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Everybody Wants to know What is Sous Vide Cooking by [Austin Justus](#)

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Sous Vide is a process of cooking food that has been kept in sealed airtight plastic packet in a water bath for a considerable long time. Thus the food becomes free from Oxygen due to vacuum packaging. As a result of which these may be kept preserved for a long time without any damage of the food. The food products are kept in a water bath for around 72 hours at an accurately determined temperature much lower than the normal temperature, which actually keeps the food intact. Sous Vide is a French term for "under vacuum".

The intention of this process of cooking is to keep inside of the food item evenly, while not to cook the outside overcooked. This made the food item juicer. The process of sous vides cooking not only save the cost of the food due to prolonged preservation but also last long, even after a week or so. This process of cooking was first discovered by Sir Benjamin Thomson (Count Rumford) was re-discovered with some rectification by the American and French Engineers in mid-1960s.as a commercial food preservation method. He discovered that when 'Foie grass' was cooked in this manner, it does not lose its original appearance and excess amount of fats, but had better texture.

Keeping the temperature at a much lower level than the temperature for normal cooking is an essential feature of this process of Sous Vide cooking. In the case of meat cooking, as example, tough collagen in connective tissue can be hydrolyzed in to gelatin, without heating the mean's proteins high enough. In contrast, in the case of vegetables, where extreme tenderness and softness is seen as undesirably overcooked, the ability of the cooking in sous vide process to cook vegetables at a temperature below the boiling point of water allows the vegetables to be thoroughly cooked.

By way of placing the food in a water batch at a certain desired temperature, overcooking can be avoided, because the food can't get hotter than the batch it is in. From a culinary point of view, the exclusion of air is secondary, but it has got an importance. It prevents the food from oxidization which effects loss of nature of the food with its value thereof.

The sous vide method of cooking is now largely used in many high and gourmet restaurants by Chefs. In late 2009, the Sous Vide Supreme Machines Sous Vide (which do not circulate the cooking water) and Addelice Swid immersion circulator, both intended for home use which is much less expensive than laboratory standard equipment.

The Sous Vide Machine from FACO is an effective one for the purpose of sous vide cooking. Their machine is guaranteed for use. This machine is economical and handy too. It is also safe to use for the purpose of cooking.

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