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Sous Vide Classics. Cooking At Home: Recipes (Weight Loss Book 10)



Synopsis

Sous Vide – So Good! Cooking under vacuum the French way for delicious recipes and results. This cookbook is focused on the French culinary trend, sous vide, or cooking “under vacuum.” Used with delicious success in five star gourmet restaurants around the world since its discovery in the early 70s, sous vide is now taking the world of home cooking by storm, thanks to streamlined water ovens and immersion elements, designed with the home kitchen in mind. Along with many mouthwatering recipes you will also learn all about the sous vide cooking process including:

- The French restaurant roots of sous vide
- The advantages of cooking the sous vide way
- How the sous vide process works
- The latest sous vide equipment available
- Tips for getting the most out of cooking sous vide
- Sous vide tricks from the professionals
- Keeping home sous vide safe

Learn the facts about this innovative cooking method so that you can enjoy learning a new technique that highlights fresh, flavorful food at its healthiest without worrying that it’s a complicated process that should only be undertaken by trained professional chefs. Sous vide takes its cues from elegant and sophisticated French cuisine, including the European tradition of taking inexpensive cuts of meat and cooking it to tender perfection, as well as turning the spotlight on simple foods like fresh vegetables and wholesome poached eggs, by enveloping them in classic elegant sauces all now virtually at your fingertips once you start cooking the sous vide way! Turn your kitchen into a sophisticated French bistro. Buy this book today and begin your sous vide culinary adventure!

Book Information

File Size: 3790 KB

Print Length: 160 pages

Publisher: French Number Publishing (July 26, 2017)

Publication Date: July 26, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0749QQZLD

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #95,315 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

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#71 in Books > Cookbooks, Food & Wine > Cooking Methods > Gourmet #289 in Books >
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Customer Reviews

I heard a lot about Sous Vide so decided to give it a try. This book does an excellent job of explaining the science behind cooking sous vide, the advantages of cooking the sous vide way and many useful tips. The cookbook is one of best ones for Sous Vide recipes. Our yesterday's dinner came mostly from this book: juicy sous vide chicken and moist carrot cake. All very delicious! All recipes are explained well and easy to follow. I highly recommend.

Five stars? Is that all I can give? Really, this book deserves so much more. The techniques provided on these pages, as well as the suggestion it gathered, are worth far more than five stars and I would consider this book to be a great bargain at twice the price. Keep up the excellent work, Victor Ragnarson. Highly recommended.

If you like food that is fresh, healthy and delicious, sous vide cooking might just be the thing for you! Inside this book is plenty recipes for breakfast, lunch and dinner. All recipes are well written and step by step. Unfortunately no pictures but still a very good book

Sous Vide is an interesting method of cooking, but now you can't find a lot of good books about it. It is quite new, so it is not very easy to understand all principles of sous vide cooking. In this book you will find a good guide, that will help you on your kitchen. Also some good recipes, some of them I already added to my favorites.

I wasn't following the series but I guess after this, I will get the other cookbooks in the series. These classics sous vide are good. Won't let you down!

wow!!! This book has so many superb dishes that sometimes I feel like eating all of them at once.....

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