

Oven Braised Beer Brats with Caramelized Onions - Hearty and Irresistible

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OVEN
375°F

TIME
20 min

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INGREDIENTS

- 6 bratwurst sausages
- 2 large onions, thinly sliced
- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 teaspoon sugar
- 1 teaspoon salt
- 12 oz beer (lager or ale works best)
- 2 teaspoons Dijon mustard
- Fresh thyme or parsley, for garnish

DIRECTIONS

- 1.** Preheat & Prep: Preheat your oven to 375°F (190°C).
- 2.** Caramelize the Onions: In a large ovenproof skillet or Dutch oven, heat the olive oil and butter over medium heat. Add onions, sugar, and salt. Cook, stirring occasionally, until onions are deeply golden and soft-about 15-20 minutes.
- 3.** Brown the Brats: Push the onions to the edges of the skillet and place the bratwursts in the center. Brown them for 2-3 minutes per side, just to sear.
- 4.** Braise in Beer: Pour in the beer and stir in Dijon mustard. Spoon some onions over the sausages.
- 5.** Oven Time: Transfer the skillet to your preheated oven and braise uncovered for 30-35 minutes, turning sausages once halfway through. The beer will reduce to a flavorful glaze, coating the brats and onions.
- 6.** Garnish & Serve: Remove from the oven, top with fresh thyme or parsley, and serve hot.

TIPS FOR SUCCESS

Use a lager or amber ale for balanced flavor-not too hoppy, not too light Add a splash of apple cider vinegar at the end for brightness Pair with spicy mustard or grainy Dijon on the side Swap brats for Italian sausages if desired

More recipes: [ChefManiac.com](https://chefmaniac.com)

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