



Searing

Searing is the true way to fast & flavorful food THAT'S HEALTHY!

It yields delicious flavor by browning and caramelizing your ingredients, be it veggies or protein.

Searing is also the key to getting through the week without a meal plan.

What is Searing?

Using high heat to brown your food and create an outer layer on caramelization.

Brown = Flavor

The Method of Searing

Smoking hot pan

Oil

Just a enough to coat the pan

Don't be afraid to add more once your ingredient has begun to cook

Don't crowd the pan

If you don't give your ingredients enough space, they will steam.

Nothing should be touching each other!

Don't touch it!

If you move your ingredients and mixing - they will not brown.

Let them cook until the bottom edges begin to brown, then check 1 time.

Searing takes bravery - smoke, sound and color are a beautiful thing!

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