



The Complete Sous Vide Cookbook

Samanta Klein

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Do you know what happens when **science** and human **love for food and cooking** come together? You'll find the answer **here**. This unique book will help you to create many **extraordinary moments** shared with your **loved ones** with you being a new kitchen hero.

What is the whole **hype** about? Sit comfortably and take a minute to read the following paragraphs through and your relation with food might not be the same anymore.

Early 70's in France. French chef cook George Pralus creates a revolutionary cooking method called Sous Vide (It comes from the French expression for „in the vacuum“) preventing the losses of juice and flavor in the meet by using a special Ziploc bags submerged in water in a device maintaining temperature and heat circulation without any oscillations. As a result, he got taste and texture outgrowing both his expectations and the classic frying methods.

Originally, very extravagant, luxurious invention has been consistently gaining **popularity** in the recent years becoming cheap and accessible for everyone. Cooking in Sous Vide is a perfect example of a scientific cooking method.

In the book, you will find **75 varied ingenious recipes** starting from breakfast through lunch and dessert to dinner. Sous Vide adjusted recipes allow you to **discover** a new world of dishes in your homely kingdom. The book consists of couple of sections such as:

Beef
Poultry
Fish & and sea food
Weight loss
Appetizers
Desserts

Aside from ingredients and directions each recipe contains estimated preparation & cooking time, nutritional value broken down into proteins, carbs and fats and a number of servings.

On the top of that you will find an instruction how to use your Sous Vide device properly along with a vast

cooking chart encompassing the majority of common ingredients, time it takes to prepare it and the temperature to cook it at.

Eating has always been a foundation of **cultivating human relations** regardless of the epoch and culture. It has never been solely an act of fulfilling a bodily need but a deeply integrating process. Can you imagine **the ones you really love** joining you at the table celebrating each other's company with a meal being a **pure delight** and a benefit for your body?

Actually... you don't have to imagine it, **order the book today** for as little as X and enjoy invaluable satisfaction of making yourself and others a happier, healthier person.

The Complete Sous Vide Cookbook Details

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From Reader Review The Complete Sous Vide Cookbook for online ebook

September Horton says

Perfect Steak

First, I had no idea that you could use a straw method if you don't have a vacuum sealer! Second, these are recipes that you can actually follow. The ingredients are easy to find, most are inexpensive, and all recipes are perfect for a beginner. I finally made a perfect steak, which !my hubby was very happy about.

Terri Allender says

Confusing directions

I'm a fairly experienced cook, but was thoroughly confused by some of the instructions. For example, slice halibut thinly?? After sous vide, brown halibut fillets....how did the halibut get back into a fillet form??

Lynda says

** I voluntarily reviewed this after receiving a free copy. This is my complete and honest opinion. **

This is a 2-star book. (And that is if I'm being nice.)

This cookbook excited me... I was interested in reading about a new technique in cooking. The idea of this cookbook is very appealing. However, this was horribly written. The recipes are incomplete, there were no photos and the book looked like it was written too quickly.

This cookbook really needs to be scrapped and reinvented.
