

[PDF] The Essential Sous Vide Cookbook: Modern Meals For The Sophisticated Palate

Sarah James - pdf download free book



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Description:

"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*.

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