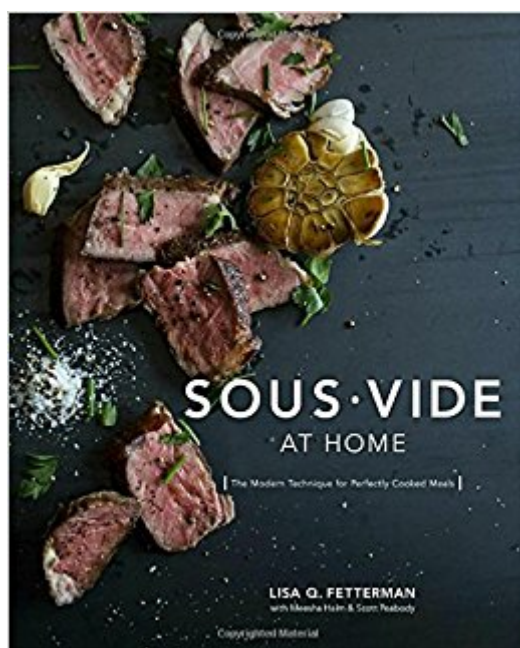


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# Sous Vide At Home: The Modern Technique For Perfectly Cooked Meals



## Synopsis

Sous vide has been a popular cooking technique in restaurants for years, offering tender and succulent dishes cooked to perfection. Now, from the creator of Nomiku--the first affordable sous vide machine--comes this easy-to-follow cookbook that clearly illustrates how to harness the power of sous vide technology to achieve restaurant-quality dishes in the comfort of your own kitchen. Discover the stress-free way to cook a delicious (and never dry!) Thanksgiving turkey along with all the trimmings, classics like Perfect Sous Vide Steak and Duck Confit, and next-level appetizers like Deep Fried Egg Yolks. Including over 100 recipes for everything from Halibut Tostadas, Grilled Asparagus with Romesco, and Chicken Tikka Masala, to Dulce de Leche, Hassle-Free Vanilla Ice Cream, and even homemade Coffee-Cardamom Bitters, *Sous Vide at Home* has you covered for every occasion.

## Book Information

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## Customer Reviews

“Food has changed. Cooking has changed. Now we must choose our guides to show us the new ways of creating fantastic meals, and one of my favorite guides is the visionary Lisa Fetterman, who has such dynamic zeal for the act of cooking that it is hard not to follow her ebullient lead. *Sous Vide at Home* gives every home cook the techniques and recipes they need to revolutionize the way they make food.” —Hugh Acheson, author of *A New Turn in the South* and chef/owner of Five & Ten, Empire State South, The National, and The Florence “Lisa is an obsessive visionary who just wants to make the modern world a tastier, inspired place. As a curious home cook turned neurotic chef, bringing professional techniques into the home kitchen is

always a thrill. The ability to cook sous vide with an immersion circulator on and off the clock excites me to no end!

•Christina Tosi, chef/founder/owner of Milk Bar  
"Lisa has taken what is viewed as the chef's trick and turned it into another great tool for the home cook. With great recipes and easy to follow instructions, Sous Vide at Home will make Nomiku the new crockpot."

•Chris Cosentino, Top Chef Masters winner and chef/owner of Cockscomb  
"Sous Vide at Home is a welcome introduction to the most important kitchen innovation of recent times: precise low-temperature cooking, which makes it easier than ever for chefs and home cooks alike to get consistently delicious results."

•Harold McGee, author of On Food and Cooking  
"A great compendium of delicious techniques culled from restaurant innovation and brought to the home in a fashion that simplifies cooking a meal rather than complicating it."

•Lars Williams, research and development chef at noma  
"This is a terrific introduction to one of the most popular new cooking tools, and a fine accompaniment to the appliance."

•Publishers Weekly  
"Any chef worth her kosher salt will tell you that sous vide (or, cooking vacuum-sealed food in a water bath at a controlled temperature) is a miracle technique and easier than you think. Lisa Fetterman's book makes the technique remarkably approachable with recipes that would be interesting and worthwhile even if sous vide didn't make them easy enough to make in your sleep."

•Susan T Chang, NPR

LISA Q. FETTERMAN is the founder and CEO of Nomiku, the first home sous vide immersion circulator machine on the market. Lisa has been featured in Wired, Make, CNET and Forbes, and was named on both Forbes and Zagat Survey's 30 Under 30 lists for her pioneering work in the food space. Lisa has worked at some of the top restaurants in the country including Babbo and Jean-Georges in New York and Saison in San Francisco. She lives in San Francisco where she employs her hunger-inducing recipe blog and infectious personality to fuel Nomiku's momentum.

I'm a home cook, and I've been cooking sous-vide for almost 3 years now with an immersion circulator. When I first started cooking sous-vide, I purchased Thomas Keller's "Under Pressure", and was woefully disappointed with the recipes contained within. I started looking to the internet for resources on how to cook sous-vide, and what I found was a lot of discussion about what temperatures to cook certain ingredients at, but not full recipes. Fast forward to 2016, and I'm happy to say that Sous Vide at Home is truly a cookbook focusing on sous-vide with the home cook in mind. From addressing food safety concerns (regarding cooking temperatures, bacteria, and plastic

bag safety) for beginners to introducing new recipes for the experienced, I found this book to be a wonderful resource of sous-vide cooking at home, and a must-have. I really appreciate that Fetterman takes the time to include instructions on a do-ahead strategy for most of the recipes in the book, so that one can sous-vide what is necessary ahead of time and then finish the dish afterwards. I think it's probably the first time where I've looked at a cookbook and felt like I wanted to cook every recipe in the book, and felt like I actually could, because the instructions are so clear, and it doesn't require a lot of fancy (or expensive) ingredients or equipment. One of the other wonderful things about this book is that she takes the time to include recipes from all parts of a meal -- not just appetizers, or entrees and dessert, but she even has a recipes for cocktails and sauces that you can prepare sous-vide.

The copy I received looked like it had been used before. That being said, I still looked at the recipes and there were about five useful recipes and all the rest were largely uninteresting or required ingredients that are largely unavailable in Cali. This book might appeal to someone who had major amounts of time to spend in shopping and in the kitchen. They would also need a significant number of years working as a commercial chef in order to find most of these recipes useful.

I gave this as a gift to my in-laws and they love it. As a vegetarian, the first recipe we made was the cauliflower garam masala. It was a dinner party hit at the party! Since then they have been telling me about all the other recipes they have cooked like the steak and eggs. The book is easy to follow, precise, and visually captivating. Couldn't have given them a better gift!! Goes well with the Nomiku Sous Vide Immersion Circulator. You can't go wrong!

This is so great!! Arrived on time. Product as described.

This is a great book for getting into sous vide cooking. Lisa gives some spot on cooking times and temperature guide lines that other references just give broad ranges that leave you still wondering what to do. The recipes that I have tried so far have been very good and the illustrations are exceptionally well done.

The recipes seem overly fancy. I would rather see the basic cooking for the type of meat/vegetable with visual variances in temp to allow choice then added steps for style and seasoning.

Great collection of easy recipes.

Finally a great great book on sous vide. Get it !!!

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