Other Books By Jason Logsdon

Modernist Cooking Made Easy: Getting Started
Modernist Cooking Made Easy: Party Foods
Modernist Cooking Made Easy: The Whipping Siphon
Beginning Sous Vide
Sous Vide: Help for the Busy Cook
Sous Vide Grilling
To my Mom,
who from an early age
gave me the confidence
to do anything I set my mind to
# Table of Contents

**Forward: Why Sous Vide?** 1  
**Understanding the Sous Vide Process**

**Introduction to Sous Vide** 2  
How Sous Vide Works 3  
Sous Vide Technique 4  
Recommended Sous Vide Setups 6

**Pre-Sous Vide Preparation** 9  
Salting 10  
Seasonings, Spices and Herbs 10  
Bagging with Sauces 10  
Brining 11  
Pre-Searing 11  
Smoking 12  
Marinating 13  
General Pre-Sous Vide Tips 13

**Sous Vide Sealing** 15  
What Does Sealing Do? 16  
Types of Sealers 16  
Plastic Safety 20  
General Sealing Tips 20

**Sous Vide Temperature Control** 23  
What to Look For 24  
What I Recommend 24  
Circulators 24  
Water Baths 27  
Temperature Controllers 27  
Beer Cooler Sous Vide 28  
Sous Vide on the Stove 28

