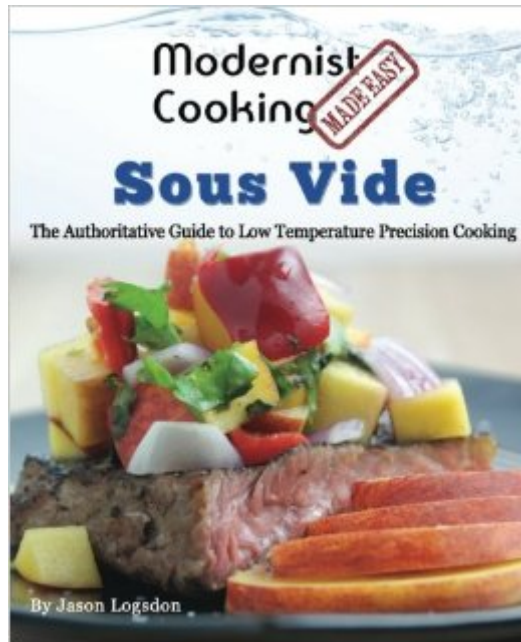


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# Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide To Low Temperature Precision Cooking



## Synopsis

Do you want to get the most out of your sous vide machine? Are you looking to consistently prepare great food with a minimal amount of effort? If you nodded your head "Yes" then this book was written for you! Sous vide has two huge advantages for both the novice and experienced cook. Most importantly it will allow you to significantly increase the quality and consistency of the dishes you create on a daily basis. And for those of you whose lives are harried, the sous vide technique also allows you to create remarkable meals while working around your hectic schedule. *Modernist Cooking Made Easy: Sous Vide* is the best selling sous vide book available and the authoritative guide to low temperature precision cooking and it will help make sous vide a part of your everyday cooking arsenal. Sous vide is a simple and extremely effective way to cook. This book covers every step of the sous vide process, from seasoning, sealing, and temperature control to how to determine the times and temperatures needed to turn out great food. There are also extensive write ups for the main types of food including steak and red meat, pork, fish and shellfish, eggs, fruits and vegetables, and much more.

**What You Get In This Book**

- The bulk of this book is the more than 85 recipes it contains. Designed so you can skim the recipes, looking for something that inspires you, or turn to a specific recipe to learn all about how to cook the cut of meat it features.
- A detailed look at the entire sous vide process, including pre-sous vide preparation, sous vide sealing, temperature control, determining time and temperatures, and finishing sous vided foods.
- More than 85 recipes providing a wide variety of dishes across many cuts of meat and types of vegetables. They include:
  - Beef, Lamb, and Other Red Meat
  - Pork
  - Sausage and Ground Meats
  - Chicken, Turkey, Duck, and Poultry
  - Eggs
  - Fish and Shellfish
  - Fruits and Vegetables
  - Infusions of Alcohol, Oil, and Vinegar
  - Sweet and Sours such as yogurt, creme brulee, and dulce de leche
- An introduction to the equipment you will need for cooking sous vide. From a simple no-cost method that will allow you to give sous vide cooking a try, to a low-cost setup that will meet all of your sous vide cooking needs.
- A comprehensive sous vide time and temperature chart, as well as cooking-by-thickness times.
- More than 35 "Modernist Notes" with suggestions for using modernist ingredients and techniques to turn everyday meals into upscale and elegant dishes.

If you want to use sous vide to prepare amazing food simply and easily then this is the book for you!

## Book Information

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## Customer Reviews

Logsdon claims in the introduction that "sous vide cooking may not be as 'sexy' some of the other modernist techniques." I don't think there is anything particularly sexy about any kind of cooking to be honest. But there is something extremely sensual about having the most moist, flavorful pulled pork and pork loin of your life. And that is exactly what the recipes in this book provided. It also provides that last pork rilette recipe you will ever need. And if you don't know what pork rillettes are, you need it even more. And immediately. This really is the most authoritative guide to sous vide that I've encountered, with really good background information, a great description of sous vide theory and in-depth explanations of the processes. The recipes in "Modernist Cooking Made Easy: Sous Vide" are well-crafted and easy to follow. I've been using sous vide methods for a while now, but I was still very impressed with some of the interesting sous vide approaches to traditional non-modernist recipes. I was also a big fan of the temperature chart and cut thickness information. It takes away some of the guess work. Overall I would recommend this book to anyone who is interested in sous vide. For a beginner, this is a great place to start and even a sous vide pro will find something interesting and new here. Plus with how expensive a lot of the other sous vide resources can get, this you really get your money's worth with it.

