

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Limpurg Ox (Germany)

Marinated Limpurg beef

Cristoph Friese

For 4 people

1.5 kilograms of Limpurg beef

2 onions

1 carrot

8 juniper berries

4 cloves

2 bay leaves

sugar

wine vinegar

butter

lard

tomato sauce

red wine

beer

125 grams of sour cream

dark rye bread

black pepper

salt

Preparation and cooking time: 3 days + 3 hours

Clean and chop the onions and carrot and put them in a saucepan with the juniper berries, cloves, bay leaves, some sugar, and some salt. Add some water and wine vinegar to make a broth, and cook over low heat for 5 minutes. Set the pot aside and let the broth cool.

Clean the beef, submerge it in the broth, and leave in the refrigerator for 3 days, turning it once a day.

Preheat the oven to 180° C. Remove the meat from the marinade, dry it, and sprinkle with black pepper. In a heavy pot or Dutch oven, melt some lard and brown the beef on all sides. Add the tomato sauce and some red wine and beer. Filter the marinating broth and add it to the meat. Roast in the oven for about 2 hours. After 1 hour, add the bread.

When the meat is cooked, remove it from the pot but keep it warm. Mix some sour cream into the sauce before serving it with the meat.