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Sous Vide Cookbook: The Essential Beginner's Guide For The Modern Technique Cooking



Synopsis

Sous Vide Cooking: The Essential Beginner's Guide For The Modern Technique Cooking
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 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. The Essential Sous Vide Cookbook includes:
History of Sous Vide
Sous Vide equipment
Sous Vide home setup
Sous Vide tips and tricks
Sous Vide delicious recipes
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Book Information

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Customer Reviews

One of the other wonderful things about this book is that she takes the time to include recipes from all parts of a meal -- not just appetizers, or entrees and dessert, but she even has a recipes for

cocktails and sauces that you can prepare sous-vide and I think it's probably the first time where I've looked at a cookbook and felt like I wanted to cook every recipe in the book, and felt like I actually could, because the instructions are so clear, and it doesn't require a lot of fancy (or expensive) ingredients or equipment and As a vegetarian, the first recipe we made was the cauliflower garam masala. It was a dinner party hit at the party! Since then they have been telling me about all the other recipes they have cooked like the steak and eggs and the book is easy to follow, precise, and visually captivating and I really appreciate that adrianna rust takes the time to include instructions on a do-ahead strategy for most of the recipes in the book, so that one can sous-vide what is necessary ahead of time and then finish the dish afterwards.

This cook book is exceptionally educational and gives you a foundation of the cooking style and a bigger number of formulas than I'll ever have sufficient energy to make..I have taken in new formulas from this book and I am extremely eager to get ready few of the recipes.This cookbook is one of the better ones for Sous Vide formulas. This book is well laid out and contains the data I required about the nuts and bolts of Sous Vide, particularly cooking temperatures

Sous vide cooking differs from traditional cooking methods in two fundamental ways: the raw food is vacuum-sealed in a heat-stable, food-grade plastic pouches and the food is cooked using precisely-controlled heating. It is also a cooking method uses precise temperature control to achieve perfect, repeatable results that we just can't replicate through any other method. Perfect essential guides for beginners in learning sous vide.

I can't believe but really this form of cooking for some time and featured it on their TV shows is already my favorite. 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. Indeed a new way to discover cooking greatness.

This cook book is very informative and gives you a background of the cooking style as well as more recipes than I'll ever have time to make..I have learned new recipes from this book and I am very excited to prepare few of the recipes.This cookbook is one of the better ones for Sous Vide recipes. This book is well laid out and contains the information I needed about the basics of Sous Vide, especially cooking temperatures

I have often heard of the sous vide but have no idea what it was, but according to this book, it is cooking method that uses temperature to achieve precise and reputable result. This amazing guide also provides a lot useful info on how it is being maintained and used.

Sous Vide is French for under vacuum and is a unique way to cook food. As the name suggests, the food is cooked in a vacuum which sounds very intricate and complicated but is actually quite simple. There are a number of benefits in this technique.

This is an amazing beginner's guide book. In this book you will find history of sous vide, sous vide equipment, sous vide home setup, sous vide tips and tricks and much more. I hope you must find this book helpful.

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