



Sauerbraten & Kartoffelklöße

Braised beef and potato dumplings



Serves 8-10

Recipe by Kirsten Bacon, The Kingborough Cook

INGREDIENTS FOR SAUERBRATEN

- 1.5–2 kg beef roast (rump, chuck, or brisket)
- 2 cups red wine
- 1 cup red wine vinegar
- 2 cups beef stock
- 2 onions, sliced
- 2 carrots, chopped
- 2 cloves garlic, crushed
- 2 bay leaves
- 6 juniper berries
- 6 whole cloves
- 1 tsp black peppercorns
- 2 tbsp oil or lard
- 8–10 ginger snap biscuits, crushed (for thickening)
- Salt & pepper to taste

DIRECTIONS FOR SAUERBRATEN

1. Marinate the beef: In a large bowl, combine wine, vinegar, onions, carrots, garlic, bay leaves, juniper, cloves, and peppercorns. Submerge beef, cover, and refrigerate for 2–3 days, turning daily.
2. Brown the meat: Remove beef from marinade (reserve liquid and vegetables). Pat dry. In a large pot, heat oil and brown the meat on all sides.
3. Braise: Add reserved marinade and vegetables. Pour in beef stock to almost cover meat. Cover and simmer on low (or 160°C oven) for 2.5–3 hours until tender.
4. Make the gravy: Remove beef. Strain liquid, discard solids, return liquid to pot, and simmer. Whisk in crushed ginger snaps until thickened. Adjust seasoning.
5. Slice & serve with gravy.



Sundays

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INGREDIENTS FOR KARTOFFELKLÖSSE

- 1 kg potatoes (waxy or all-purpose)
- 1 egg
- 3–4 tbsp potato starch or flour
- Pinch of nutmeg
- Salt

SERVE WITH:

- Red cabbage
- A hearty Tassie beer

DIRECTIONS FOR KARTOFFELKLÖSSE

1. Boil potatoes until tender. Peel and mash while warm.
2. Mix in egg, starch/flour, nutmeg, and salt to form a dough.
3. Shape into balls (golf-ball size).
4. Drop into gently simmering salted water. Cook until they float (10–15 mins).
5. Drain and serve with the meat.

SAUERBRATEN & KARTOFFELKLÖSSE A MEMORY FROM MY APPRENTICESHIP

“During my apprenticeship my boss, Ursula Wuttke, would prepare the most incredible beef dish called Sauerbraten - tender, marinated beef slowly braised to perfection, served with a rich, piquant sauce that filled the kitchen with an irresistible aroma. Alongside it, she would make Kartoffelklöße (potato dumplings) perfect for soaking up every drop of that beautiful gravy.

To me, this dish represents not just German culinary tradition, but also dedication and craft, patience, precision, and the joy of sharing something truly special at the table.”

Kirsten Bacon, The Kingborough Cook