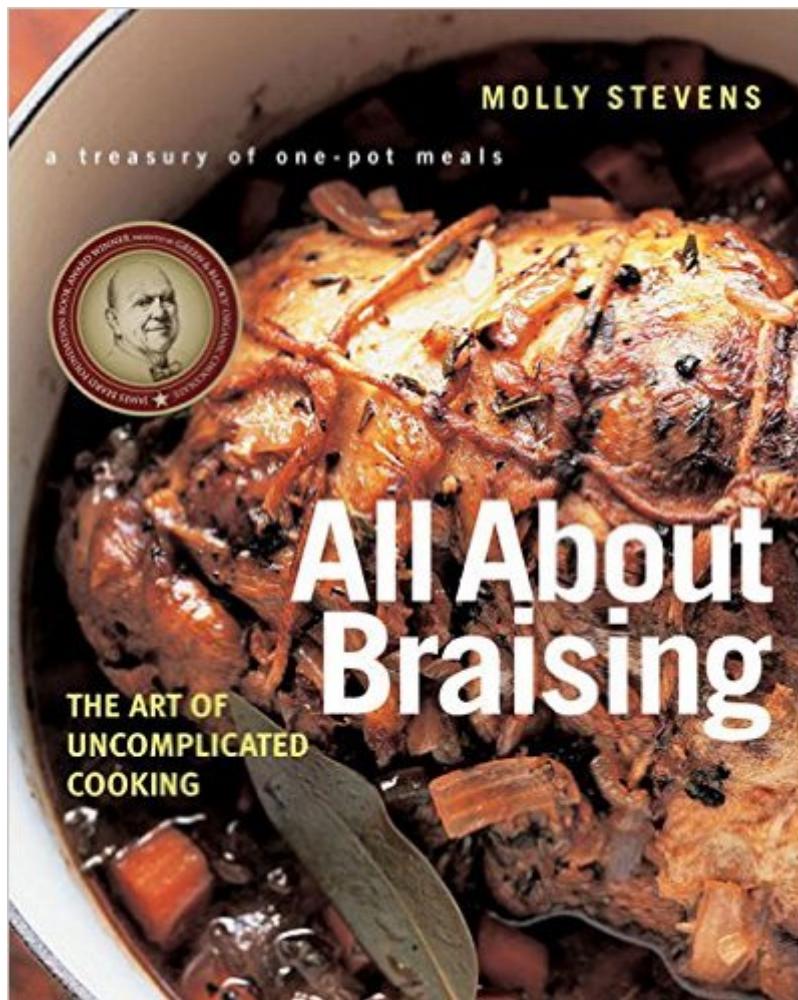


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All About Braising: The Art Of Uncomplicated Cooking



Synopsis

From the perfect pot roast to the fragrant complexity of braised endive, there's no food more satisfying than a well-braised dish. The art of braising comes down to us from the earliest days of cooking, when ingredients were enclosed in a heavy pot and buried in the hot embers of a dying fire until tender and bathed in a deliciously concentrated sauce. Today, braising remains as popular and as uncomplicated as ever. Molly Stevens's *All About Braising* is a comprehensive guide to this versatile way of cooking, written to instruct a cook at any level. Everything you need to know is here, including: a thorough explanation of the principles of good braising with helpful advice on the best cuts of meat, the right choice of fish and vegetables, and the right pots, 125 reliable, easy-to-follow recipes for meat, poultry, seafood, and vegetables, ranging from quick-braised weeknight dishes to slow-cooked weekend braises, planning tips to highlight the fact that braised foods taste just as good, if not even better, as leftovers, a variety of enlightened wine suggestions for any size pocketbook with each recipe. 16 color photographs, 50 line drawings

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Customer Reviews

I am a busy professional bachelor that has always cooked for several days at a time and then used the microwave liberally - often with mediocre results. With its focus on simple recipes that usually keep well for days and tolerate reheating beautifully, this cookbook has changed the way I eat. Before I found it, I struggled to locate recipes that were both easy to prepare and kept well. No longer. Those 30-minute meal-type cookbooks are pathetic compared to this. Some of my favorite recipes include: World's Best Braised Green Cabbage - it takes about 5 minutes (not counting

cooking time) and almost no money to prepare but is far superior to any stewed cabbage I've ever eaten. Braised Potatoes with Garlic and Bay Leaves - it is the best preparation of Potatoes EVER and is easy to throw together. They are like hot, savory candy when they come out of the oven. Creamy Braised Brussel Sprouts - a completely different and superior way to cook brussel sprouts. Quick Lemony Chicken with Prunes and Green Olives - Yes, it has prunes in it, but it comes together like voodoo and is fantastic with twice baked potatoes and a green salad. Chicken Do-Piazza - I often combine this with the recipe for Cauliflower, Potatoes and Peas Indian-Style for a one-pot meal with amazing Indian flavors. Pork Loin Braised in Milk - This recipe, which like many in the book has very few ingredients, turns a pork roast (it doesn't have to be a loin) into something that tastes like a giant piece of creamy, mild Italian sausage. The recommendations for side dishes and wine pairings are excellent. I am just beginning to explore wines and this book has helped me make some excellent discoveries.

Braising is the quintessential French cooking technique, as typical of Western Europe as stir-frying is of the Far East. Molly Stevens has given us an excellent book 'All About Braising' which adheres to the very basic cooking principle that if you pay close attention to all the little details of good ingredients, your cooking will invariably improve. So, the book is almost as much about identifying and buying the best ingredients for braising as it is about braising itself. The name 'braising', based on 'brazier' and heating on hot coals mislead me for years when I knew more about French than I did about cooking and before I started reading about cooking in earnest. I imagined it was a type of grilling when its only real connection to hot coals is the very old technique of placing coals on the top of Dutch Ovens cast with rimmed lids to accommodate the coals. It is also easy to confuse braising with stewing. Braising is a very well-defined method characterized by browning a relatively large cut of protein or vegetable, followed by cooking over a low, all-around heat with liquid extending about 1/3 the way up the height of the primary ingredient. The braising container is tightly lidded so that vapor does not escape the cooking pot and designed to encourage condensation to drip back down on the braised food. Some braising vessels are also designed to leave little very little headroom between the primary ingredient and the lid. Stewing is a much less well defined technique which does not require a lid and is generally done with much more liquid and smaller pieces of food than a braise. The list of classic 'comfort food' braised dishes is long and familiar to Western foodies, headed up by coq au vin, sauerbraten, braised lamb shanks, and osso buco.

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