

Braising

Kitchen

The method that turns the cheapest cuts into the best dishes.

Dry heat for flavour, then moist heat for texture.

1 Brown the meat hard

In batches, in a heavy pot. This is where the flavour comes from.

2 Soften the aromatics

In the same fat, lifting the browned residue.

3 Deglaze

Wine or stock, scraping the bottom clean.

4 Liquid to halfway

Not covered. The exposed top browns as it cooks.

5 Low and slow

140–160°C oven, or a bare simmer. Never a boil.

6 Check for collapse

Done when a fork twists with no resistance, not at a temperature.

TIMINGS

Beef shin: 3–4 hours

Lamb shoulder: 4 hours

Pork shoulder: 4–6 hours

Beef cheek: 3 hours

Braises are better the next day. Cooling and reheating lets the flavours distribute and the fat set for removal.