

Zoervleis (Sauerbraten)

Serves 4

Ingredients

- 800 grams of top round foal or horse meat, cubed; alternatively, use top round beef steak
- 4 dl of water
- 4 dl of vinegar
- 500 grams of onions
- 5 tablespoons of pear syrup
- 2 slices of gingerbread
- 3 bay leaves
- 2 cloves
- freshly ground pepper
- salt

Method

Marinate the meat for 24 hours in the water and vinegar solution (50\50) with the salt, pepper, bay leaves and cloves. Drain the meat thoroughly and fry it. Once cooked, add the marinade. Fry the roughly chopped onions in a separate pan and add them to the meat.

Allow the entire pan to simmer for approximately 2 hours in the marinade. Remove the foam from time to time. Once the meat is cool, add the slices of gingerbread and the pear syrup to thicken the sauce. Add salt and pepper to taste.

If you wish to add a little more sweetness to balance the acidity, add some more pear syrup.

Garnishes

A traditional dish like Zoervleis needs a traditional garnish. Choose:

- apple sauce
- mayonnaise
- homemade thick-cut chips, fried the proper way: in two-thirds tallow and one-third lard.

Enjoy your chic meal!

l'équipe Sjiek

Café Sjiek

Fondé en 1982

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