



Cooking Sous Vide: A Guide for the Home Cook

Jason Logsdon

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Sous vide cooking is quickly becoming one of the hottest culinary techniques. However, many people mistakenly think it requires expensive equipment and can't be done at home. The purpose of this book is to explain the basic concepts of sous vide to the home cook, present several low-cost options for getting started, and provide recipes and cooking times to begin exploring sous vide cooking. The book includes: A detailed introduction to sous vide and the steps involved in using it successfully. Time and temperature guidelines for over 50 types of meat, poultry, fish, and vegetables. Descriptions and evaluations of the types of sous vide equipment available including free "Sous Vide on the Stove". Over a dozen of our best tips and tricks for successful sous vide cooking. Comparisons of common sous vide setups including our pick for the "Ideal Home Sous Vide Setup", which only costs a few hundred dollars. A dozen recipes covering beef, fish, lamb, chicken, and vegetables. List of several of the top places to gather more information on sous vide cooking. Temperature conversion charts to easily move between Celsius and Fahrenheit.

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