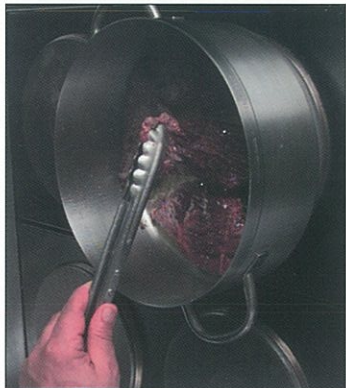


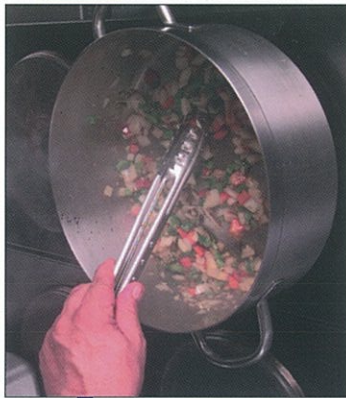
Braising and Stewing

Stove Method



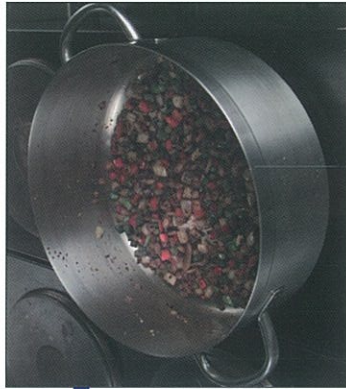
1

Sear main item.



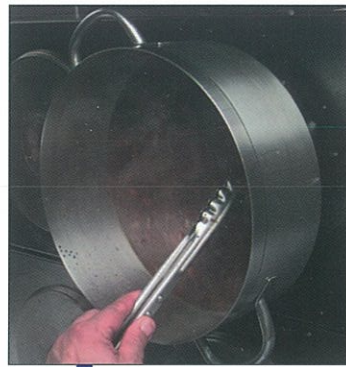
2

Remove main item from pot, add vegetables and sauté.



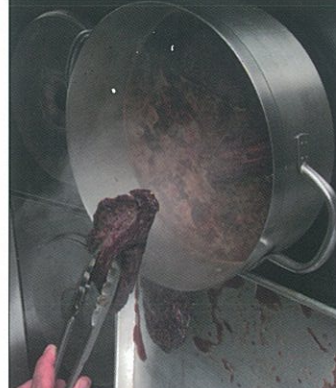
3

Caramelize vegetables.



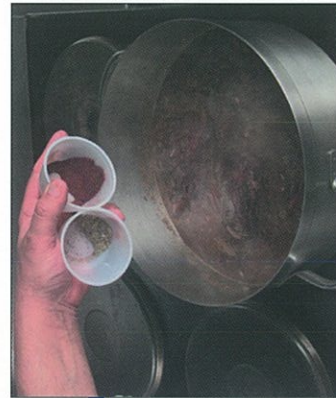
4

Add liquid and stir to deglaze the fond.



5

Return the main item to the pot, cover and bring to simmer.



6

Add additional aromatics and vegetable garnishes according to recipe.



7

Cover pot and finish cooking in oven or stove.



8

Slice if needed and serve.

HACCP
Hazard Analysis Critical Control Points

- Hot foods at 140° F (60° C) or above.
- Cold foods at 40° F (4° C) or below.
- Complete the appropriate HACCP Log for all braised or stewed items.

TIPS
Tips, Customers and Quality

- Use inexpensive cuts of meat for braising/stewing.
- Use the correct size pan so items are not overcrowded.
- Do not allow liquid to boil.
- Allow enough time to cook until tender.