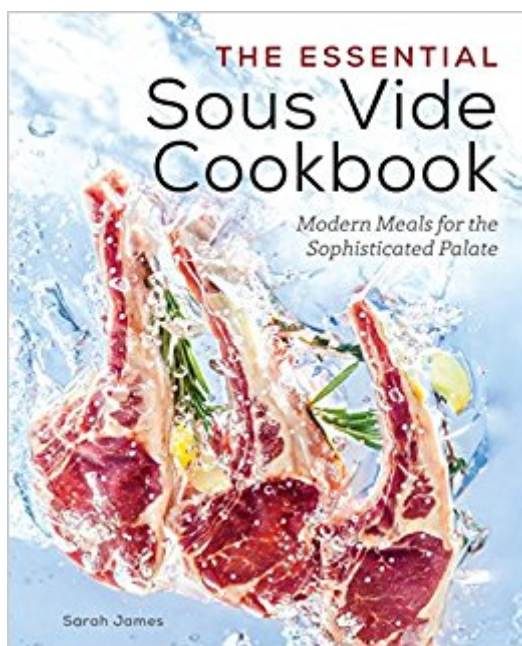


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The Essential Sous Vide Cookbook: Modern Meals For The Sophisticated Palate



Synopsis

"This is a fantastic resource for getting started with sous vide cooking. In addition to a wealth of recipes, Sarah offers practical guidance for every stage of the cooking process. If you have a question about cooking sous vide, chances are the answer is in this book." — Scott Heimendinger, Technical Director at Modernist Cuisine, Co-Founder of Sansaire You shouldn't have to go out to expensive restaurants just to eat perfectly cooked food. Whether you're a sous vide enthusiast seeking to add new recipes to your repertoire, or just getting into the technique, The Essential Sous Vide Cookbook will show you how easy it is to make restaurant quality food in your very own home. The Essential Sous Vide Cookbook includes: Sous Vide 101: information on prepping, seasoning and cooking with your sous vide machine, including temperature and cook charts for a perfectly cooked meal Over 100 Recipes: for meat, poultry, vegetarian lunches or dinners, plus desserts and sauces DIY Sous Vide: tips on how to make your very own sous vide machine and vacuum seal bags The Essential Sous Vide Cookbook brings you recipes such as: Garlic-Rosemary Lamb Chops, Duck Leg Confit, Salmon and Lemon Dill Sauce, French Onion Soup, Poached Pears with White Wine and Ginger Sauce, Homemade Yogurt, and much more! Join notable chefs in the kitchens of high-end restaurants worldwide when you master the culinary techniques in The Essential Sous Vide Cookbook.

Book Information

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Customer Reviews

View larger Garlic Rosemary Lamb Chops Yield: 4-8 chops. Active Time: 5 minutes/Total

Time: 2 to 4 hours. Garlic and rosemary were made for lamb. Serve these delicate chops with fresh green peas and a salad for a light and flavorful springtime meal or garlic mashed potatoes (page xxx) for something heartier. This dish comes together in very little time and with absolutely minimal effort, so it's perfect for a weekend dinner.

Instructions 1. Preheat the water bath to 134°F. 2. Season the lamb all over with garlic powder and salt and pepper or your favorite rub. 3. To bag the chops, start by folding the top of a vacuum-seal or zip-top bag back over itself to form a cuff. For best results, do not bag more than four chops together in one bag. Add the chops and rosemary. Uncuff and seal using either a vacuum sealer or displacement method. 4. Place the bag(s) in the water bath and cook for 2 to 4 hours. 5. Remove the chops from the bag and place on a paper towel-lined plate. Pat dry on all sides. 6. Heat the vegetable oil in a large cast iron or stainless steel skillet over medium-high heat until oil is shimmering. 7. Add the garlic and cook for 30 seconds, until fragrant. Add the chops and rosemary from the bag to the skillet. Cook until a nice, brown crust develops, about 45 seconds. Flip the chops with your tongs. 8. Add the butter and melt, spooning the melting butter over the chops, and cook for 30 seconds. Continue until all sides are browned. Remove the chops from heat and serve. Tip: If you can find goat chops, this is a simple and tasty way to prepare them.

Ingredients 4 - 8 lamb chops 1 tablespoon garlic powder Salt Freshly ground black pepper 2-4 sprigs rosemary 1 tablespoon vegetable oil 1 tablespoon butter

Sarah James was given a sous vide unit in 2014 and quickly fell in love with the technique.

Encouraged by early success, it quickly became her go-to method for simple, weekday evening meals. She's spent years learning about the science behind it and having fun recreating her favorite recipes sous vide. Sarah has published hundreds of online tutorials covering everything from cooking and sewing to laser cutters and wearable electronics. She blogs at www.sousvidely.com.

I hadn't used my Sous Vide machine in three years. The recipe books available when I bought it were primitive and unimaginative. This book's reviews were so favorable that I ordered it and I am so happy I did. There are so many more uses for the machine than I was aware of and so many foods to cook using it. Last night we had the brightly seasoned pork chops and a wonderful beet dish. Can't wait to make onion soup and mashed potatoes and so many dishes I would have never have thought would come from a sous vide machine. The rub we used on the pork chops is worth

the price of the book itself. Well written, helpfully detailed, scores of recipes---a perfect cook book.

This book is well laid out and contains the information I needed about the basics of Sous Vide, especially cooking temperatures. The recipes run from very simple to more complex and interesting. I got my Kindle copy when it was on sale cheap, but even at full price the book would have been worth it.

Good primer for the novice with classic recipes. Showcases the versatility of the technique. Provides equipment comparisons as well as cooking time charts and measurement conversions.

This has recipes people might actually make in an every day setting. I have already tried the Sriracha sliders. The bf said they were tasty enough to make again!

This book has a lot recipes for things I wouldn't have thought of normally and many I will probably never use but it does make me think about the many possible uses for my sous vide machines. I use them primarily for steaks and such. My wife and I love the way you can transform a mediocre pieces of meat into something more palatable. The use of sous vide machines for stocks, broths, and sauces is intriguing to me. The perfect temperature control eliminates some of the hazards of stove top cooking and eliminates a lot of the watched pot anxiety. This review does not even scratch the surface of this books content. It was truly eye opening for this sous vide novice.

This has a brief but very informative section to cover the basics and you can use the recipes to expand to your own style. I use it primarily as a guideline, not an exclusive must-be-exactly-as-written-to-come-out guide. It's not so huge as some of the books, so you can save a bit, but it gives enough for you to start up and then take off. I will admit all I've made are entree items, no vegetables so far.

I enjoyed the editorial and introduction to explain what Sous Vide is. I enjoyed the recipe's I felt like I was able to adapt some recipes I have to a Sous Vide recipe.

Great recipes and a lot of additional information on things like different oils, conversions for measurements, etc. I have tried several of the recipes and have liked every one so far.

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