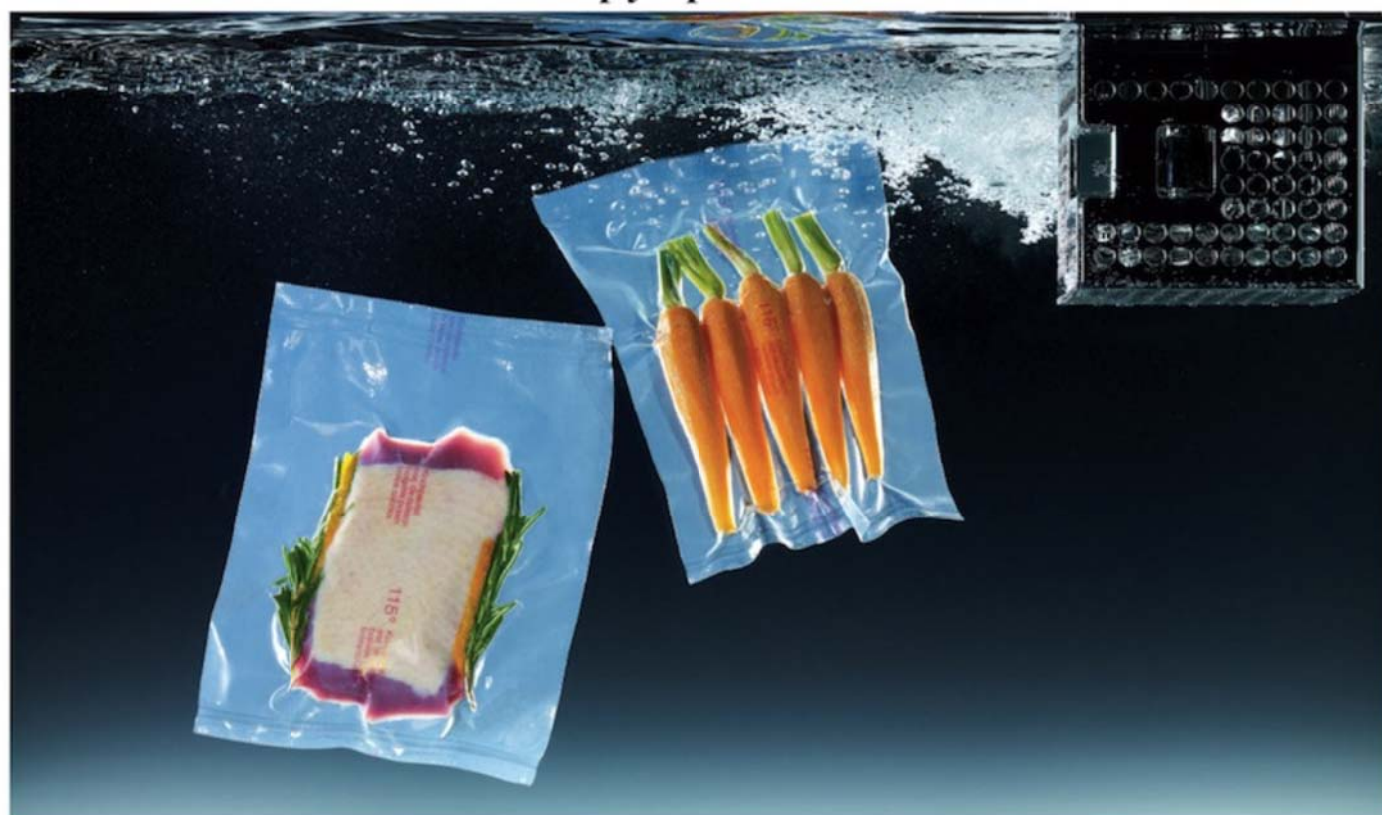


SOUS VIDE

Simply sophisticated



Some of the top chefs in the world are abandoning their ovens and stove tops to prepare haute cuisine. A new method of low temperature cooking, called sous vide, is revolutionizing the modern kitchen. Developed in Europe and widely practiced there the technique is gaining in popularity with American chefs. At first the method appears complex but once the technique has been mastered the results are incredible.

Sous vide cooking, French for under vacuum, involves sealing food with seasonings in a plastic vacuum-sealed bag. The food is then immersed in a precisely controlled water bath. Since the cooking temperature is much below the boiling point the food cooks slowly. Control of the bath temperature is critical. Water heaters allowing control to the tenth of a degree facilitate this precise cooking. This low and slow approach can necessitate cooking times up to 72 hours depending on the recipe.

The benefits of this approach are many – first and foremost the food can never be overcooked. Since the temperature in the water bath is far below that of a stove top or oven and the food is sealed from exposure to the atmosphere the chef has no fear of overcooking or burning the dish. Chefs can prepare portions ahead of time with no need to constantly monitor the portions. Dishes can be cooked repeatedly with consistent results every time. Sous vide cooking also maintains the nutrients and natural fibers producing a better mouth feel and increased health benefits.

The ability to precisely control the bath temperature gives the chef the ability to cook dishes to order. For example, beef tenderloin can be prepared to rare or medium rare by placing in baths that vary only by a few degrees. Once the meat has cooked in the bath the chef removes it from the bag and performs a quick sear on the stove top to give it a traditional look. Vegetables, fruits and sauces can all be prepared using this method.

Some of the greatest chefs use this technique in their world-renowned kitchens. A brief list includes Heston Blumenthal, Thomas Keller, Alessandro Stratta, Charlie Trotter, and Richard Rosendale – these and many other food titans have embraced this cooking method. Heston Blumenthal considers it a revolutionary procedure because if it is done correctly you have perfection every time you cook.

The Lehigh Valley is host to one of the leading sous vide equipment manufacturers. Julabo USA, Inc. has its east coast headquarters in Allentown. JULABO is a worldwide company which manufactures liquid temperature control devices prided on high quality and precise temperature control. The FusionChef by JULABO product line is their premium sous vide collection.

The other noteworthy Lehigh Valley sous vide connection is Kome. Kome specializes in fine Japanese cuisine located at the Promenade Shops at Saucon Valley. The chef and cooking staff at Kome use the sous vide method to prepare some of their entrees. Kome is pioneering the use of this technique in the Lehigh Valley.

As many techniques migrate from professional kitchens to the home, sous vide follows suit. This up and coming food preparation technique could change in-home cooking forever. Imagine that, culinary excellence in the comfort of your own home... is it possible? To learn more about sous vide dine at Kome and order a dish prepared by this method or look into FusionChef by Julabo for products that you can use at home. Take your taste buds on a walk on the wild side and join the sous vide revolution right here in the Lehigh Valley.

How to get yours: Call Julabo at (610) 231-0250 or online at www.julabofusionchef.com