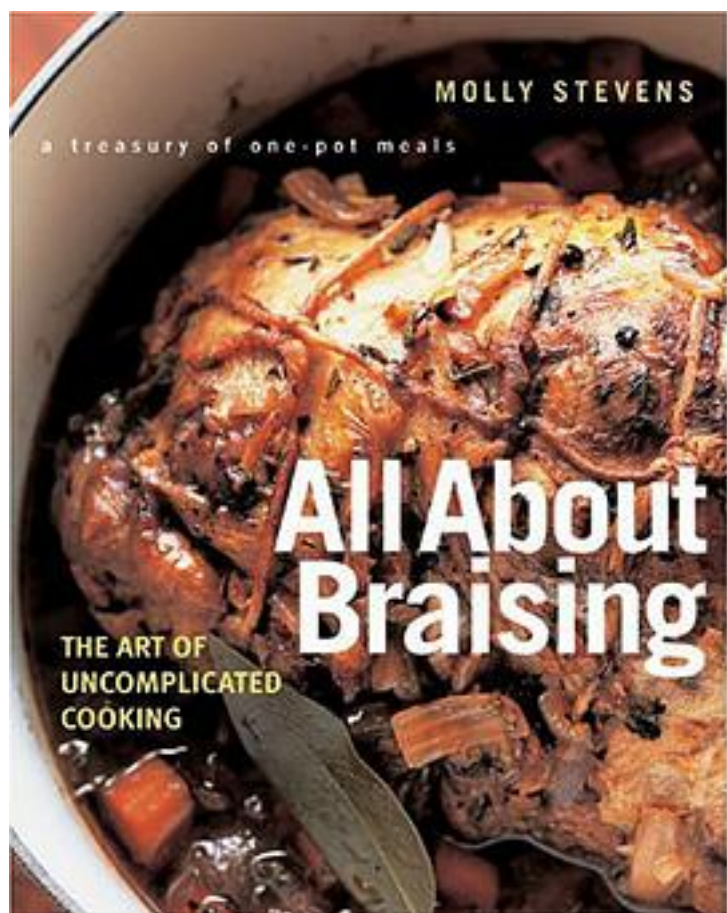


# All About Braising



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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 and today it remains as popular and as uncomplicated as ever. 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. Molly Stevens gives 125 reliable, easy-to-follow recipes for meat, poultry, seafood and vegetables, for both quick-braised and slow-cooked dishes, along with planning tips highlighting the fact that braised foods taste just as good, if not better, as leftovers.

作者介绍:

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