

ENJOY RESTAURANT-QUALITY
FOOD AT HOME WITH THE
SIMPLE PRESS OF A BUTTON

What technique have restaurants been using for more than 30 years to get perfectly cooked food? Their secret: sous vide, a simple and foolproof technique that involves cooking at precise temperatures. Conventional methods can often result in under- or overcooked food, but with sous vide, it will always be done to tender perfection. Entertaining becomes effortless and your guests will be blown away by the sublime textures and flavors. You'll be wondering if you've really been tasting food for your whole life.

Critically acclaimed chef Chris McDonald has years of experience with using sous vide devices. He presents his tips and techniques for preparing and cooking a variety of types of meat, poultry, fish, seafood, vegetables, eggs and desserts. More than 175 recipes highlight his experiences cooking in different parts of the world, such as Ribeye Steak with Chimichurri Sauce, Georgian Pork Shoulder Roast with Pomegranate Glaze, Buttermilk Fried Chicken, Drunken Duck Ramen with Sous Vide Egg, Aloo Gobi, and Crème Brûlée. He also shares his wealth of knowledge about global ingredients, DIY butchery, food substitutions, selecting cuts of meat and types of fish, and much more. This is *the* book for anyone looking to cook sous vide, from the most basic beginner to the experienced home cook.



Chris McDonald is an acclaimed chef and former restaurant owner in Toronto, Canada. His flare and appreciation of international foods make him a hugely respected figure in food circles. He is also an esteemed cooking instructor.

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More Than 175 Recipes
with Tips & Techniques

Chris McDonald THE COMPLETE
SOUS VIDE COOKBOOK

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