



## Sous Vide: Help for the Busy Cook: Harness the Power of Sous Vide to Create Great Meals Around Your Busy Schedule (Paperback)

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By Jason Logsdon

Createspace, United States, 2011. Paperback. Book Condition: New. 236 x 188 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you take pride in cooking great food for yourself, your family, and friends? Are you an extremely busy individual that is on the go all day long? If you nodded your head Yes then this book was written for you! Sous vide has many benefits for people who are busy during the day. Once you understand how to take advantage of these benefits you can get great meals on the table while working around your schedule. That s where Sous Vide: Help for the Busy Cook comes in! Using the techniques presented in this book and more than 100 recipes, along with a little planning, and even the busiest person can create great meals. Explore the three stages of sous vide cooking and how they can be integrated into your hectic schedule Get more than 100 recipes written specifically to fit around your busy lifestyle Learn how the wide margin of doneness can be used to counteract meetings and errands that run late Five different recipe types are presented that range from a couple of hours to...



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