

# Beginning Sous Vide Low Temperature Recipes And Techniques For Getting Started At Home

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*Beginning Sous Vide Low Temperature Recipes And Techniques For Getting Started At Home*

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## ANIYAH LEE

**The Effortless Sous Vide Cookbook** America's Test Kitchen Sous vide cooking is finally hitting the mainstream thanks to several popular chefs and TV shows. It's even easy to do at home! We will teach you how sous vide works and what you need to know to get started using it at home. We cover the whole spectrum of sous vide equipment from \$1,000 immersion circulators to using ziploc bags for free on your stove. We also include over 100 of our favorite sous vide recipes to get you started sous viding right away! This Book Includes The history of and science behind sous vide cooking More than 100 recipes for beef, pork, fish, vegetables, chicken, duck, lamb, and turkey Over 400 sous vide time and temperature combinations across 175 cuts of meat and types of fish and vegetables Comparisons of common sous vide setups including our recommendation for the "Beginning Home Setup", which only costs a few hundred dollars The basics of sous vide safety Over 30 of our best tips and tricks for successful sous vide cooking Temperature conversion charts to easily move between Celsius and Fahrenheit

*Sous Vide Cookbook* Ten Speed Press

★ 55% OFF for Bookstores! NOW at \$ 10.79 instead of \$ 23.97! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef? DISCOVER The Amazing Sous Vide Cookbook! The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking. Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat, favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender, avoiding dispersing the juices and nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and, consequently, times are considerably longer, but the result will certainly be better! This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner, as well as of course containing recipes of: ★ Appetizers ★ Meat ★ Fish and Seafood ★ Fruit and Vegetables ★ Desserts ★ Cocktails What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

*Cooking Sous Vide* Createspace Independent Publishing Platform Have you ever wondered how they manage to do those super tender mega-tasty meats in restaurants and cafes? Actually, it is not a secret anymore--most of them own a truly magic device with a French name, Sous Vide. The foods are cooking with sous vide at lower temperatures. This way, no part of the food is ever heated above its ideal cooking temperature, which ensures even sous vide cooking, saving all the juiciness and tenderness. In the Complete Sous Vide Cookbook for Everybody, we have collected all the most relevant tips and the best sous vide recipes to make sure that your Sous Vide at home experience is truly perfect: HOW TO GET STARTED WITH SOUS VIDE COOKING FOR EVERYBODY? You will find useful tips, the best foods, and clear instructions for cooking sous vide at home. EAT DELICIOUS RESTAURANT-QUALITY MEALS AT HOME. You will find original, easy-to-follow recipes for Sous Vide better home cooking. WHAT CAN I COOK WITH SOUS VIDE? Try cooking eggs, pork, lamb, fish, vegetables, and desserts using your Sous Vide cooker. BE PREPARED TO SEE SOUS VIDE RECIPES THAT WILL MAKE YOU DROOL. Mouth-watering photos, clear and simple instructions, and nutritional information are provided. HOW LONG DOES IT TAKE TO COOK? Each sous vide recipe furnishes preparation and cooking time. USEFUL SOUS VIDE EQUIPMENT HELPS MAKE YOUR COOKING EASIER. For your convenience, we have included information about kitchen tools for the perfect Sous Vide cooking. INTERESTING FACTS ABOUT SOUS VIDE FOR EVERYBODY. At the beginning of the sous vide recipe book, you are provided with incredible facts and advantages of Sous Vide cooking. FIND ANY SOUS VIDE RECIPE EASILY. You can find any sous vide recipe in the Table of Contents by the main ingredients or in the Recipe Index alphabetically. By the way, Sous Vide cooking is not only an excellent match for meat and fish, but is ideally suited to make the most delicious vegetables, side dishes, fruit, and desserts. Get

familiar with the tips and advice, and then select a sous vide recipe that you fancy. As you get more experienced, you can start experimenting with the settings and products, or just keep following the sous vide recipes and instructions for your favorite dishes. These Sous Vide recipes are categorized into different chapters that range from: Eggs and Dairy Poultry Meat Seafood Vegetables and Grains Sauces and Infusions Desserts Well, with modern cooking appliances, the fairy tales have got closer than ever. Pay attention to 2 options of the paperback (See all formats and editions): black-white interior color interior Download this cookbook today and enjoy your fragrant healthy bread at home! *Sous Vide Cookbook* Artisan

★ 55% OFF for Bookstores! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef? DISCOVER Sous Vide Made Easy! The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking. Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat, favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender, avoiding dispersing the juices and nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and, consequently, times are considerably longer, but the result will certainly be better! This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner, as well as of course containing recipes of: ★ Appetizers ★ Meat ★ Fish and Seafood ★ Fruit and Vegetables ★ Desserts ★ Cocktails What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

**Sous Vide for the Home Cook** Walah! LLC

A beginner's guide to sous vide, which has been a popular cooking technique in restaurants for years, offering tender and succulent dishes cooked to perfection. Now, from the creator of Nomiku—the first affordable sous vide machine—comes this easy-to-follow cookbook that clearly illustrates how to harness the power of sous vide technology to achieve restaurant-quality dishes in the comfort of your own kitchen. Discover the stress-free way to cook a delicious (and never dry!) Thanksgiving turkey along with all the trimmings, classics like Perfect Sous Vide Steak and Duck Confit, and next-level appetizers like Deep Fried Egg Yolks. Including over 100 recipes for everything from Halibut Tostadas, Grilled Asparagus with Romesco, and Chicken Tikka Masala, to Dulce de Leche, Hassle-Free Vanilla Ice Cream, and even homemade Coffee-Cardamom Bitters, Sous Vide at Home has you covered for every occasion.

*Sous Vide Mastery* Penguin

Do you struggle to get the same results in your kitchen as the chefs you watch on TV? Do you feel like you're fighting the food as it cooks? Did you buy a Sous Vide Cooker but the results are not great or you want to challenge yourself and expand your culinary horizons? If so, then you need Sous Vide Cookbook! Sous Vide is a French culinary technique that allows you to cook food at a precise temperature in a water bath. Your food will turn out perfectly every time, without ever burning or overcooking. This technique is perfect for cooking every cut of meat or fish; from the most tender to some tough cuts, the result will be always amazing. Sous Vide is also great to cook vegetables, preventing them from getting mushy and losing their taste, or it can be used to prepare amazing deserts! In this book, you will find the concentrate of more than 30 years of experience. Sophia Marchesi will guide you on a culinary journey around the world with a selection of her 500 favorites recipes. You will find: Benefits of Cooking with Sous Vide Quick and Easy Recipes A collection of delicious Appetizer and Snack Recipes Breakfast, Lunch, Dinner, and Sides recipes. Healthy Vegan and Vegetarian Recipes Healthy and Cheat Dessert Recipes And much more! Anyone can use sous vide to prepare common, everyday foods because it's easy to use and requires no special skills. Sous vide is also a much faster and reliable way to prepare your food than traditional methods. You'll be able to create more dishes in less time and effort. Ready to get started? BUY NOW!

*Sous Vide Cookbook for Beginners* Createspace Independent Publishing Platform

Do you need some more advanced recipes for your Sous Vide

Machine? Do you just keep making the same recipes over and over? Do you need a break from boring recipes? Do you feel stagnant, stuck in a rut, and ready for a change? Are you bored of the same old recipes which are such a waste of your Sous Vide Machine? If you keep doing what you've always done, you'll never learn how to use this wonderful technology. Is this positive for you? Low-Temperature Precision Cooking: Sous Vide: Modern Techniques for Perfect Cooking Through Science, Ultimate Low-Temperature Immersion Circulator Guide teaches you every step, including many different types of recipes to bring new life to your Sous Vide Machine. This is a book of action and doesn't just tell you to try harder to make tasty food. Life rewards those who take matters into their own hands, and this book is where to start. This one book is full of amazing recipes for people who would like to eat healthier without sacrificing flavor. The tested recipes in this book have worked for thousands of people just like you. Easy-to-implement recipes and practical explanations help you take immediate action. What happens if you keep making the same food over and over again? - Find out new and exciting ways to use your Sous Vide Machine. - Learn why you should care about cooking lamb and duck - Your friends and family will be amazed at what you prepare - Are you prepared to lose weight? How will you learn to make the Sous Vide Machine your best friend? - Take a look at the straightforward recipes which break everything down for you - What you can do today to start cooking amazing food - Tricks for following even difficult recipes - How to develop the skills you need to make your Sous Vide Machine come alive What happens when you don't let life pass you by? - Never wonder "what if" you could have made steak and other tasty food in your Sous Vide Machine! - Wake up every day with high energy and desire to try new recipes from this amazing book - Inspire yourself and others to use their Sous Vide Machines in ways you can't imagine. - Feel comfortable with your Sous Vide Machine in minutes. Find out how to let go of your fear of cooking with a Sous Vide Machine and take flight towards the food of your dreams, period. Create new and exciting foods you want and get healthy at the same time. Try Low-Temperature Precision Cooking: Sous Vide: Modern Techniques for Perfect Cooking Through Science, Sous Vide: Ultimate Low-Temperature Immersion Circulator Guide today by clicking the BUY NOW button at the top right of this page! P.S. You'll wonder how you ever tried using your Sous Vide Machine without this book.

