



Sauerbraten Meatballs

Ingredients:

Meatballs

1 1/2 lbs ground beef or meatloaf mix
3/4 cup dried breadcrumbs
2 Tbsp dried onion flakes
1/2 cup milk
1 egg
1 tsp kosher salt 1/4 t black pepper
1/4 tsp ground cloves
1/4 tsp ground allspice
1/4 tsp ground ginger
2 Tbsp oil

Gravy

1/4 cup flour or 2 Tbsp potato starch
2 cups beef broth or stock
1/2 cup apple cider vinegar
1/2 red wine
1/2 cup firmly packed brown sugar
1 bay leaf
3/4 Tbsp ground ginger
1/8 tsp ground cloves
1/8 tsp allspice
1/8 tsp black pepper
Kosher salt and pepper to taste.

Directions:

In a medium-sized bowl, mix all ingredients thoroughly with your hands. Shape into small meatballs.

Heat canola oil in a large cast iron skillet or nonstick pan. Add a few meatballs at a time to the hot pan. Be careful not to overcrowd the pan. Brown the meatballs on all sides and remove them from the pan.

After removing the meatballs from the pan, sprinkle flour or potato starch over the drippings. Whisk flour or potato starch into the pan drippings, creating a roux. Add a tbsp of butter or canola oil if there aren't enough pan drippings to make a roux.

Add the beef broth, apple cider vinegar, and red wine to a large measuring cup or bowl. Stir to combine. Whisk the ground ginger, cloves, and allspice into the roux. Cook until the roux is bubbling.

Whisking briskly, add the beef broth, apple cider vinegar, and red wine mixture to the roux. Whisk until smooth, getting rid of any lumps.

Add the brown sugar, black pepper, and bay leaf. Cook until the gravy thickens. Taste and adjust the seasoning, adding kosher salt & pepper to taste. Use water or beef broth if the gravy is too thick, 1 Tbsp at a time.

Add the meatballs to the gravy and stir to coat the meatballs thoroughly. On low heat, cook the meatballs for 30 minutes in the gravy, stirring often and gently. Add water or beef broth 1 Tbsp at a time if the gravy becomes too thick.

Remove from pan. Serve with buttered spätzle, noodles, or mashed potatoes. Enjoy! Serves 4-6

