

Technique Tip Sheet - Braising 101

Braising is a simple and economical cooking technique in which food is covered and cooked in a moderate amount of liquid. It produces fork-tender meats and vegetables that are rich in flavor and moist. Braised foods are browned first, both for color and to create a caramelized crust to seal in juices. The longer cooking time coupled with the liquid make braising the perfect technique for cooking inexpensive, tougher cuts of meat. Over time, the liquid breaks down any toughness in the meat.

🔗 Braising Tips

The braising liquid should come 1/3 to halfway up the sides of the food.

You can braise in a covered pot on your stovetop or by placing the covered pot in a hot oven.

Make sure your pot has a tight-fitting lid so the braising liquid doesn't evaporate away. A [Dutch oven](#) is a perfect pot for braising.

Smaller cuts of meat are often [dredged](#) in flour before browning to seal in juices.

🔗 Braising Steps

1. Season the meat generously with salt and pepper.
2. [Sear](#) the meat. (Vegetables are sautéed slightly first.)
3. Add braising liquid.
4. Bring the braising liquid to a boil.
5. Reduce heat, cover and simmer until done.

🔗 Building a Better Braising Liquid

Choosing a flavorful braising liquid is an important part of the braising process. Technically you could braise with water, but your food would lack flavor. Common braising liquids include stock or broth, wine, beer, coconut milk, cider or juice.

[Deglaze](#) the pan with a little of the braising liquid before adding all of it to your pan. This will incorporate any seasonings that may have fallen from the meat or brown bits stuck to the bottom of the pan into your sauce.

🔗 More Braising Tips & Recipes

How to Braise

<http://cookingclarified.com/2011/01/how-to-braise/>

Pot Roast 101

<http://cookingclarified.com/2011/02/how-to-make-pot-roast/>

Braised Greens with Smoked Turkey

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