



# Top tips for slow cooking in your oven

## Ingredients

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## Method

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Whether you want a [herby lamb roast](#) that melts in your mouth or an [Italian beef casserole](#) that's packed full of flavour, cooking low and slow can deliver some amazing results with very little effort. Slow cooking in your oven is a method that is easy to master and, if you follow these four simple tips, will turn your mouth-watering recipes into instant family favourites.



### 1. Always sear your meat first

By searing your meat in a hot pan, the surface areas begin to caramelise, which we can see as it browns. Once you transfer the meat into your oven for its slow cooking time, these caramelised portions will help ensure your recipe is full of rich flavours and deeper colours. If you're able to brown the meat in the same pan you'll be using in the oven, you'll also have a delicious flavour foundation to build your sauce upon.

#### Cooking tip

The [induction cooktop](#) in the new [NEFF Flex Design range](#) has a smart Frying Sensor that allows you to choose your exact temperature, so you can get a beautiful caramelisation on your meat before slow-cooking it.



## 2. Monitor your meat

While we tend to associate low temperature cooking with stews and casseroles where the meat pieces should fall apart at the suggestion of your cutlery, you can also get fantastic results slow cooking larger cuts – such as roasts. To ensure your meat is cooked properly, use a meat thermometer to test the core temperature.



If you have a NEFF oven, your [Multi Point Meat Probe](#) can take the guesswork out of the cooking process. Simply insert it into your meat, enter the details of your cut (type and weight) and it will monitor your dish as it cooks to the desired temperature and then will switch to warming mode once the meat is properly cooked.

### Cooking tip

The [Multi Point Meat Probe](#) is compatible with the new [Flex Design range](#), which means you can achieve the perfect internal temperature on your meat without having to fuss around. Bonus points for using the [Slide & Hide® oven](#) to make inserting the probe easier.



### 3. Inject some steam

Don't worry, adding a little steam to your oven routine doesn't make your recipes turn soggy. In fact, bread cooked in a steam oven tends to have perfectly crusty bread and deliciously soft crumb on the inside. Using a [NEFF oven with Added Steam or Steam Inject](#) can ensure your slow-cooked recipes maintain a juicy, tender interior and you'll see minimal shrinkage or liquid loss throughout the cooking process.

#### Cooking tip

You can add your preferred steam oven settings to the [Home Connect app](#). So next time you want to slow-cook your favourite dish, you can set it up all from your phone.



### 4. Warm your plates

As slow cooking in your oven happens at lower temperatures, your meat may not be as hot to the touch and also should not need to be rested prior to serving. To help counteract this, heat your plates prior to serving to ensure the food stays hotter for longer. And the same applies to your sauces and gravies. Anything that goes on the plate should be kept nice and warm to maintain a consistent temperature as your guests eat – something your [NEFF warming drawer](#) can also do with ease.



### **Cooking tip**

Warm your plates about 15 minutes before you intend to serve your dish.

### **About NEFF**

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.



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## **Notes**

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