

BRAISING

Try this method on Chuck, Short Ribs, Shank, Brisket, Inside Round, Outside Round, Cross Rib.

Step 1 - Sear the meat on medium to medium-high until evenly caramelized on all sides. Deep cast iron pans or dutch ovens work great for this and we recommend using some good triple rendered tallow. Tip - If the searing gets a bit out of control and your oil smells burnt, remove the meat after searing and start fresh in a clean pan with more tallow or butter before proceeding with Step 2.

Step 2 - Lower the heat and add your aromatics (garlic, onions, bay leaves, herbs, etc.). Sauté the aromatics, deglazing the pan with red wine or broth as you go, until soft and fragrant.

Step 3 - Pour enough liquid (broth, wine, etc.) in the pan to immerse the meat only 1/3 to 1/2 of the way. Cover and slow cook in the oven at roughly 200-250°F, or on the stove set at low. We're looking to hold a low simmer here for 5-8 hours depending on the thickness of the cut. Rotate or stir the meat halfway through the cooking time, topping off the liquid as necessary.

Or

Transfer everything into a slow cooker, cover, set at low and leave it for 5-8 hours, rotating or stirring halfway through the cooking time.

You'll know you nailed it when a fork shreds the meat easily. Don't be afraid to poke at the meat with a fork to check for doneness every so often after the first 4 hours, it could be ready sooner than what we've recommended here.

This method is also a great base for stews. Just add your vegetables about an hour before removing your pot from the heat to make sure they are soft but not mushy. Cook barley, rice, or pasta separately and add to individual bowls while serving for best results.

Pro-Tip: Braised beef is even better the day after, we always make enough so that there's plenty of leftovers.

* Bay Leaves - I recommend using these only if you have the ones that actually smell good. You know what I'm talking about. It is worth hunting down aromatic, good quality bay leaves that actually do something in a recipe. This was a game changer for me ... One brand that I've tried that are readily accessible and reasonably priced are "Watkins Organic Bay Leaves". You'll never go back to the stale, non-fragrant, cardboard shreds disguising themselves as bay leaves again.

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