**Determining Time and Temperatures** 29  
Sous Vide Time 30  
Sous Vide Temperature 32  
Checking Core Temperature 34

**Sous Vide Finishing** 35  
Searing 36  
Smoking 39

<table>
<thead>
<tr>
<th>Sous Vide Recipes</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breading and Frying</td>
<td>39</td>
</tr>
<tr>
<td>Cook, Chill, and Hold</td>
<td>39</td>
</tr>
<tr>
<td>Using Sous Vide Juices</td>
<td>39</td>
</tr>
<tr>
<td>General Finishing Tips</td>
<td>40</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>A Word About the Recipes</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What Should I Sous Vide First?</td>
<td>42</td>
</tr>
<tr>
<td>Modernist Notes</td>
<td>43</td>
</tr>
<tr>
<td>Why the Range</td>
<td>45</td>
</tr>
<tr>
<td>Recipe Considerations</td>
<td>47</td>
</tr>
<tr>
<td>Converting Existing Recipes</td>
<td>50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beef, Lamb, and Other Red Meat</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Filet Mignon with Creamy Blue Cheese</td>
<td>53</td>
</tr>
<tr>
<td>Ribeye with Herb Butter and Broccoli Raab</td>
<td>56</td>
</tr>
<tr>
<td>Flank Steak with Argentinian Chimichurri</td>
<td>59</td>
</tr>
<tr>
<td>Sirloin Steak with Lime-Ginger Slaw</td>
<td>61</td>
</tr>
<tr>
<td>Asian Skirt Steak with Bean Sprouts</td>
<td>63</td>
</tr>
<tr>
<td>Chuck Steak with Deep Fried Brussels Sprouts</td>
<td>65</td>
</tr>
<tr>
<td>Raspberry Salad with New York Strip Steak</td>
<td>66</td>
</tr>
<tr>
<td>Hanger Steak with Peach Salsa</td>
<td>69</td>
</tr>
<tr>
<td>Top Round with Orange Sauce</td>
<td>71</td>
</tr>
<tr>
<td>Flat Iron Steak with Pancetta Asparagus</td>
<td>73</td>
</tr>
<tr>
<td>London Broil Beef Fajitas</td>
<td>75</td>
</tr>
<tr>
<td>Chuck Pot Roast with Roasted Vegetables</td>
<td>77</td>
</tr>
<tr>
<td>Chuck Roast with Bacon and Kale</td>
<td>79</td>
</tr>
<tr>
<td>Prime Rib Roast with Horseradish Cream</td>
<td>81</td>
</tr>
<tr>
<td>Short Ribs with Feta and Beet Salad</td>
<td>83</td>
</tr>
<tr>
<td>Beef Carnitas with Tangerine-Chipotle Sauce</td>
<td>85</td>
</tr>
<tr>
<td>Top Round French Dip Sandwiches</td>
<td>87</td>
</tr>
<tr>
<td>Easy Corned Beef</td>
<td>91</td>
</tr>
<tr>
<td>Tri-Tip with Roasted Fennel and Orange Salad</td>
<td>92</td>
</tr>
<tr>
<td>Memphis-Style Beef Ribs and Spicy Lime Corn</td>
<td>95</td>
</tr>
<tr>
<td>Thick Cut Pastrami Reubens</td>
<td>97</td>
</tr>
<tr>
<td>Rogan Josh Spiced Lamb Loin</td>
<td>100</td>
</tr>
<tr>
<td>Rack of Lamb with Quinoa-Mint Salad</td>
<td>101</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pork</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Honey-Chipotle Glazed Country Style Ribs</td>
<td>103</td>
</tr>
<tr>
<td>Cuban Pork Chops with Frijoles Negros</td>
<td>104</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Bourbon Glazed Tenderloin with Pea Pesto 109
Pulled Pork with Pineapple Chutney 111
St. Louis Ribs with Bourbon BBQ Sauce 113
Prosciutto-Wrapped Pork Loin Roast 115
Pork Rillettes 117
SAUSAGE AND GROUND MEATS 119
Beer Brat Grinders with Guinness Mustard 120
Italian Sausage with Acorn Squash Puree 123
Bacon, Pineapple, and Poblano Cheeseburger 125
Spaghetti and Meatballs 127
Chicken Sausage with Caprese Salad 129
CHICKEN, TURKEY, AND POULTRY 130
Chicken Parmigiana 132
Fried Buttermilk Chicken 135
Chicken Wings 137
Shredded Chicken Thigh Enchiladas 139
Chicken Thighs with Chile-Cheddar Polenta 141
Turkey Breast with Cranberry Chutney 143
Shredded Duck Legs with Sesame Noodles 145
Duck Breast with Port Reduction 147
EGGS 149
Soft Boiled Egg on Cheddar Hash Browns 151
French-Style Scrambled Eggs 153
13 Minute Egg on Wilted Spinach Salad 155
Chocolate Chip Cookie Dough Balls 157
FISH AND SHELLFISH 159
Shrimp Cocktail with Chipotle Sauce 161
Salmon with Apple and Jalapenos 163
Mi-Cuit Salmon 165
Halibut with Honey-Roasted Beets 167
Sea Bass with Microgreens and Mustard Oil 169
Monkfish in Dashi with Snow Peas 171
Red Snapper Tostadas with Mango Salsa 173
Sesame Crusted Tuna with Avocado Salad 175
Scallops with Orange and Chile Strips 177
Calamari with Asian-Flavored Vegetables 179
Cod Chowder with Sourdough Croutons 181
FRUITS AND VEGETABLES 182
Asparagus with Dijon Mustard Vinaigrette 183
Broccoli with Parmesan and Lemon 185
Sweet and Spicy Glazed Carrots 187
Butter-Poached Beet Salad with Pecans 189
Corn on the Cob with Basil 191
Orange-Saffron Fennel Confit 192
Poached Cherry Tomatoes 193
Preserved Lemon Confit 194
Butternut Squash Salad 195
Butter Poached Turnips 197
Dual-Cooked Creamy Potato Puree 198
Rustic Roasted Garlic Mashed Potatoes 199
Chipotle Sweet Potato Salad 201
Spiced Cabbage with Apples 202
Bourbon-Maple Apple Chutney 203
Vanilla Pears with Rosemary Caramel 205
INFUSIONS 207
Cherry-Infused Rye Old Fashioned 208
Creamsicle with Orange-Vanilla Vodka 209
Chile-Tomato Infused Vodka Bloody Mary 211
Raspberry Infused Vinaigrette 213
Tarragon, Lemon, and Shallot Vinaigrette 215
Rosemary and Sage Infused Vinaigrette 217
Sweet and Sour 220
Sous Vide Yogurt 221
Sous Vide Creme Fraiche 223
Lemon Curd 224
Cinnamon-Vanilla Creme Brulee 225
White Chocolate Creme Brulee 227
Dulce de Leche 229
REFERENCES 231
Sous Vide Time and Temperature 233
Beef - Roasts and Tough Cuts 234
Beef - Steak and Tender Cuts 235
Chicken and Eggs 236
Duck 237
Fish and Shellfish 238
Fruits and Vegetables 240
Lamb 241
Pork 242
Turkey 244
Fahrenheit to Celsius Conversion 245
Sous Vide Thickness Times 247
Beef, Pork, Lamb Thickness Chart 249
Chicken Thickness Chart 251
Fish Thickness Chart 253

Ingredient Tables 255
Ingredient Techniques 256
Ingredient Temperatures 257

Sous Vide and Modernist Resources 259
Modernist Resources 260
Ingredient and Tool Sources 262

Recipe Index 263

Did You Enjoy This Book? 267

About the Author 269
Preface: Why Sous Vide?

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

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

Like my Facebook page at: www.facebook.com/ModernistCookingMadeEasy

Join my monthly newsletter at: MCMeasy.com/Newsletter

Follow me on twitter at: @jasonlogsdon_sv

If you enjoy this book I’d love it if you took the time to leave a review on Amazon.com, the reviews always help other people decide if they want to purchase the book or not.

Most importantly of all, remember to have fun!
SECTION ONE

UNDERSTANDING THE SOUS VIDE PROCESS