

Book Title

Sub Title

By Author Name

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PREFACE: PREFACE TITLE

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](https://twitter.com/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 1

SECTION NAME

CHAPTER NAME



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Sous vide is one of the most popular modernist techniques and one that is pushing modernist cooking into the mainstream. From world class chefs like Thomas Keller and hit television shows like Iron Chef America and Top Chef to everyday restaurants like Panera, sous vide is popping up everywhere.

HEADING 1 TEXT (SHOWS IN TOC)

The actual process of cooking sous vide is very simple. You determine the temperature you'd like to cook your food to, say 131°F (55°C) for a medium-rare steak. Then you heat some water up to that temperature, seal your food in a vacuum bag or Ziploc bag and place it in the water until the food is heated through to the temperature of the water.

For foods that aren't tender (think pot roasts, short ribs, briskets, etc.) you can continue cooking it once it comes up to temperature until the food has been tenderized (sometimes up to 2 or 3 days!). Then just finish your food with a sear and you're all set!

I go into much more detail in the the subsequent chapters but here is a brief look at each step.

Heading 2 Text

Just like many traditional methods, you often will flavor the food before cooking it. This can be as simple as a sprinkling of salt and pepper or as complicated as

adding an elaborate sauce, spice rub, or even smoking the food. Depending on the type of seasoning it can either be rubbed directly onto the food itself or added into the bag with the food.

For a detailed look at flavoring the food and other preparation techniques please see the "Pre-Sous Vide Preparation" chapter.

Heading 2 Text

Once the food has been seasoned and is ready to cook it is added to a sous vide bag, the air is removed, and the bag is sealed closed. Removing the air results in closer contact between the food and the water in the water bath. This helps to facilitate quicker cooking since water transfers heat more efficiently than air. Sealing also keeps the flavor of your food contained and keeps the food from getting into you sous vide machine.



The most effective method of sealing food is with a chambered vacuum sealer but those are expensive and usually overkill for home use. I normally use regular Ziploc Freezer Bags, which work

well for most foods, and sometimes I'll use a FoodSaver Vacuum Sealer for longer cooking foods or for higher temperatures. More information about sealing can be found in the "Sous Vide Sealing" chapter.

HEADING 1 TEXT TWO

There are many different options when determining your sous vide setup and what you decide on will depend a lot on your situation.

Heading 2 Text

If you are just getting started with sous vide and want to see if it's right for you, I'd recommend trying beer cooler sous vide or sous vide on the stove first. They are both great ways to try out sous vide with minimal financial commitment. I go into more details in the "Sous Vide Temperature Control" chapter.

CHAPTER NAME



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One of the more common questions I am asked is "What is the best way to seal your food for sous vide cooking?" There are so many options for sealing your food that it can get confusing figuring out exactly what you need.

There are several ways of doing it, ranging from large chambered vacuum sealers costing over a thousand dollars all the way down to Ziploc bags from the grocery store. Here's the low down on what you'll need to master the art of sealing your sous vide food.

HEADING 1 TEXT THREE

Since sous vide means "under vacuum" people understandably believe that the vacuum sealing process is critical to sous. With a few minor exceptions, getting a vacuum seal isn't nearly as important to the sous vide process as just removing most of the air. There are a few things accomplished by sealing the food, as well as by removing the air.

Heading 2 Text

You don't want the food directly in the water or the water leaking into the sous vide bag. Sealing the food traps all the juices and flavor in the bags instead of losing it to the water bath.

Heading 2 Text

Bags with air in them float, leaving parts of the food out of the water and potentially at dangerous temperatures.

HEADING 1 TEXT FOUR

There are many different ways to seal your food for sous vide cooking. I personally use normal Ziploc Freezer bags for 90% of my sous viding, with a smattering of FoodSaver bags for longer cooking times. Here's a look at several of the options, from most expensive to least expensive.

Heading 2 Text

Chambered vacuum sealers are the best, and most expensive, method of sealing food for sous vide cooking. They are large devices that can suck out the air even if there are liquids in the bag. They usually have a variable vacuum strength you can set, which is great for other modernist techniques like compression and infusing. However, they are usually overkill for home cooks.

