



# **Sous Vide: The Home Cook's Guide To Sous Vide + Recipes**

*Harold Lee*

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# Sous Vide: The Home Cook's Guide To Sous Vide + Recipes

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Sous Vide is the hidden technique that's slowly making its way into households. For the longest, 5 star restaurants have been using sous vide to make the perfect dish and charging premium prices for it as well. Technology has now advanced enough to the point where we can do this in our own home. It's a growing a trend and there is an EXTREME lack of information. Cookcision has got you covered.

Here's what's in the book:

- Everything you need to know about sous vide
- Cooking techniques
- Get better/consistent results with food
- Comprehensive food table for different meats that can safely be cooked at select temperatures
- No chance of burnt food
- 30+ food recipes

Once you pick up this book your cooking experience will never be the same!

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