

How to braise chicken and fish without a lot of fat

Why Low-Fat Braising?

Saturated fat is extremely bad for your health, especially your heart. This “bad fat” is found in most animal fats, as well as fatty foods derived from animals, like butter and cream. By trimming fat, choosing lean cuts of meat, and using low-fat cooking techniques, you will prepare a meal that is much better for your heart than more traditional preparation methods.

Choose Your Cut

Choosing the right kind of poultry or fish can be tricky. That’s why we’ve listed some of the best options below...

- Choose white meat, not dark meat, when selecting poultry. Breast meat, for example, is an excellent choice.
- Skip the bones and leave the skin off of any pieces of chicken you choose.
- The fats in most fish are not the “bad fats” we discussed above. Instead, they are unsaturated “good fats” that seem to promote heart health, which makes fish a great choice for a healthful braised dish.
- Braising works best with larger, firm-fleshed fish like salmon, swordfish, or striped bass.

Braise Your Fish

To braise fish, you’ll need chopped fresh vegetables, broth that is low in both fat and sodium, and a large pot with a lid.

1. Briefly saute your vegetables in a quarter cup of low-fat, low-sodium broth.

2. Form the veggies into a bed and gently place the fish on top.
3. Add broth until it almost covers the veggies, toss in a few sprigs of fresh herbs a dash of fresh lemon and place the top on the pot.
4. Check the fish frequently and take the pan off the heat as soon as the fish is opaque all the way through.
5. Dish up the veggies and fish and serve. Drizzle with sauce for extra flavor.

Braise Your Poultry

Braising poultry is similar to braising fish.

1. Toss a bit of broth into the bottom of your saucepan and heat on medium-high for a minute or two. Place the chicken in the broth and brown on all sides. Remove chicken and place on a plate.
2. Add chopped veggies to the saucepan and saute briefly.
3. Return the chicken to the pan and add broth until it covers the ingredients about halfway. Add any fresh herbs or a bit of fresh lemon or lime. Turn the heat to medium-low and cook until the chicken is cooked through and its juices run clear.

Get Saucy!

The broth in which you cook the vegetables (and chicken or fish) can get quite flavorful. Spoon it directly over your finished dish, or turn up the heat and cook the broth until it thickens.

