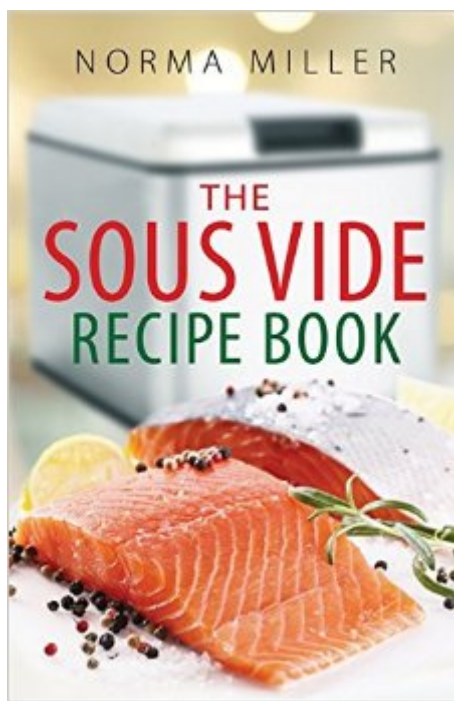


The book was found

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)

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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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