

Cooking Corner

A New Way To Cook: “Sous Vide” Hits U.S. Homes

(NAPSA)—A little-known European culinary practice is quickly heating up America’s home kitchens. Known as “sous vide” (pronounced “soo veed”), the water-based cooking method is attracting a following for its ability to turn out well-cooked and flavorful meals while maximizing nutrition, time and money.

Developed in France in the mid-’70s, sous vide translates to “under vacuum” and involves vacuum-sealing food, then submerging and simmering it in a water bath at a precisely controlled temperature. Temperatures are lower than those used in traditional ovens (usually between 110 and 190 degrees Fahrenheit), and foods cook for longer time periods.

With sous vide, food retains the same temperature inside and out while cooking, so it is almost impossible to overcook or dry out, while cooking in a sealed pouch helps lock in crucial flavor and nutrients that would typically be lost with other, more traditional cooking methods.

The result? Home chefs say steaks are cooked to medium-rare precision from top to bottom, and chicken is tender, moist and tasty throughout. Seafood is also delicately simmered to perfection, and vegetables burst with flavor and color while staying crisp and full of nutrients.

Saving Time and Money

Other benefits include convenience and cost savings. Food safely remains in the low-temp water for long periods—several hours or even days—and stays perfectly cooked. Great for busy schedules or dinner parties, meals



A French culinary technique has caught on with home cooks across the U.S.

can be left until the exact moment it’s time to serve, without ever overcooking or losing heat. The long cooking periods also tenderize and transform inexpensive cuts of meat, helping to add flavor to your menu at minimum cost.

Sous Vide at Home

Due to the high price of special water ovens needed for sous vide—several thousand dollars, in most cases—the method has long been limited to the culinary elite and commercial kitchens. However, new products designed specifically for at-home cooks, such as the SousVide Supreme (at www.sousvidesupreme.com), are fueling the trend.

Similar in size to a bread maker, the SousVide Supreme water oven easily sits on home kitchen countertops. Just like commercial-grade water ovens, it precisely controls water temperatures within one degree, which is the key to successful cooking.

Virtually foolproof and flavorful for the everyday cook—and endless hours of experimental fun for adventurous chefs—sous vide is a new culinary style everyone can sink their teeth into.