*Beginning Sous Vide* Createspace Independent Publishing Platform

Do you want to get the most out of your sous vide machine? Are you looking to consistently prepare great food with a minimal amount of effort? If you nodded your head "Yes" then this book was written for you! Sous vide has two huge advantages for both the novice and experienced cook. Most importantly it will allow you to significantly increase the quality and consistency of the dishes you create on a daily basis. And for those of you whose lives are harried, the sous vide technique also allows you to create remarkable meals while working around your hectic schedule. Amazing Food Made Easy: Sous Vide is the best selling full-color version of Modernist Cooking Made Easy: Sous Vide and is the authoritative guide to low temperature precision cooking and it will help make sous vide a part of your everyday cooking arsenal. Sous vide is a simple an extremely effective way to cook. This book covers every step of the sous vide process, from seasoning, sealing, and temperature control to how to determine the times and temperatures needed to turn out great food. There are also extensive write ups for the main types of food including steak and red meat, pork, fish and shellfish, eggs, fruits and vegetables, and much more. What You Get In This Book - The bulk of this book is the more than 85 recipes it contains. Designed so you can skim the recipes, looking for something that inspires you, or turn to a specific recipe to learn all about how to cook the cut of meat it features. - A detailed look at the entire sous vide process, including pre-sous vide preparation, sous vide sealing, temperature control, determining time and temperatures, and finishing sous vided foods. - More than 85 recipes providing a wide variety of dishes across many cuts of meat and types of vegetables. They include: - Beef, Lamb, and Other Red Meat - Pork - Sausage and Ground Meats - Chicken, Turkey, Duck, and Poultry - Eggs - Fish and Shellfish - Fruits and Vegetables - Infusions of Alcohol, Oil, and Vinegar - Sweet and Sours such as yogurt, creme brulee, and dulce de leche - An introduction to the equipment you will need for cooking sous vide. From a simple no-cost method that will allow you to give sous vide cooking a try, to

a low-cost setup that will meet all of your sous vide cooking needs. - A comprehensive sous vide time and temperature chart, as well as cooking-by-thickness times. - More than 35 "Modernist Notes" with suggestions for using modernist ingredients and techniques to turn everyday meals into upscale and elegant dishes. If you want to use sous vide to prepare amazing food simply and easily then this is the book for you!

#### **Sous Vide for Everybody** Clarkson Potter

Do you want the right recipes for all sorts of Sous Vide Machine foods? Do you just keep making the same recipes over and over? Do you need a break from under or overcooking your food? Do you feel stagnant, stuck in a rut, and ready for some delicious food? Are you bored of the same old recipes which are such a waste of your Sous Vide Machine? If you keep doing what you've always done, you'll never learn how to use this wonderful technology. Is this positive for you? Sous Vide: Ultimate Low-Temperature Immersion Circulator Guide teaches you every step, including many different types of recipes to bring new life to your Sous Vide Machine. This is a book of action and doesn't just tell you to try harder to make tasty food. Life rewards those who take matters into their own hands, and this book is where to start. This one book is full of amazing recipes for people who would like to eat healthier without sacrificing flavor. The tested recipes in this book have worked for thousands of people just like you. Easy-to-follow recipes and practical explanations help you take immediate action. What happens if you keep making the same food over and over again? \* Find out how to perfectly cook different types of meat. \* Learn why you should care about cooking lamb and duck \* Your friends and family will be amazed at what you prepare \* Are you prepared to lose weight? How will you learn to take your Sous Vide Machine to the next level? \* Cook beef, poultry and fish perfect every time \* What you can do today to start cooking amazing food \* Tricks for following even difficult recipes \* How to develop the skills you need to make your Sous Vide Machine come alive What happens when you don't let life pass you by? \* Never wonder "what if" you could have made steak and other tasty food in your Sous Vide Machine! \* Wake up every day with high energy and desire to try new recipes from this amazing book \* Inspire yourself and others to use their Sous Vide Machines in ways you can't imagine. \* Feel comfortable with your Sous Vide Machine in minutes. Find out how to let go of your fear of cooking with a Sous Vide Machine and take flight towards the food of your dreams, period. Create new and exciting foods you want and get healthy at the same time. Try Sous Vide: Ultimate Low-Temperature Immersion Circulator Guide today by clicking the BUY NOW button at the top right of this page! P.S. You'll wonder how you ever tried using your Sous Vide Machine without this book.

