[What is Braising? Homework Task Week 6.](http://year-10-hospitality-2012-mr-morris.posterous.com/what-is-braising-homework-task-week-6)

What are types of kitchen equipment that can be used to Braise food products?

- Crock-pot

- Sauce pan

- Spoon

- Grill

List 5 countries/cultures that use braising as a traditional form of cooking.

- France

Where did the skill of Braising food originate and why?

-

What are Two simerlarities and Two differencesbetween Braising and Stewing

- **BOTH** are moist heat, slow cooking methods that tenderize the beef and develop rich beef flavor

-**BOTH** start with less-tender beef cuts as this cooking method softens the strong muscle fibers and connective tissue, guaranteeing tender, moist, flavorful results.

-**Braising** cooks large cuts of beef in enough liquid to partially cover the meat as shown in Classic Beef Pot Roast with Root Vegetables

-**Stewing** uses small, uniform pieces of beef pot roast or beef for stew meat that are totally immersed in liquid. This technique is used in Beef Bourguignonne.

What is braising? **Braising**  a combination cooking method using both moist and dry heat; typically the food is first [seared](http://en.wikipedia.org/wiki/Seared) at a high temperature and then finished in a covered pot with a variable amount of liquid, resulting in a particular flavor.