



Simple SOUS VIDE

Cooking at low temperatures is easy and safe with FusionChef by Julabo equipment.

by Giovanna Assenti

Above, the Diamond model with bath and iSi Gourmet clamp for whips. Below, the Pearl model.

Sous vide cooking at low temperatures is one of the most innovative techniques on the contemporary culinary scene. It offers many advantages. From a sensory perspective, food is

more tender and succulent because its original humidity is conserved, along with vitamins, micronutrients and mineral salts; colours, flavours and aromas are also more concentrated and similar to the natural qualities of the meat, and shrinkage is limited. By lowering temperatures to the right level, the results are more hygienic and safe and the shelf life of cooked foods is longer. Another aspect that should not be underestimated is the consistency of the results: if applied correctly, this technique does not leave much room for surprises. The advantages are also excellent from an organisational perspective: sous vide cooking enables some of the work in the kitchen to be carried out outside of service hours and makes it possible to optimise the use of labour and equipment and, at the same time, to quickly respond to the needs of the customer. In sous vide cooking, the food (meat, fish, vegetables) is vacuum packed in a plastic bag and cooked slowly in water at a constant temperature of between 43°C and 90°C. If the food is not consumed immediately after cooking, it must be cooled quickly without removing it from the packaging, and stored in a cold environment.

As such, sous vide cooking at low

temperatures produces excellent results and is also a relatively easy technique to master, albeit one that requires great precision. For example, the cooking temperature must be constant and controlled – just a minor variation (2°C is enough) can compromise the results.

This is why it is important to choose equipment that guarantees reliability and precision. Such as the FusionChef range from Julabo, the German manufacturer that launched the Premium Sous Vide Collection. The line comprises two models, Pearl and Diamond. Both models have a stainless steel structure and guarantee temperature stability of $\pm 0.03^{\circ}\text{C}$ in baths or pans containing up to 58 litres. The protection and safety grid prevents the vacuum-pack plastic container from coming into contact with the resistors or pump. The circulating pump guarantees optimum temperature stability and the uniform distribution of water in the cooking vessel. There is an alarm that sounds if the water drops below the safety level and a vapour barrier protection. Other common features of the two models: an integrated timer to check the amount of time that has passed or how much cooking time is left, an anti-splash keypad and digital temperature display. The Diamond model has three timers, three pre-programmed memories for three different types of food, a core temperature sensor, HACCP data logging, automatic calibration and the simultaneous display of the



Above, the Diamond model with bath and core temperature sensor. Below, the same model without bath.

temperature set, the current temperature, the core temperature and the timer. The Pearl and Diamond models can be affixed to any cooking vessel using the special clamp, or be combined with different sized steel containers, from 19 to 58 litres.