*Easy Sous Vide Cookbook* "O'Reilly Media, Inc."

★ 55% OFF for Bookstores! NOW at \$ 15.29 instead of \$ 33.97! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef? DISCOVER Super Simple Sous Vide Recipes! The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking. Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat, favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender, avoiding dispersing the juices and nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and, consequently, times are considerably longer, but the result will certainly be better! This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner, as well as of course containing recipes of: ★ Appetizers ★ Meat ★ Fish and Seafood ★ Fruit and Vegetables ★ Desserts ★ Cocktails What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

#### **Delicious Under Pressure** Createspace Independent Publishing Platform

Discover a new way of cooking! With modern Sous Vide technique, you can get perfect restaurant-style meals in your kitchen. Start creating your masterpieces with our cookbook today! Your friends and relatives will be surprised. Immersion circulators were previously used only in expensive luxury restaurants. This device helps to cook food in a vacuum at a certain low-temperature level. Sous Vide technology has essential advantages: Food, cooked in a vacuum, preserves all valuable substances and vitamins; Meat remains juicy after vacuum cooking because its fibers remain intact; Vegetables retain color, aroma and a pleasant crunch. But it is difficult to find suitable recipes for Sous Vide because this technology requires strict adherence to the temperature regime and cooking time. Our book will help you solve this problem. After reading this book, you will learn: About the new advanced low-temperature technology of cooking in a vacuum; About Necessary Sous Vide Cooking Equipment; About Benefits of Sous Vide Cooking; and many others. Your reasons to buy this book: In our book, you will find

detailed instructions for beginners to use the Sous Vide cooking method. This cookbook contains more than 100 of the best, delicious, proven recipes for breakfast, lunch or dinner. All recipes are really healthy. With our recipes, you will lose weight or maintain a healthy weight and normal cholesterol. All recipes are easy to follow. They are suitable for everyday menus. All recipes have clear and well-defined instructions. All recipes contain available ingredients. The book has colorful photos of cooked dishes. Recipes are well thought out and allow you to prepare food without fuss. All dishes are really delicious; they just melt in your mouth. This book is suitable for sous vide cooking with various immersion circulator brands, just use the time and temperature table at the end of the book. Our book will help you apply Sous Vide technology in your kitchen. In this book, you will find amazing recipes such as: Juicy Beef Tenderloin Sous Vide Beef Bourguignon Rosy Herbed Lamb Chops Tasty Lemony Chicken Breasts Sous Vide Duck Breasts in Orange Sauce Bacon and Blueberry Breakfast Carnitas Buffalo Chicken Wings White Bean and Artichoke Dip Sous Vide Apricot Jam Vanilla Poached Pears Strawberry Mousse ...and many more! Healthy eating is about eating smart and enjoying your food. Our cookbook will help transform your kitchen into a home restaurant. Look! You can buy a full-color (ISBN-10 = 1986525899) or black and white (ISBN-10 = 1986503186) version of this book. Just click "See all formats" section to choose your version. Special Bonus: You'll get the Kindle version for FREE when you buy the paperback on Amazon. So what are you waiting for? Scroll up and click "BUY NOW with 1-Click" to download your copy now! (c) 2018 All Rights Reserved!

