



AMERICAN (PENNSYLVANIA DUTCH)

Pennsylvania Dutch Beef and Sauerkraut

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	3 hr 15 min	Braise	Brisket

Ingredients

- 1.4 kg (3 lb) beef brisket, flat cut
- 1½ tsp salt
- ½ tsp black pepper
- 1 tbsp lard or vegetable oil
- 1 onion, sliced
- 900 g (2 lb) sauerkraut, drained and lightly rinsed
- 2 tart apples, cored and sliced
- 2 tbsp brown sugar
- 1 tsp caraway seeds
- 375 ml (1½ cups) beef stock or water
- Mashed potatoes, to serve

Steps

1. Heat the oven to 160°C (325°F). Pat the brisket dry and season with salt and pepper.
2. Heat the lard in a Dutch oven over medium-high heat. Brown the brisket for 5 minutes per side. Move it to a plate.
3. Cook the onion in the pot for 5 minutes, until soft, scraping up the browned bits.
4. Stir in the sauerkraut, apples, brown sugar and caraway. Nestle the brisket fat side up into the kraut and pour in the stock.
5. Cover and braise in the oven for 3 hours, until a fork slides easily into the thickest part.
6. Lift out the brisket and rest it for 10 minutes. Stir the kraut and taste; add a little more sugar if it's too sharp.
7. Slice the brisket thinly against the grain and serve on the sauerkraut with mashed potatoes.

Notes

- **Tradition:** pork and sauerkraut is the New Year's dish, but beef was just as common on farm tables through the winter.
- **Milder kraut:** rinse it twice for a gentler flavour, or not at all if you like it sour.
- **Other cuts:** chuck roast works the same way.
- **Slow cooker:** brown the brisket and onion first (steps 2–3), then cook everything on low 8 hr or high 5 hr. Drain the kraut well, since a slow cooker will not reduce the liquid.
- **Make ahead:** it is even better the next day. Keeps 3–4 days; freeze 3 months, thaw overnight and reheat to steaming hot.
- **Twist:** for a sweeter, fruitier kraut, swap half the stock for unsweetened apple juice.