



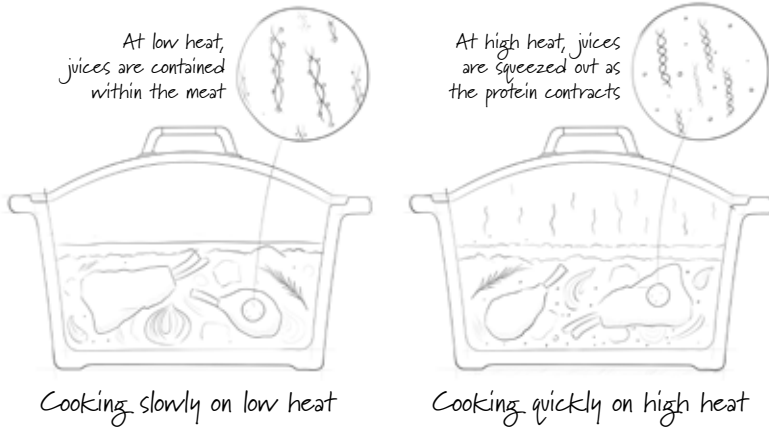
Tips & Techniques

Multi-cooking

Sage[®]

Slow and steady wins on taste.

It is often said that good things come to those who wait, and this is certainly true in the case of slow cooking.



Grilling meat, by contrast to slow cooking, is effectively a race to get the inside of the meat to about 55 - 60°C (medium rare), as quickly as possible. If you do it properly by flipping the meat regularly it makes for really good results on quality cuts of meat, but even then, the meat invariably ends up slightly less tender cooked, than it was raw. This doesn't have to be the case. At lower temperatures, there are enzymes inside the meat that are activated and begin cutting the protein strands to make them shorter, which in turn makes the meat tenderer. These enzymes also act to create new flavour compounds, notably

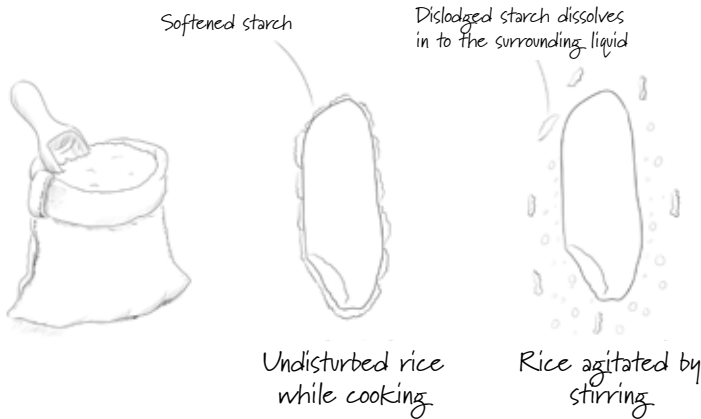
with less expensive cuts of meat which often contain stronger and more interesting flavours. Slow cooked, these cuts are not only more flavoursome but more tender too.

TIP

Experiment with red meat cuts like hanger steak and beef cheek for the most intense flavours.

A way to stop stirring your risotto.

Traditionally, risotto requires constant attention and stirring.



If you don't stir, the risotto sauce ends up thin and flat instead of thick and creamy. This is because the act of stirring the rice grains in hot liquid forces the grains to agitate against one another which releases the starch from inside the endosperm of the rice grain. As the starch oozes out, the liquid begins to thicken and develop a creamy taste and texture, and combine the flavours of the rice with the flavours of the stock and vice versa. Stirring also helps to ensure an even heat throughout the mixture and equal exposure of each grain to the stock.

This can mean about 45 minutes of stirring which, in a restaurant, is often the job that goes to the apprentice!

With this product's risotto setting, there is no longer a need to stir. The Multi Chef uses a system of controlled temperature through a number of phases that creates tiny simmering bubbles in the liquid to agitate the grains against one another and help release the starch. It's a lot simpler than the saucepan.

TIP

Mix in some fresh cheese, parmesan and acidulated butter into the risotto after the cycle has finished for an even creamier result.

Shaved parmesan works particularly well in complementing the flavour of Arborio grains.

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