



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

Sarah James

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Whether you're just starting to sous vide or looking to improve your sous vide skills, the foolproof instructions in *The Essential Sous Vide Cookbook* will help you recreate your favorite restaurant experiences using the ease of sous vide with this collection of simple yet delectable recipes.

Cooking sous vide is a technique like no other. The quality of sous vide meals is nearly impossible to achieve through traditional cooking methods. However, creating an impressive sous vide dish is surprisingly easy?especially with the right sous vide cookbook.

Food writer Sarah James came to sous vide by happenstance. She was introduced while working as a food editor and, though she'd never sous vided before, her interest was peaked enough to purchase one of the first machines to market. What began as a curious interest quickly became an obsession that eventually led her to create the popular food blog Sousvidely.com.

In *The Essential Sous Vide Cookbook*, Sarah offers creative recipes for making your own restaurant-quality meals from the comfort of your own kitchen. You'll prepare perfectly tender meats, enhance the vibrant flavors in your favorite vegetables, create luscious desserts, and even make your favorite cocktails.

- **SOUS VIDE 101** ? Even those familiar with the technique need a refresher. Get ready for success by reviewing the basics?including selecting a sous vide machine (if you don't have one already!) and the proper way to prep, season, and cook.
- **PRIMED AND READY** ? *The Essential Sous Vide Cookbook* includes a troubleshooting guide for any issues that may arise, as well as temperature and cook time charts for when you're ready to try the technique on your own.
- **EXCITING RECIPES** ? Enjoy recipes that will satisfy all your cravings?whether it be hearty chili, juicy hamburgers, crispy french fries, Korean-style BBQ, or ice cream made to order. This sous vide cookbook also features recipes from chefs and bloggers around the web.
- **TIPS & TRICKS** ? Helpful features such as unique substitution suggestions, a kitchen tool guide, and interesting sous vide facts will take your sous vide know-how to the next level.

Whether you're just starting out or you're a seasoned home cook, *The Essential Sous Vide Cookbook* delivers everything that you need to sous vide with all the gain and none of the fuss.

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