**Ingredients**

* A package of brats (usually 5 to a pack) and make sure they're free of gluten, soy, nitrates, sugar and all the other gnarly stuff (Store Made with Apple)
* A good quality natural hard apple cider (gluten free, of course) that comes in a 12 ounce bottle (Thornbury Cider)
* Half a white or yellow onion
* A bay leaf
* Bacon grease or freshly rendered lard---which is my preference

**Instructions**

1. Break out your Dutch oven (or any thick-bottomed pot with a fitted lid) and heat it to medium or medium-high---whatever will get you a good sear on your brat.
2. Melt two to three tablespoons of lard (or bacon grease) and add the brats. Once the brats are in the pan, don't move them around until it's time to flip them over. The goal is to get a deep brown crust on two sides before adding the braising liquid. If you're constantly stirring and moving, they won't sear properly.
3. While the brats do their thing, slice about a half cup's worth of white or yellow onion.
4. Once the brats are seared, toss in the sliced onion and bay leaf. Give everything a good stir and pour in a 12 ounce bottle of hard apple cider.
5. Bring to a boil first before reducing the heat to low and covering the pot. Let braise for 20 to 25 minutes. The hard cider reduces into a sweet and tangy sauce and the lard gives it a silky texture. It's fantastic!
6. Serve the brats with sauerkraut and some of that delicious sauce spooned over the top. If you're in the mood to get crafty in the kitchen, I definitely recommend taking a minute to review Stupid Easy Paleo's tutorial on [how to make homemade sauerkraut](http://stupideasypaleo.com/2012/05/16/make-your-own-sauerkraut/). It will do good things for the health of your gut.