



Cooking Sous Vide

Thomas N. England

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Sous Vide (which is French for "under vacuum") is the process of cooking foods, like meats and vegetables, in sealed bags submerged in a water bath that is maintained at a constant temperature. The result is food that is cooked nearly perfectly because of precise temperature control that virtually eliminates the possibility of over-or under-cooking food. The slow, controlled method of sous vide results in meats and vegetables that have a much more delicate texture than if being cooked at high temperatures.

Cooking Sous Vide covers the basics of how sous vide works, buying the right equipment, how to season sous vide foods, and how to cook sous vide safely, while achieving optimum results. Over 70 recipes, with beautiful color photography, are featured throughout.

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From reader reviews:

Dennis Bloom:

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their own friends. Usually they accomplishing activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book may be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of publication that you should read. If you want to attempt look for book, may be the reserve untitled Cooking Sous Vide can be fine book to read. May be it may be best activity to you.

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