



## The Complete Sous Vide Supreme Cookbook

By Jo McAuley

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, The Complete Sous Vide Supreme Cookbook, Jo McAuley, The sous vide technique has been the secret of great chefs around the world for decades. Providing foolproof results, the method involves cooking vacuum-sealed pouches in a water bath at a precisely-controlled temperature. This retains the juices and aromas lost by traditional cooking as well as retaining all the nutrients. Now sous vide machines are affordable for all and this cookbook contains 80 day-to-day delicious recipes you can cook at home. Covering a full range of cuisines and courses, this cookbook showcases the full range of benefits the machine has to offer. SousVide Supreme is the leading affordable water oven around the world, but whatever home model you've bought, this cookbook will be indispensable.



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