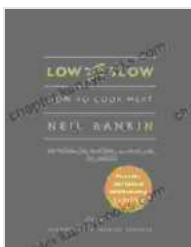


# Low and Slow: The Ultimate Guide to Mouthwatering Smoked and Braised Meats

Embark on a culinary adventure with "Low and Slow: How to Cook Meat," a comprehensive guide to the art of slow-cooking meats, unlocking flavors and textures that will tantalize your taste buds.

## Chapter 1: The Science of Low and Slow

Delve into the scientific principles behind low and slow cooking, understanding how time and temperature work their magic. Discover the tenderizing effects of connective tissues and the importance of internal temperature for optimal juiciness.



### Low and Slow: How to Cook Meat by Neil Rankin

★★★★☆ 4.4 out of 5

Language : English  
File size : 166173 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 347 pages



*high-level cheat sheet*  
**HOW TO SMOKE BRISKET FLAT**



TRIM FAT + SILVER SKIN --> SEASON --> SMOKE ~ 3 HOURS\* -->



SPRAY BUTCHER PAPER + BEEF W/ APPLE CIDER VINEGAR -->  
WRAP FLAT --> SMOKE WRAPPED ~6 HOURS\* --> REST + ENJOY

\*SEE RECIPE DETAILS FOR INTERNAL  
TEMPERATURE GUIDE

**sip bite go**

## Chapter 2: Equipment Essentials

Learn about the range of equipment available for low and slow cooking, including smokers, braising pots, Dutch ovens, and slow cookers. Explore the advantages and disadvantages of each, guiding you in choosing the right tools for your needs.



### **Chapter 3: Selecting and Preparing the Meat**







Master the art of selecting the perfect cut of meat for smoking or braising. Discover different grades and butchering techniques, learning how to trim and prepare your meat for optimal results. Explore brines and marinades to enhance flavor.



## **Chapter 4: Smoke Woods and Techniques**

Immerse yourself in the world of smoke woods, exploring their unique flavors and how they complement different types of meats. Discover various smoking techniques, including hot smoking, cold smoking, and reverse smoking, expanding your culinary horizons.

## HOW TO USE THE MAIN TYPES OF SMOKE WOOD

TYPE OF WOOD	HOW TO USE IT BEST	ADVANTAGES	GRILL TIPS	
<b>LOGS</b> 	Up to <b>18 inches long</b>	<b>Large offset smokers</b> , and in commercial settings	Can be used to create both <b>heat and smoke</b>	Will take longer to burn down. Logs are really best suited to a bigger cooker. If you are using logs for both fuel and flavor, you may want to pay some attention to what type of wood you are using.
<b>CRUNKS</b> 	Wood pieces <b>up to 4 inches</b> in size, about the size of a fist.	<b>Smaller offset smokers</b> , water, ceramic, gas and barrel smokers as well as gas grills	Can be used in a wide variety of smokers. <b>easy to buy, take up little space to store.</b> Crunks produce smoke quickly	There is no need to soak wood chunks before barbecuing. If you use a Weber Smokey Mountain, chunks are likely the best smoke source.
<b>CHIPS</b> 	Usually around <b>¼ inch thick</b> and up to <b>1 inch in width and length</b>	<b>Primarily gas and electric</b> but can be used on charcoal as well.	Much like chunks, chips are readily available, <b>easy to store and will produce smoke quickly.</b>	There's no need to soak chips before use. To prolong the smoke produced from the chips, they can be wrapped in foil with holes poked in it to release smoke.
<b>SAWDUST</b> 	Wood ground down into a <b>coarse powder</b>	Electric, stovetop and handheld smokers	You will get <b>almost instant smoke from sawdust</b>	Cannot be used as a heat source. Do not soak. Be sure that the wood used to make the sawdust was not treated.
<b>DISKS</b> 	<b>Compressed sawdust</b> , formed into a <b>flat disk shape</b>	Electric smokers	Convenient, and will <b>produce smoke quickly</b>	Do not be tempted to soak, as they will disintegrate.
<b>PELLETS</b> 	<b>Compressed sawdust</b> which resembles <b>chicken feed</b> in size and shape	Pellet smokers, under grate smoking boxes and smoke generators	Convenient, <b>quick to produce smoke</b>	As above, do not soak as they will disintegrate. Pellets from a variety of different woods can be purchased.

**SMOKED BBQ SOURCE**

## Chapter 5: The Art of Braising

Uncover the secrets of braising, a slow-cooking method that uses moist heat to create tender and flavorful meats. Learn about different braising liquids, vegetables, and herbs, exploring their role in enriching the dish.



## **Chapter 6: Roasting and Grilling**

Explore the versatility of low and slow cooking beyond smoking and braising. Discover techniques for roasting and grilling meats, resulting in delicious and juicy creations. Learn how to control heat, sear meats, and achieve a perfect crust.

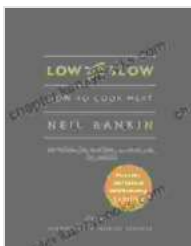


## **Chapter 7: Sauces and Sides**

Complement your low and slow creations with delectable sauces and sides. Discover recipes for barbecue sauces, rubs, and marinades, elevating the flavors of your meats. Explore the perfect accompaniments, such as salads, vegetables, and breads, to complete your culinary masterpieces.



"Low and Slow: How to Cook Meat" is an indispensable guide for culinary enthusiasts who crave flavorful and tender meats. With its comprehensive knowledge, detailed instructions, and mouthwatering recipes, this book empowers you to become a master of slow-cooking and create unforgettable dining experiences.



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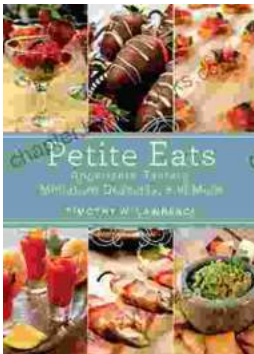
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