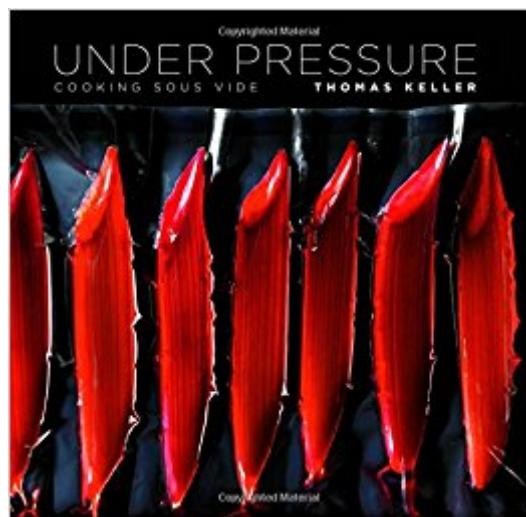


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# Under Pressure: Cooking Sous Vide (The Thomas Keller Library)



## Synopsis

A revolution in cooking Sous vide is the culinary innovation that has everyone in the food world talking. In this revolutionary new cookbook, Thomas Keller, America's most respected chef, explains why this foolproof technique, which involves cooking at precise temperatures below simmering, yields results that other culinary methods cannot. For the first time, one can achieve short ribs that are meltingly tender even when cooked medium rare. Fish, which has a small window of doneness, is easier to finesse, and shellfish stays succulent no matter how long it's been on the stove. Fruit and vegetables benefit, too, retaining color and flavor while undergoing remarkable transformations in texture. The secret to sous vide is in discovering the precise amount of heat required to achieve the most sublime results. Through years of trial and error, Keller and his chefs de cuisine have blazed the trail to perfectionâ "and they show the way in this collection of never-before-published recipes from his landmark restaurantsâ "The French Laundry in Napa Valley and per se in New York. With an introduction by the eminent food-science writer Harold McGee, and artful photography by Deborah Jones, who photographed Keller's best-selling The French Laundry Cookbook, this book will be a must for every culinary professional and anyone who wants to up the ante and experience food at the highest level.

## Book Information

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## Customer Reviews

The ground-breaking under-pressure method, usually called sous vide, involves submerging food for minutes or even days in sealed, airless bags at precisely the temperature required to produce

perfect doneness. Flavors and textures unattainable by other cooking methods can also be achieved. The technique has been in the pipeline for awhile--one forerunner is the boil-in bag mom used to put veggies on the table--but has only recently attracted top chefs. One is Thomas Keller, famed chef-proprietor of The French Laundry and Per Se. His mightily sized, gorgeously produced Under Pressure explores every inch of sous vide, including the ramifications of using this precision-cooking technique (once time and temperature are established, best results follow automatically) on the craft of cooking, which has always meant a potentially rewarding engagement with the possibility of failure. The book makes no bones about being addressed to professionals. Typical recipes, like Marinated Toy Box Tomatoes with Compressed Cucumber-Red Onion Relish, Toasted Brioche, and Diane St. Claire Butter, involve multiple preparations and dernier cri ingredients, and thus resist home duplication. Thereâ™s also the matter of the pricey equipment required--chamber vacuum packers and temperature-maintaining immersion circulators--not to mention the precautions required to ensure that foods, usually cooked at low temps, are safe to eat. What the book does offer the home cook is, however, thrilling. It introduces something new under the sun--an exciting, transformative technique of great potential. Anyone interested in food and cooking--not to mention lovers of extraordinarily well produced books--will want to explore Under Pressure. --Arthur Boehm

The origins of sous vide cooking, or vacuum-packing foods and cooking them at precise, relatively low temperatures for long periods, may have been largely in frozen convenience foods, but it has become standard in top kitchens worldwide, notably Kellers own. Now, Keller aims to demonstrate the technique to a wider swath of cooksâ "not the masses, but at least those who can afford this lavish volume and the sous vide equipment. One need not cook the exact recipes (which are unaltered from the restaurants) to be inspired by Kellers careful yet whimsical creations, such as a cuttlefish tagliatelle with palm hearts and nectarine or squab with piquillo peppers, marcona almonds, fennel and date sauce. And Keller, with several of his chefs as well as curious cook Harold McGee, takes pains in the introduction to explain sous vide fundamentals, arguing persuasively that it is not a fad but an important technique that allows unparalleled control over how ingredients are heated and what flavors and textures result. Still, at least until the equipment is more affordable, most readers will admire this gorgeous book on their coffee tables, from the simple beauty of photos of ingredients in their natural states to plates with a courses elements so artfully arranged they would not be out of place in a modern art museum. (Dec.) Copyright Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Awesome book, Chef Keller is the master

Fantastic book. As is states, this is not for those who don't know what they're doing in the kitchen... Definitely not a step by step book - you need to be familiar with the techniques this book uses.

Interesting book. All dishes made of unobtanium.

Great Book to read if you are planning to cook Sous Vide.

Nice book, fast shipping, great condition. Obviously a book more for cooks than home cooks

This book isn't really designed for the home cook. When Thomas Keller first published his French Laundry cookbook, he made a concerted effort to make it useful to amateurs and home cooks. But the very topic of Under Pressure precludes that. Few people have vacuum sealing machines and few can deal with simmering water at a constant temperature. That being said, for the more passionate and professional cooks who might buy this, they'll be happy to know that this book is far better than either the French Laundry or Bouchon cookbooks. Recipes are better structured, more photographs are included, and it makes the imagination run wild. Most importantly, for any chef who uses sous vide techniques, Keller offers a wealth of information, including a chart of times and temperatures, which is quite invaluable.

I bought this for my husband, who is a chef. He says, "Lessons from the master! A must buy for all cooks."

A very beautiful book but not practical for most home cooks! More coffee table than practical.

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