



WHAT IS A SIMMER?

“Simmer” is a just-for-fun term that has sprung up in the food world to mean cooking on a bold-flavored sauce. It’s too new to be in dictionaries, but you’ll see it used on restaurant menus, sauce labels, and in recipes.

READYMADE FLAVOR

Ready-to-use simmer sauces are on the market [including] **Scandinavian Dill Simmer Sauce by Maine-based Good Clean Food, \$7; www.goodcleanfood.com**. With most simmer sauces, all you do is brown meat and/or vegetables, pour on the sauce, and cook until meat is tender...think of it as braising with a twist.

Excerpts from “What’s Cooking: Set to Simmer” feature
by Richard Swearingen,
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Good Clean Food's Scandinavian Dill sauce with fresh salmon.



www.goodcleanfood.com