

HOW TO BROWN MEAT!

Browning meat on the Hob

1. Dry the Meat

- **Pat the Meat:** Use a paper towel to gently pat the meat dry. This helps it get a nice brown colour when cooked.

2. Heat the Pan

- **Turn on the Hob:** To medium-high heat.
- **Add Oil:** Pour a little bit of oil into the pan, just enough to cover the bottom. Gently heat the oil until you hear a light sizzle

3. Cook the Meat

- **Place the Meat in the Pan:** Carefully put the pieces of meat in the pan. Don't let them touch each other.
- **Let it Brown:** Leave the meat alone for a few minutes. Don't move it! It's getting a nice brown colour on one side.
- **Flip the Meat:** After a few minutes, use a spatula or tongs to flip the meat over to brown the other side.

4. Finish Up

- **Take Out the Meat:** Once both sides are brown, turn off the hob and carefully take the meat out of the pan.

And that's it! You've browned the meat, and it's ready for the next step in your recipe.

Browning Meat in the Microwave

Browning meat in the microwave is a bit different from using a hob, but it can be done! Here's a simple way to do it:

1. Prepare the Meat

- **Cut and Season:** Cut the meat into small, even pieces, if it's not already. Sprinkle with salt, pepper, and any other spices you like.

2. Microwave-Safe Dish

- **Choose the Right Dish:** Place the meat in a microwave-safe dish that's large enough to spread the meat out in a single layer.



- **Cover the Dish:** Cover the dish with a microwave-safe lid or plastic wrap, leaving a small gap for steam to escape.

3. Microwave in Short Bursts

- **Cook in Intervals:** Microwave the meat on high for 2-3 minutes. Then, carefully stir the meat, and cook for another 2-3 minutes. Repeat until the meat is no longer pink and has some brown spots.
- **Check for Doneness:** Continue microwaving in short intervals until the meat is browned on both sides.

4. Drain Excess Fat

- **Drain:** If there's any liquid or fat in the dish, carefully pour it off.

While microwaving won't give you the same deep browning as a hob, it's a quick and easy method for getting the job done, especially if you're in a hurry.