

BRATWURST WITH APPLES, ONION AND SAUERKRAUT



Ingredients

Servings: 6

- 1 teaspoon caraway seeds
- 1 teaspoon fennel seeds
- 1/2 tablespoon cornstarch
- 1/2 tablespoon water
- 1/2 teaspoon ground black pepper
- 4 cups sauerkraut, rinsed, drained, squeezed dry
- 1 large onion, halved lengthwise, thinly sliced crosswise
- 3 large Golden Delicious apples, peeled, cored, thinly sliced
- 6 whole smoked bratwursts (about 1 pound), pierced all over with skewer
- 4 bay leaves
- 1 cup beef broth
- 2 tablespoons dry white wine
- 2 tablespoons barbecue sauce or ketchup
- 1 1/2 tablespoons butter, melted
- Bread, pumpernickel or whole grain
- Position a rack in the center of the oven; heat to 400 F.
- Place the caraway seeds and fennel seeds in a small plastic bag. Crush the seeds with a mallet. Add the black pepper. Shake to blend.
- Combine the cornstarch with the water and blend to smooth. Fold into the sauerkraut. Spread the sauerkraut over the bottom of a 13-by-9-by-2-inch glass or ceramic baking dish. Sprinkle 1/3 of the spice mixture over it. Arrange the onion slices over it; sprinkle with 1/2 of the remaining spice mixture. Spread 1/2 of the apple slices on top, and then sprinkle with the remaining spice mixture. Place the bratwurst over apples, and then arrange the remaining apple slices around the bratwurst. Tuck in the bay leaves.
- Mix the broth, wine and barbecue sauce or ketchup. Pour the broth mixture evenly over the bratwursts. Cover tightly with foil. Roast the bratwurst for 45 minutes.
- Uncover; brush with melted butter. Roast uncovered until the edges of the apples and sausages begin to brown, about 25 minutes. Serve with bread.

