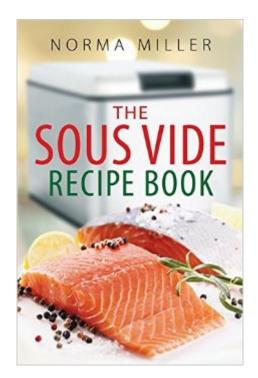
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Sous Vide Recipe Book





Synopsis

Sous vide is a method of cooking food in vacuum-sealed pouches in a water bath at an accurately determined temperature. This enables the food to be cooked evenly, retaining the juices and aromas which are often lost by traditional cooking methods. Meat, in particular, becomes tender and succulent when cooked in a sous vide.Professional chefs such as Heston Blumenthal have favoured this form of cooking for some time and featured it on their TV shows.Now manufacturers are making water baths available at affordable prices for cooking at home so that all of us can benefit from this new method of cooking.

Book Information

Paperback: 160 pages Publisher: Constable & Robinson (June 2, 2015) Language: English ISBN-10: 0716023342 ISBN-13: 978-0716023340 Product Dimensions: 5 x 0.3 x 7.8 inches Shipping Weight: 5.6 ounces (View shipping rates and policies) Average Customer Review: 3.0 out of 5 stars Â See all reviews (2 customer reviews) Best Sellers Rank: #862,819 in Books (See Top 100 in Books) #96 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Garnishes #5364 in Books > Cookbooks, Food & Wine > Cooking Methods

Customer Reviews

Never received this book.

These are wonderful recipes for all of your carnivores.....I am 99.9% vegan....now I'm looking for a recipe book by a chef who is utilizing mason jars in the sous vide supreme machine.....I don't want to use plastics at all.....but, I know someone will research this and develop the method. This is a terrific book....I now know that for all of my carnivorous friends, I can cook meat to perfection.....

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