TITLE INFORMATION

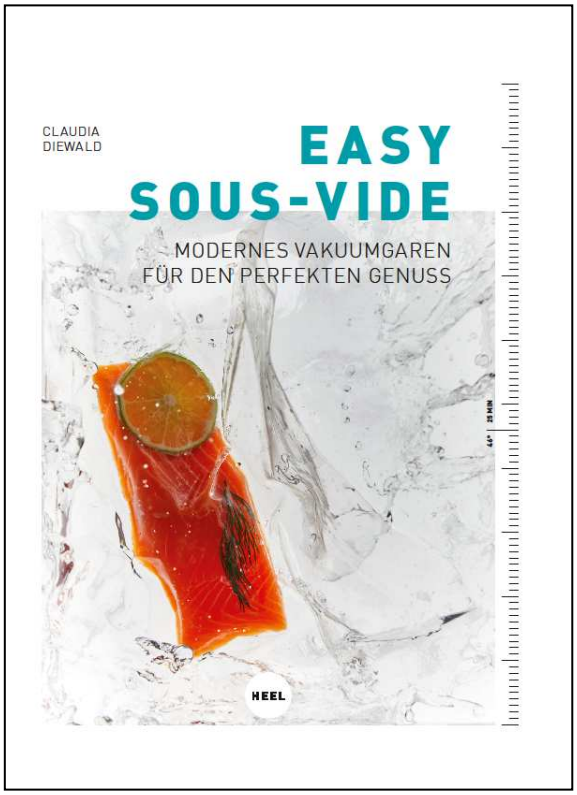
EASY SOUS VIDE

by Claudia Diewald

CONTENT:
Sous Vide as a gentle and healthy cooking technique is no longer indispensable in contemporary cooking. By cooking foods vacuum-sealed at precise temperatures in the water quench, everybody is able to gain excellent results in restaurant-like quality.

This book supplies fundamental knowledge on the cooking method and the science behind, offering 60 delicious recipes effortlessly to be prepared in your own kitchen.

Fresh and appealing photography along with helpful charts illustrating cooking times of fish, meat, game or vegetables will make this volume your new favourite reference book!



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