



Low and Slow: The Art and Technique of Braising, BBQ, and Slow Roasting

The Culinary Institute of America, Robert Briggs

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Low & Slow is the book for anyone who's ready to go beyond grilling and master the craft of traditional barbecue. And not just barbecue, but braising and slow roasting, too—together the three pillars of low and slow cooking. With *Low & Slow*, you'll learn to apply the magic of low heat and long cooking times to transform tough cuts of meat into juicy, flavorful finished dishes. The pros at The Culinary Institute of America have packed all their expertise, along with mouthwatering color photographs, into a compact volume that's sure to become your go-to handbook for all things slow cooking. *Low & Slow* explains what you need to know to make the most of every cut of meat, any time of year, whether you're braising a pot of short ribs, barbecuing beef brisket in the backyard, or slow roasting lamb in the oven. Plus, with chapters on homemade rubs and sauces and enough sides to accompany every meal, if you're passionate about cooking meat, this may be the only cookbook you ever need.



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