Being somewhat familiar with Sous vide cooking, I was more interested in the recipes. Whether you are a pro, or new to sous vide, this book will guide you through the process. I appreciate the detailed information on cooking times, and temps. It even gave me more ideas for finishing the meats that I hadn't thought of. Being a visual person, I liked all the photo's or at least see what my cooking is suppose to look like. I'm definitely going to try the prime rib roast for our xmas meal. At times the author was a little long describing his process, but still a great book!

Jason's abilities in cook book writing has improved with each attempt, but I think that this may well be his master's thesis on all things sous vide. If you've considered exploring the technique, or looking to expand on your skills, this book will do well by you. Beyond the detailed explanations of sous vide techniques, it can help you learn more about how to prep, marinade, and finish your dishes. Combine that with a new set of recipes and ideas, and this book can provide you with anything and everything you'd need to add sous vide to your cooking skill set.

I purchased "Beginning Sous Vide" but this new edition has so much more! It truly is "Modernist Cooking Made Easy". The explanations for seasoning, brining, smoking and marinating were detailed and easy to follow. In addition to an entire new set of delicious recipes, there were clear descriptions of how to use modernist tools, to control temperatures and to both seal and finish dishes. I have tried a number of recipes and have truly impressed my guests.

This book excels at presenting all of the basic concepts, plus a truly extensive and useful list of cooking times, keyed off of the thickness of the cuts. It has an impressively large number of recipes, and the photography is fine. I will be working my way through many of the recipes, and will update this review if I find any clunkers. The author's writing style is very straightforward - his tone is pleasant and friendly without being distinctive or opinionated.

Print version has grainy black and white photos. The poor quality of the photos took away whatever excitement I had towards reading the book when I got it. The photos almost look like photocopy quality. The book looks self-published and the photos were probably done in this manner to save costs. But it is still a book about cooking where color 'tells' the other part of the story. Imagine looking at medium rare sous vide cooked meat in shades of gray. How appetizing is that?

I've been cooking sous vide since I discovered the beer cooler hack several years ago. A few months back I purchased the latest model of Anova's circulator. I purchased and downloaded this book to my tablet. It is very thorough and covers all the topics related to cooking with the sous vide method. This book gives you a very good look at times, temps and food safety. I am an avid cook and find it convenient to use in the kitchen. Although I have made a number of the recipes included (which are divided into sections by main ingredient like beef, pork, poultry, etc) and enjoyed them, I primarily use this book as a time and temperature guide and as a inspiration to create my own

recipes. Yes, you can use the web to find sous vide recipes but the times/temps for the same cut of meat for can be all over the place. For example, BBQ Ribs - lots of recipes tell you to cook them for 12 to 24 hours. 24 hours? At that extreme if you try to pick up a rib the meat would just fall off the bone. I want a rib with some chew, not pulled pork. Drop them in at 156 degrees for 8 hours, take 'em out, paint on your BBQ sauce and toss them under the broiler or onto your grill. Best ribs ever. My smoker is very lonely.

As an amateur cook, I read everything I can about the latest trends in cooking. I thought Sous Vide cooking was out of my league and, probably, not necessary for my needs. However, a recent article in the New York Times accompanied by the reduction in price of the needed sous vide equipment prompted me to take another look. This lead me to Jason's book and, after reading it, I sprung for the equipment and made a fantastic filet mignon. Along the way, I asked Jason for some help on questions I had and he promptly answered. He even has a blog. Many authors give you their email address and ask you to contact them if you have any questions but rarely do so. Jason does and I have in fact purchased products recommended by him. I endorse this book highly; the recipes are great any easy to follow. (Working on a brisket now!-Have to get back to it).

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