



Low & Slow: Comfort Food for Cold Nights

Louise Franc

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We all crave warming comfort food when the weather starts to cool down—rich and fragrant curries, succulent braised dishes and soups, and meat so tender you could cut it with a spoon. This is the time of year that we skip the salads and quick stir-fries and the art of slow cooking comes into its own. "Low and slow" refers to the cooking method used throughout the book—low-temperature cooking for a long period of time, either in the oven or on the stovetop, which helps to add a great depth of flavor and tenderness to dishes. Seventy classic slow-cooking recipes are included in this beautiful book—hearty beef bourguignon, braised lamb shanks, pulled pork, coq au vin, osso buco, lasagna—as well as hearty soups, slow-cooked barbecuing classics, Indian curries, and tagines. Many of the recipes are one-pot dishes, so once you've popped it in the oven or on the stovetop, you can relax and let time do all the work for you.

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