



# All About Braising: The Art of Uncomplicated Cooking

*Molly Stevens*

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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, when ingredients were enclosed in a heavy pot and buried in the hot embers of a dying fire until tender and bathed in a deliciously concentrated sauce. Today, braising remains as popular and as uncomplicated as ever. Molly Stevens's *All About Braising* is a comprehensive guide to this versatile way of cooking, written to instruct a cook at any level. 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,
- 125 reliable, easy-to-follow recipes for meat, poultry, seafood, and vegetables, ranging from quick-braised weeknight dishes to slow-cooked weekend braises,
- planning tips to highlight the fact that braised foods taste just as good, if not even better, as leftovers,
- a variety of enlightened wine suggestions for any size pocketbook with each recipe.

16 color photographs, 50 line drawings

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