Fill the sous vide bag with the food and liquid. Place it in your vacuum sealer and then hang it off of a counter, so the liquid is as far away from the sealer as possible. Be sure to support the bottom of the bag so you don't have a mess on your hands. Then begin the vacuuming process, watching the level of the liquid. As soon as the liquid nears the top of the sous vide bag hit the "Seal" button, which should seal the bag without pulling the liquid all the way out.

SECTION N

SECTION NAME

CHAPTER NAME



I'm always adding more recipes to my website so for more inspiration you can check out the latest dishes:

[MCMEasy.com/Recipes](https://www.MCMEasy.com/Recipes)

This chapter contains all the information you need to successfully follow the recipes in this book and to maximize their flavor and presentation. It also gives you some hints for what to cook first, explains the time range in the recipes and discusses how to adapt your favorite recipes to sous vide.

HEADER TEXT

I get asked a variation of this question all the time, even experienced sous vide cooks are wondering if they're missing out on a food they should be trying.

There are so many different things you can do with a sous vide machine that it can be hard to figure out what you want to try first. I think there's two categories of sous vide foods, things you can use sous vide to cook better, and things you can only do with sous vide. Here's some of my favorite things to do sous vide, all of which are covered by recipes in this book.

Heading 2 Text

Heading 3 Text

Corned beef can often turn out too dry for my liking but with sous vide you can

really control the temperature and tweak the tenderness and dryness to your liking.

Pork Ribs

Not much can beat a slow smoked rack of ribs but when you don't have time to mind the smoker you can reach for your sous vide machine. With several options for times and temperatures you can tweak the ribs to be exactly how you like them.

Chicken Breasts



One of the things that sous vide excels at is cooking chicken breasts. Chicken becomes tough and overcooked so easily and it's so hard to do properly with traditional methods. Using sous vide makes cooking chicken breasts so easy and they turn out moist and tender every time.

RECIPE CATEGORY ONE NAME

In this chapter I showcase the various cuts of beef, lamb, and other red meats. I cover how to properly cook them for the best results, as well as recommendations for other common times and temperatures. The toppings and sides in each recipe aren't exclusive to the cuts they are paired with so if you want to use a certain cut of meat with different sides it should work out great.

HEADER TEXT

There are many different types of red meat and the ones I'm most familiar with are beef, lamb, and veal. The recipes reflect this bias but most red meat behaves the same way. Because of this you can find a comparable cut of beef or lamb and tweak the recipes to handle most other types of red meat.

If you have a type of meat that is usually grilled to a medium-rare temperature, you can follow recipes for a cut of beef that is usually grilled medium rare. The same works for meat that is usually braised, you can find a beef cut that is braised and follow the recipes for them. I've seen this process work well for grilled deer tenderloin, pulled moose shoulder, kangaroo steaks, bison burgers, elk steaks, and meat from other exotic animals.

One concern is pathogens that might be present in wild game. If you are eating wild game, cooked traditionally or with sous vide, you should make yourself aware of the pathogens and what temperatures are needed to kill them as it may differ from beef.

RECIPE NAME ONE

Recipe yield, cooking time, etc

Recipe headnote ~ Filet mignon, or beef tenderloin, is a super tender, lean cut of beef that is often served as a fancy steak. Filet is so lean it lacks a lot of the flavor of fattier cuts so it is often complemented with a strongly flavored sauce. For this recipe I turn to a creamy blue cheese sauce and some sherryed mushrooms to round out the flavors of the meal. I also cook it with Worcester sauce for added flavor.



Ingredients

For the Filet Mignon

4 portions of filet mignon,
about 1 to 1 ½ pounds (450g
to 700g)

Salt and pepper
1 tablespoon garlic powder
2 tablespoons Worcester sauce

For the Blue Cheese Sauce

½ cup blue cheese
¼ cup heavy cream
2 tablespoons lemon juice
3 tablespoons olive oil
Salt and pepper

For the Sherried Mushrooms

1 pound mixed mushrooms,
cleaned and de-stemmed
2 tablespoons olive oil
¼ onion, diced
4 garlic cloves, minced
2 tablespoons diced rosemary
leaves
¼ cup dry sherry
2 tablespoons butter
2 tablespoons lemon juice

To Assemble

Rosemary leaves, diced

For the Filet Mignon

At least 2 to 3 hours before serving

Preheat a water bath to 131°F (55°C).

