie crumbs, simmer until crumbs are dissolved, stirring constantly. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 6 Pour 6-1/2 quarts gravy over beef in each pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 5, a mixture of 1 pound 8 ounces or 1-1/2 quarts flour and 1 quart water may be used for thickening instead of cookie crumbs.