





# Modernist Cooking Made Easy: Sous Vide

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The Authoritative Guide to  
Low Temperature Precision Cooking

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**By Jason Logsdon**

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Sous Vide Grilling

To my Mom,  
who from an early age  
gave me the confidence  
to do anything I set my mind to

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# PREFACE: WHY SOUS VIDE?

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I initially got my start in modernist cooking when I began exploring the sous vide process. I was fascinated with the process and hooked on learning more about the new types of cooking. Since then I've expanded into other modernist techniques and worked with everything from whipping siphons to pressure cookers and blow torches; created foams, gels and spheres; made barrel aged cocktails and brewed beer.



**But the one technique  
I use on a daily basis is sous vide.**

Although sous vide cooking is not as "sexy" as some of the other modernist techniques it has two huge advantages for both the novice and experienced cook. Most importantly it will allow you to significantly increase the quality and consistency of the dishes you create on a daily basis. And for those of you whose lives are harried, the sous vide technique also allows you to create remarkable meals while working around your hectic schedule.

Over the last five years I've cooked hundreds of sous vide meals and written four cookbooks on the subject that have brought sous vide cooking into tens of thousands of home kitchens. I've used it for fancy modernist dishes, simple everyday post-work meals, food for parties and barbecues and everything in-between. With the introduction of several low-cost circulators, sous vide is more accessible than ever to the home cook. I decided it was time to take another look at sous vide and write a comprehensive primer for cooks of all experience levels.

**This book uses my years of experience to demystify the  
sous vide process, serve as a reference for more than  
80 cuts of meat and vegetables, and provide a  
collection of inspiring recipes to get you  
on your way to sous vide success.**

Sous vide is a simple and extremely effective way to cook. This book covers every step of the sous vide process, from seasoning, sealing, and temperature control to how to determine the times and temperatures needed to turn out great food. There are also extensive write ups for the main types of food including steak and red meat, pork, fish and shellfish, eggs, fruits and vegetables, and more.

**After reading this book you will be able to consistently prepare great food with a minimal amount of effort.**

The bulk of this book is the more than 85 recipes it contains. Feel free to skim the recipes looking for something that inspires you, or turn to a specific recipe to learn all about how to cook the cut of meat it features. I have provided images of many of the dishes but for larger, full color images you can go to:

[MCMeasy.com/SVGallery](http://MCMeasy.com/SVGallery)

To stay up to date with sous vide, modernist cooking, and what I am working on please:

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**Most importantly of all, remember to have fun!**



# SECTION ONE

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## UNDERSTANDING THE SOUS VIDE PROCESS