

H. ADVANCE TITLE INFORMATION

SOUS-VIDE GOES BBQ

by Giuseppe Messina & Frank Albers

CONTENT:

Besides being a healthy cooking option - since it requires little oil or fat - *sous-vide* BBQ offers some great advantages for grillers especially when preparing elaborate dishes for a lot of guests. The *sous-vide* cooking technique guarantees a safe BBQ as foods are properly cooked at precise temperatures and for the right length of time. Once you have taken your steak out of the water quench, it just requires some time on the grill in order to achieve the proper flavour of roast and smoke, along with the perfect crust. However *sous-vide* is not only suited for preparing meat, you will also achieve fantastic results preparing vegetables and fruits!

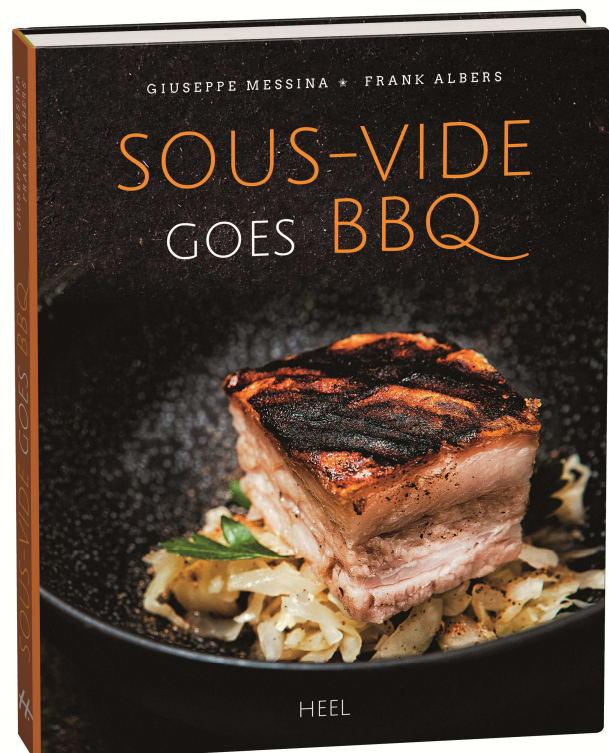
This book explains everything you need to know about sous-vide grilling, starting with the proper equipment and the necessary cooking times and presenting a great number of delicious recipes - all of them captured in mouth watering photography. Discover the perfect blend of sous-vide cooking with BBQ!

The author Giuseppe Messina is an acknowledged representative of German avant-garde cuisine and an expert in the handling of textures. He works as a coach and consultant for gastronomy and restaurants, teaching the legendary *texturas* by Albert & Ferran Adrià.

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k.michelberger@heel-verlag.de + s.becker-barth@heel-verlag.de + www.heel-verlag.de