

Cooking Under Cover The Magic of Braising



Want to know the secret to achieving intensely flavored, fork-tender dishes like short ribs, lamb shanks and pot roast? Braising.

This cooking method consists of browning meat and/or vegetables in fat, then cooking it in a small amount of liquid in a closed container over a long period of time.

Many meats benefit from the slow cooking that melts connective tissue and transforms them into tender morsels. These include beef brisket, chuck, flank, round, rump and even

some sirloin cuts, along with pork shoulder, lamb shank and shoulder, and veal roast and shank. Pair them with rich stocks, herbs, spices and vegetables, and you've got soul-satisfying food that's convenient, economical and packed with taste.

An added benefit: Braises can also taste as good or better a day or two later. Cook these dishes on the weekend, cool and refrigerate. Skim the excess fat from the top of the dish, reheat on the stovetop or oven and serve.

