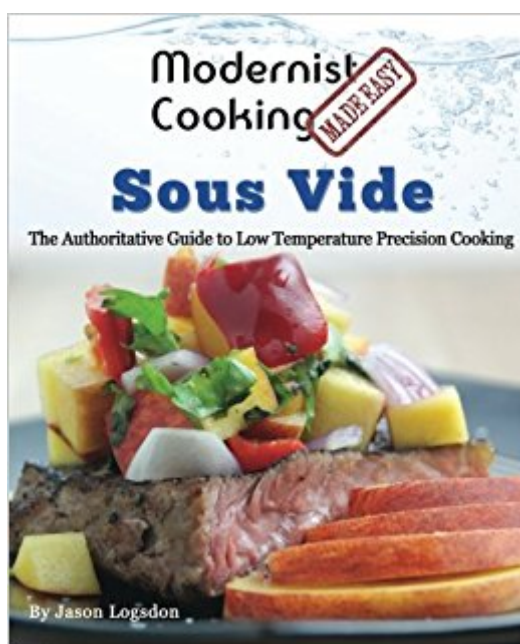


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# Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide To Low Temperature Precision Cooking



## Synopsis

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. *Modernist Cooking Made Easy: Sous Vide* is the best selling sous vide book available and 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 and 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!

## Book Information

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## Customer Reviews

Jason Logsdon is a passionate home cook, entrepreneur, and web developer. He helps cooks understand sous vide and new modernist cooking techniques with easy-to-understand directions and recipes. He has several books and a website on sous vide and modernist cooking that are read by thousands of people every month including *Beginning Sous Vide*, *Modernist Cooking Made Easy: Getting Started*, *Sous Vide: Help for the Busy Cook*, *Modernist Cooking Made Easy: The Whipping Siphon*, *Sous Vide Grilling*, and *Modernist Cooking Made Easy: Party Foods*. He can be reached at [jason@modernistcookingmadeeasy.com](mailto:jason@modernistcookingmadeeasy.com) or through Twitter at [@jasonlogsdon\\_sv](https://twitter.com/jasonlogsdon_sv).

Logsdon claims in the introduction that "sous vide cooking may not be as 'sexy' some of the other modernist techniques." I don't think there is anything particularly sexy about any kind of cooking to be honest. But there is something extremely sensual about having the most moist, flavorful pulled pork and pork loin of your life. And that is exactly what the recipes in this book provided. It also provides that last pork rilette recipe you will ever need. And if you don't know what pork rillettes are, you need it even more. And immediately. This really is the most authoritative guide to sous vide that I've encountered, with really good background information, a great description of sous vide theory and in-depth explanations of the processes. The recipes in "Modernist Cooking Made Easy: Sous Vide" are well-crafted and easy to follow. I've been using sous vide methods for a while now, but I was still very impressed with some of the interesting sous vide approaches to traditional non-modernist recipes. I was also a big fan of the temperature chart and cut thickness information. It takes away some of the guess work. Overall I would recommend this book to anyone who is interested in sous vide. For a beginner, this is a great place to start and even a sous vide pro will find something interesting and new here. Plus with how expensive a lot of the other sous vide

resources can get, this you really get your money's worth with it.

I really like this book. It contains recipes and information about different sous vides and cooking methods. The pictures are in black and white, but the recipes are varied and detailed.

Being somewhat familiar with Sous vide cooking, I was more interested in the recipes. Whether you are a pro, or new to sous vide, this book will guide you through the process. I appreciate the detailed information on cooking times, and temps. It even gave me more ideas for finishing the meats that I hadn't thought of. Being a visual person, I liked all the photo's or at least see what my cooking is suppose to look like. I'm definitely going to try the prime rib roast for our xmas meal. At times the author was a little long describing his process, but still a great book!

I can't say enough good things about this cookbook! It's packed full of information that makes sous vide cooking really easy. Every recipe we've tried has been excellent. I'm looking forward to making virtually everything in this book! It's a perfect guide for cooking with my Anova.

I've been cooking sous vide since I discovered the beer cooler hack several years ago. A few months back I purchased the latest model of Anova's circulator. I purchased and downloaded this book to my tablet. It is very thorough and covers all the topics related to cooking with the sous vide method. This book gives you a very good look at times, temps and food safety. I am an avid cook and find it convenient to use in the kitchen. Although I have made a number of the recipes included (which are divided into sections by main ingredient like beef, pork, poultry, etc) and enjoyed them, I primarily use this book as a time and temperature guide and as a inspiration to create my own recipes. Yes, you can use the web to find sous vide recipes but the times/temps for the same cut of meat for can be all over the place. For example, BBQ Ribs - lots of recipes tell you to cook them for 12 to 24 hours. 24 hours? At that extreme if you try to pick up a rib the meat would just fall off the bone. I want a rib with some chew, not pulled pork. Drop them in at 156 degrees for 8 hours, take 'em out, paint on your BBQ sauce and toss them under the broiler or onto your grill. Best ribs ever. My smoker is very lonely.

If you dont have this book, get it. If you dont have a sous vide, get one. You will not even believe the tenderness of the meats you normally have trouble chewing. The meats are juicy and perfectly cooked all the way through at the exact level of doneness you prefer. This book goes into great

detail explaining everything and why. FYI you can get a great little sous vide for under 200 that you just put inside of any pot or container that holds enough water to heat and circulate around the food which is bagged . It is just fantastic. I would not cook my steak any other way now.

I have just recently discovered Jason Logsdon's books and am so happy. Great info and tips. I've purchased almost all his books now and would highly recommend them.

Great intro book to get you started to the world of sous vide. You can spend hours reading [SeriousEats.com](http://SeriousEats.com) but it's good to have a quick reference in the kitchen

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