

## Basic Procedures for Braising Meats in Saladmaster



### Braising in Unthickened Liquid

1. Cut or trim meat as required. Dry meat thoroughly.
2. Preheat pan over medium heat. Approximately 3 – 5 minutes.
3. Place meat in hot dry skillet in single layer. Meat will stick but loosens when browned. Sear meat about 6-minutes.
4. Turn meat; cover and brown second side 3-minutes.
5. Add liquid or stock according to recipe directions.
6. Add a sachet or other seasonings.
7. Bring the liquid to a simmer; cover the pan. When Vapo-Valve™ clicks, reduce heat to low and cook until meat is tender. (Note: Cooking time depends on the thickness of meat. Refer to Tip for How To Cook Meat.)
8. Remove the meat from the pan and keep it warm.
9. Prepare a sauce or gravy from the braising liquid. This usually includes the follow:
  1. Skim liquid
  2. Prepare a brown roux with skimmed liquid
  3. Return liquid and roux to the pan.
  4. Liquid will thicken as heated
  5. Cook roux thoroughly
  6. Combine the meat (sliced or whole) with the sauce

### Braising and Thickened Liquid

#### Braising in Thickened Liquid (Method 2)

1. Prepare meat for cooking, as required.
2. Brown meat thoroughly in pan and brown mirepoix in remaining liquid.
3. Add flour to make a roux. Brown the roux.
4. Add stock to make a thickened sauce. Add seasonings and flavorings.
5. Return meat to pan. Cover and simmer until Vapo-Valve™ clicks and turn temperature to low and cook until meat is tender.
6. Adjust sauce as necessary (strain, season, reduce, dilute, etc.)

## Classic Fricassee

Follow Method 2, except:

1. Do not brown the meat. Cook it over medium-low heat without browning.
2. Add flour to the meat in the pan and make a blond roux.

Finish the sauce with a liaison of egg yolks and cream.

## Braising with Little or No Liquid

Rating:

