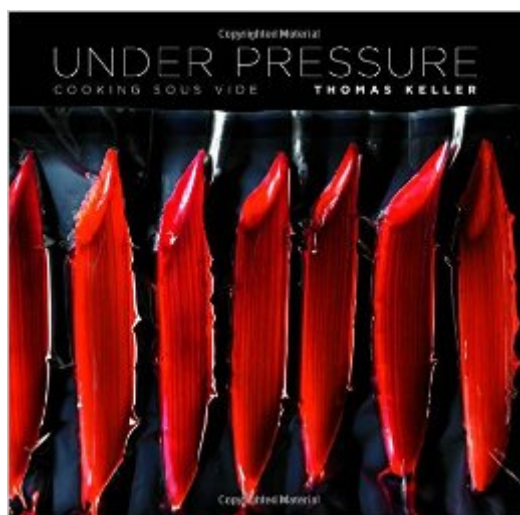


The book was found

Under Pressure: Cooking Sous Vide



Synopsis

A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America's most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures below simmering, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it's been on the stove. Fruit and vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to sous vide is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller and his chefs de cuisine have blazed the trail to perfection—and they show the way in this collection of never-before-published recipes from his landmark restaurants—the French Laundry in Napa Valley and per se in New York. With an introduction by the eminent food-science writer Harold McGee, and artful photography by Deborah Jones, who photographed Keller's best-selling *The French Laundry Cookbook*, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

Book Information

Hardcover: 295 pages

Publisher: Artisan; 1st Edition edition (October 15, 2008)

Language: English

ISBN-10: 1579653510

ISBN-13: 978-1579653514

Product Dimensions: 11.3 x 1.2 x 11.3 inches

Shipping Weight: 4.8 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars See all reviews (149 customer reviews)

Best Sellers Rank: #13,658 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #9 in Books > Cookbooks, Food & Wine > Professional Cooking #20 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Pressure Cookers

Customer Reviews

This cookbook is a mirror into the reader's own attitude toward cooking. If you are a professional with all the expensive equipment, a demanding clientele and a pioneering spirit, this book will quickly become an essential reference. If you are a casual home cook curious about sous vide wizardry

and perhaps interested in toying with the techniques, you will find this book intimidating and useless. For foodies who have been intrigued by "molecular gastronomy" restaurant offerings, this book may answer a few "How did they do that?" questions. Given the level of creative energy between this book's covers, it is an outstanding value for the listed price. Understand, however, that as Keller states on p. 38, this book is "written for the professional kitchen, from one chef to another. No modifications have been made to accommodate cooks preparing [these recipes] at home, even though some of them certainly can be done at home with the right equipment" Recipe mise-en-place is organized by component in a division-of-labor professional kitchen style (not chronologically). All recipes use metric weights, so a digital scale is essential. These stylistic choices are sensible for Keller's audience, but may be offputting to a home cook more familiar with traditional American home cookbook presentations. Sous vide is, in important ways, both easier and safer than other cooking methods. Some of the advantages include ultra-precise control (and corresponding prevention of cooking errors and waste), extended hold times, intensified flavor, more efficient usage of labor, space and ingredients, and the ability to accomplish certain end results that are impossible with any other approach.

the french laundry cookbook is one of my favorite books, but i thought id never be able to do most of the recipes in it when i first looked at it. after time, as my experience grew, and constantly referring back to the book, i find myself now able to do most of those dishes in it (though i havent tackled head-to-toe yet) and looked at the book more as a place to get ideas from. "under pressure" seems like the same type of book. when i opened this book i felt the same experience i felt opening the french laundry. the books pretty much even look the same. neither are designed with the home cook in mind. that said, most of the recipes can be replicated at home, given the right equipment. i seriously doubt anyone is going to buy a chamber vacuum sealer (costing up to or exceeding 5 grand) or an immersion circulator (costing over a grand) but there is hope for people on a budget, like myself. i, myself, have been doing some sous-vide cooking at home and at work for about a year now. i tested the way the technique can change the texture and taste of food. the results i got ranged from disasterous to sublime. i never had a real guide to sous vide cooking (not being able to spend over 200 bucks for the only book printed on the subject). but now i do. but i dont have the expensive hardware that this book calls for, but im pretty sure i can get the same results they get on MOST of these dishes. its true, food savers and chamber sealers are alot different. you cant get the results of a "compressed" watermelon (as in the steak tartare) using something you got at target, but you can get the same type of pork belly. with the old foodsavers, you werent able to seal food with a

liquid (unless you froze it and then placed it with the food in the bag).

First of all I'm going to address the topic of whether or not you need this cookbook. If you are looking to cook meals in 30 minutes, buy Rachel Ray's cookbook and be done with it. If, on the other hand, you are an experienced chef and are looking for a completely new cooking technique then you are looking in the right place. There is an investment required to get the bare minimum equipment needed but you can buy everything you need for under \$250. In order to cook Sous Vide, you need the following: 1) A PID temperature controller like the SousVideMagic 3rd Gen 1500C which costs \$139 plus shipping 2) A rice cooker like the Black & Decker 20-Cup Rice Cooker - Stainless Steel (RC866) for \$40 3) A vacuum food sealer like the Reynolds Consumer Products Handi Vac Starter Kit 00590 for \$14 4) A propane torch like the Bernzomatic - Turner Brass Propane Torch Kit (TU100K) for \$19 5) A fish tank air bubbler for under \$20 That's everything you need except for the food ingredients. Yes, there are some ingredients that you'll need to get by mail order but that's no problem. I'm sure if you're reading this you've ordered stuff from the web before. There is one thing I'm trying to rationalize and haven't fully come to terms with yet: Is cooking with plastic safe?

[Download to continue reading...](#)

Under Pressure: Cooking Sous Vide The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything: Cooking) Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide to Low Temperature Precision Cooking Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook) Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1) Sous Vide Recipe Book Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Cooking Under Pressure: The Most Complete Pressure Cooker Cookbook and Guide Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef) Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef) Comfortable Under Pressure: Pressure Cooker Meals: Recipes, Tips, and Explanations (The Blue Jean Chef) Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner) Great Vegetarian Cooking Under Pressure Cooking Under Pressure

(20th Anniversary Edition) Cooking under Pressure Electric Pressure Cooker: 365 Quick & Easy, One Pot, Pressure Cooker Recipes For Easy Meals Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals Electric Pressure Cooker Cookbook: 25 Best Electric Pressure Cooker Recipes for Busy People

[Dmca](#)