**German Pork and Sauerkraut**

* 4 pound pork roast - boneless and at room temperature (this is important!)
* 2 pounds sauerkraut (I do not rinse mine)
* 1 Tbl caraway seeds
* 1 cup chopped yellow onion
* 1/2 cup light brown sugar
* 1 tsp kosher salt
* 1 tsp black pepper
* 1 tsp mustard powder
* 1/2 tsp smoked paprika
* 1 cup Riesling (or other open white wine)
* 2 Tbl olive oil

*Instructions*

1. Preheat oven to 325F, rack in the middle.
2. Pat the pork dry and sprinkle the entire roast with salt, pepper, smoked paprika and mustard powder
3. Heat a large non-stick pan over medium-high heat and add in the olive oil.
4. When the olive oil starts to simmer carefully place the pork roast in.
5. Sear on all sides until golden brown - ~5-8 minutes per side.
6. In a lidded [6qrt Dutch Oven](http://astore.amazon.com/thekitcwhis-20/detail/B000N501BK" \t "_blank) place the sauerkraut all over the bottom.
7. Sprinkle over the caraway seeds, onions and brown sugar.
8. Place the seared pork roast on top nestling it in the sauerkraut.
9. Add the white wine.
10. Cover tightly with a lid and bake for about 2 hours or until a meat thermometer reads 150F.
11. Remove from the oven.
12. Carefully remove the roast from the pan and place on a cutting board covering loosely with foil.
13. Allow to cool for about 15 minutes before slicing.

*Notes*

If you want to make this in the crock pot, pan sear the meat following the recipe and in the bottom of a 6qrt crock pot add in the sauerkraut, caraway seeds, onions, brown sugar and pork, and white wine. Cover and cook on low for about 8-9 hours.

Enjoy!