



Braising

Braising is often referred to as the “low and slow” approach to cooking large, tough cuts of meat or hard, fibrous vegetables.

Often times, homecooks are braising food and just don’t know it!

Braising is one of my favorite methods of cooking because it is almost all hands off cooking and yields delicious meals.

Braising is great for batch cooking big meals or preparing for a party!

The Method of Searing

Braising is done in five steps and whether you are cooking pork shoulder or fennel, the process is the same each time.

The Cook

1. **SEASON**
2. **SEAR YOUR MEAT** & remove
3. **BROWN VEGETABLES**
4. **DEGLAZE** your pan with a flavorful liquid that comes $\frac{3}{4}$ of the way up our product
5. Add everything back in & **SIMMER** in the lid on! (oven or stove top)

The Sauce

Braised Meat	Braised Vegetables
Strain your braising liquid and cook it down by half to create a yummy sauce. OR Blend everything in your pot to make a nice, thick sauce & strain.	If you are braising vegetables, you can simply add a bit of salt and pepper to the sauce in your pan to finish it off.

Kim Calichio | Kim@theconnectedchef.com | www.theconnectedchef.com |

facebook.com/theconnectedchef | Instagram: theconnectedchef