

Food skills

Braising

Braising is a method of cooking that uses both dry and wet heat. The food is first browned by searing or browning the meat at a high temperature. Then the food is finished in a covered pot or oven dish at a lower temperature half covered in liquid. The long, slow cooking time helps develop flavour and makes tougher cuts of meat tender.

Braising is a cost-effective method of cooking inexpensive cuts of meat.

Did you know

As a rule, 1 hour of simmering on a cooktop or in the oven approximately equates to 5-6 hours on low, or 2-2½ hours on high in a slow cooker. As there is little evaporation when cooking with a slow cooker, reduce the amount of liquid in the recipe to about half of the original amount.

How to braise



1 Heat 2 tablespoons of oil in a large pot. Add 500g pork and brown on all sides. Remove from the pot and set aside.



2 Add 2 diced onions and 2 diced carrots to the pot. Fry gently until softened.



3 Add 3 cloves of crushed garlic and cook for a minute.



4 Then add a stock cube, 2 tablespoons vinegar, 2 cups water and a peeled and diced apple.



5 Return pork to the pot. Bring back to the boil, reduce the heat to a simmer.



6 Cover and cook over low heat for approximately 2-3 hours or until the meat is tender. Alternatively cook in the oven for 2-3 hours at 160°C.



7 Remove pork from the pot. Allow the cooking liquid to cool slightly then blend into a smooth sauce.



8 Pull the pork apart with two forks and serve with sauce.



Pulled pork wrap with tomato and corn salsa (serves 2)

Ingredients

1 tomato, diced
1½ cups cooked corn kernels
1 tablespoon lemon juice
1 tablespoon oil
2 large or 4 small tortilla wraps
200g pulled pork
⅓ cup apple sauce
¼ cup chopped coriander

Method



Mix together the tomato, corn, lemon juice and oil.



Place the pulled pork across the centre of the tortilla wraps.



Cover the pork with tomato and corn salsa. Add the apple sauce.



Sprinkle with coriander. Serve open in a bowl or roll tightly.

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