#### **Sous Vide Cookbook for Beginners** Createspace Independent Publishing Platform

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#### **Sous Vide Made Easy** Createspace Independent Publishing Platform

★ 55% OFF for Bookstores! NOW at \$ 15.29 instead of \$ 33.97! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef? DISCOVER Sous Vide Cookbook for Beginners! The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking. Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat, favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender, avoiding dispersing the juices and

nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and, consequently, times are considerably longer, but the result will certainly be better! This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner, as well as of course containing recipes of: ★ Appetizers ★ Meat ★ Fish and Seafood ★ Fruit and Vegetables ★ Desserts ★ Cocktails What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

#### **Sous Vide Cookbook for Beginners** America's Test Kitchen

Are you interested in molecular gastronomy and modernist cuisine but can't find any accessible information for getting started? Are you looking for an easy to understand introduction to the techniques, ingredients, and recipes of modernist cooking? If you nodded your head "Yes" then this book was written for you! Modernist cooking is quickly gaining popularity in high end restaurants and working its way into home kitchens. However, there has been very little accessible information about the techniques and ingredients used. This book aims to change that by presenting all the information you need to get to get started with modernist cuisine and molecular gastronomy. It is all presented in an easy to understand format, along with more than 80 example recipes, that can be applied immediately in your kitchen. Modernist Cooking Made Easy: Getting Started covers popular modernist techniques like foams, gels, and spherification as well as many of the ingredients including agar, xanthan gum, and sodium alginate. There are also more than 80 high quality, black and white photographs providing a visual look at many of the recipes and techniques. What You Get in This Book: An in-depth look at many of the most popular modernist ingredients such as xanthan gum, sodium alginate, carrageenan, and agar agar. A detailed exploration of modernist techniques like spherification, gelling, foaming, thickening, and sous vide. More than 80 recipes for gels, foams, sauces, caviars, airs, syrups, gel noodles and marshmallows. Directions for how to use modernist techniques and ingredients to make your everyday cooking more convenient. More than 400 sous vide time and temperature combinations across 175 cuts of meat, types of fish and vegetables. If you want to get started with modernist cooking then this is the book for you!

#### **Sous Vide Cookbook** Anne Marie Abbott Baker

★ 55% OFF for Bookstores! LAST DAYS! ★ Your Customers Never Stop to Use this Awesome Cookbook! Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef? DISCOVER Sous Vide Cookbook for Beginners! The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking. Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat, favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender, avoiding dispersing the juices and nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and, consequently, times are considerably longer, but the result will certainly be better! This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner, as well as of course containing recipes of: ★ Appetizers ★ Meat ★ Fish and Seafood ★ Fruit and Vegetables ★ Desserts ★ Cocktails What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book!

#### **Full Guide to Cooking Sous Vide Recipes** W. W. Norton & Company

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

#### **Cooking for Geeks**

Would you like to be able to cook healthy, authentic-tasting vegetables recipes with an innovative and easy-to-use cooking method? Then this sous vide recipe book is for you!

### *Sous Vide at Home*

Just as Hugh Acheson brought a chef's mind to the slow cooker in *The Chef and the Slow Cooker*, so he brings a home cook's perspective to sous vide, with 90 recipes that demystify the technology for readers and unlock all of its potential. NAMED ONE OF FALL'S BEST COOKBOOKS BY FOOD & WINE Whether he's working with fire and a pan, your grandpa's slow cooker, or a cutting-edge sous vide setup, Hugh Acheson wants to make your cooking life easier, more fun, and more delicious. And while cooking sous vide—a method where food is sealed in plastic bags

or glass jars, then cooked in a precise, temperature-controlled water bath—used to be for chefs in high-end restaurants, Hugh is here to help home cooks bring this rather friendly piece of technology into their kitchens. The beauty of sous vide is its ease and consistency—it can cook a steak medium-rare, or a piece of fish to tender, just-doneness every single time . . . and hold it there until you're ready to eat, whether dinner is in ten minutes or eight hours away. But to unlock the method's creative secrets, Hugh shows you how to get the best sear on that steak after it comes out of the bath, demonstrates which dishes play best with extra-long, extra-slow cooking, and opens up the whole world of

vegetables to a technology most known for cooking meat and fish. Praise for *Sous Vide* "High-end cooking comes to the home kitchen in this fun, clear approach to a gourmet technique. . . . [Hugh] Acheson writes with such charm that he can make warm water interesting."—Publishers Weekly

### **Sous Vide Made Easy**

A primer on the sous vide cooking technique, including time and temperature tables and over 200 tested and delicious recipes for cooking eggs, meat, fish, poultry, game, vegetables, fruits, and desserts.