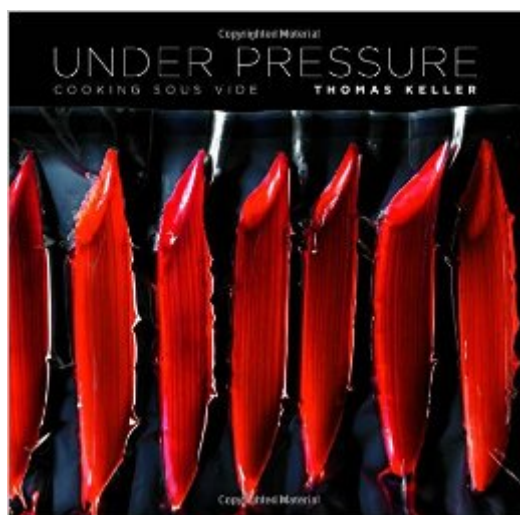


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# Under Pressure: Cooking Sous Vide



## Synopsis

A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America's most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures below simmering, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it's been on the stove. Fruit and vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to sous vide is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller and his chefs de cuisine have blazed the trail to perfection—and they show the way in this collection of never-before-published recipes from his landmark restaurants—the French Laundry in Napa Valley and per se in New York. With an introduction by the eminent food-science writer Harold McGee, and artful photography by Deborah Jones, who photographed Keller's best-selling *The French Laundry Cookbook*, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

## Book Information

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## Customer Reviews

This cookbook is a mirror into the reader's own attitude toward cooking. If you are a professional with all the expensive equipment, a demanding clientele and a pioneering spirit, this book will quickly become an essential reference. If you are a casual home cook curious about sous vide wizardry

and perhaps interested in toying with the techniques, you will find this book intimidating and useless. For foodies who have been intrigued by "molecular gastronomy" restaurant offerings, this book may answer a few "How did they do that?" questions. Given the level of creative energy between this book's covers, it is an outstanding value for the listed price. Understand, however, that as Keller states on p. 38, this book is "written for the professional kitchen, from one chef to another. No modifications have been made to accommodate cooks preparing [these recipes] at home, even though some of them certainly can be done at home with the right equipment" Recipe mise-en-place is organized by component in a division-of-labor professional kitchen style (not chronologically). All recipes use metric weights, so a digital scale is essential. These stylistic choices are sensible for Keller's audience, but may be offputting to a home cook more familiar with traditional American home cookbook presentations. Sous vide is, in important ways, both easier and safer than other cooking methods. Some of the advantages include ultra-precise control (and corresponding prevention of cooking errors and waste), extended hold times, intensified flavor, more efficient usage of labor, space and ingredients, and the ability to accomplish certain end results that are impossible with any other approach.

the french laundry cookbook is one of my favorite books, but i thought id never be able to do most of the recipes in it when i first looked at it. after time, as my experience grew, and constantly referring back to the book, i find myself now able to do most of those dishes in it (though i havent tackled head-to-toe yet) and looked at the book more as a place to get ideas from. "under pressure" seems like the same type of book. when i opened this book i felt the same experience i felt opening the french laundry. the books pretty much even look the same. neither are designed with the home cook in mind. that said, most of the recipes can be replicated at home, given the right equipment. i seriously doubt anyone is going to buy a chamber vacuum sealer (costing up to or exceeding 5 grand) or an immersion circulator (costing over a grand) but there is hope for people on a budget, like myself. i, myself, have been doing some sous-vide cooking at home and at work for about a year now. i tested the way the technique can change the texture and taste of food. the results i got ranged from disasterous to sublime. i never had a real guide to sous vide cooking (not being able to spend over 200 bucks for the only book printed on the subject). but now i do. but i dont have the expensive hardware that this book calls for, but im pretty sure i can get the same results they get on MOST of these dishes. its true, food savers and chamber sealers are alot different. you cant get the results of a "compressed" watermelon (as in the steak tartare) using something you got at target, but you can get the same type of pork belly. with the old foodsavers, you werent able to seal food with a

liquid (unless you froze it and then placed it with the food in the bag).

First of all I'm going to address the topic of whether or not you need this cookbook. If you are looking to cook meals in 30 minutes, buy Rachel Ray's cookbook and be done with it. If, on the other hand, you are an experienced chef and are looking for a completely new cooking technique then you are looking in the right place. There is an investment required to get the bare minimum equipment needed but you can buy everything you need for under \$250. In order to cook Sous Vide, you need the following: 1) A PID temperature controller like the SousVideMagic 3rd Gen 1500C which costs \$139 plus shipping 2) A rice cooker like the Black & Decker 20-Cup Rice Cooker - Stainless Steel (RC866) for \$40 3) A vacuum food sealer like the Reynolds Consumer Products Handi Vac Starter Kit 00590 for \$14 4) A propane torch like the Bernzomatic - Turner Brass Propane Torch Kit (TU100K) for \$19 5) A fish tank air bubbler for under \$20 That's everything you need except for the food ingredients. Yes, there are some ingredients that you'll need to get by mail order but that's no problem. I'm sure if you're reading this you've ordered stuff from the web before. There is one thing I'm trying to rationalize and haven't fully come to terms with yet: Is cooking with plastic safe?

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