Salt and pepper the steak then sprinkle with the garlic powder. Place the steak in a sous vide bag, add the Worcester sauce, then seal. Cook the filet mignon until heated through, about an hour for a 1" (25mm) steak or 3 hours for a 2" (50mm) steak.

For the Blue Cheese Sauce

At least 10 minutes before serving

Blend all of the ingredients together until smooth. The cheese sauce can be stored in the refrigerator for a day or two.

For the Sherried Mushrooms

30 minutes before servings

Clean and de-stem the mushrooms then cut into large pieces. Heat the oil over medium heat then add the onion and garlic. Cook until the onion is translucent, about 10 minutes. Add the mushrooms and rosemary then cook, stirring occasionally, until the mushrooms are tender. Add the sherry and cook until the sherry has evaporated. Stir in the butter until it melts. Remove from the heat and stir in the lemon juice.

To Assemble

Lightly salt the outside of the filet mignon then quickly sear it until the meat is just browned.

Place the filet mignon on a plate with the sherried mushrooms. Top the steak with the blue cheese sauce then sprinkle some rosemary leaves on top.

RECIPE NAME TWO

Cook: 131°F (55°C) for 2 to 3 hours • **Serves:** 4

Ribeye is by far my favorite cut of meat. It's full of beefy flavor, has a nice amount of flavorful fat, and has a great texture. It's also probably the most contentious steak when it comes to sous vide. Some people swear by it while other people hate it, preferring to cook it through traditional methods. I have to say I fall into the latter camp, I love a ribeye cooked directly on a hot grill, but I have come to enjoy sous vide ribeye as well.

Ingredients

For the Ribeye

4 portions of ribeye, 1 to 2
pounds (450g to 900g)
1 tablespoon thyme leaves
1 tablespoon chopped rosemary
leaves
1 teaspoon garlic powder
Salt and pepper

For the Broccoli Raab

2 tablespoons olive oil
1 bunch broccoli raab, trimmed
and cleaned
4 garlic cloves, diced
½ teaspoon Aleppo or other hot
pepper flakes
2 tablespoons water
Salt and pepper

To Assemble

Smoked Maldon salt
Nasturtium flowers

For the Ribeye

At least 2 to 3 hours before serving

Preheat a water bath to 131°F (55°C).

Combine the spices in a bowl. Salt and pepper the ribeye, coat it with the spices then place it in a sous vide bag and seal. Cook the ribeye until heated through, about an hour for a 1" (25mm) steak or 3 hours for a 2" (50mm) steak.

For the Broccoli Raab

30 minutes before serving

Heat a pan over medium heat.

Add the oil to the pan and warm. Add the broccoli raab, garlic, and pepper flakes and cook for a few minutes. Add the water to the pan, cover the pan, lower the heat and cook until tender. Salt and pepper to taste.

To Assemble

Remove the cooked steak from the sous vide bag and pat dry. Let the steak cool for 10 minutes. Lightly salt the outside of the steak then quickly sear it until the meat is browned and the fat has rendered slightly.

Add the broccoli raab to a plate and top with the steak. Sprinkle with the smoked Maldon salt then add a dollop of the herb butter and some nasturtium flowers.

RECIPE CATEGORY TWO NAME

There are two ways to cook pork, to a tender, pork chop-like consistency or to a traditional braise-like texture. The time and temperature you use will depend on your desired texture. Many people like to brine their pork before sous viding it since it helps add even more moisture and flavor to the meat.

Tender, Pork Chop-Like Texture

For a chewier texture similar to traditional pork chops, a lower temperature will be used. Typically pork is cooked anywhere between 136°F to 149°F (57.8°C to 65°C), which ranges from medium rare to medium well. My go-to temperature is 140°F (60°C) because it's a nice mix of tender and moist but most of the pink is now gone.

The time needed to cook the pork will depend on the specific cut and the temperature used. For tender cuts, they just need to be "heated through". The amount of time needed to do this will depend on the temperature and the thickness of the pork. There are specific times in the "Sous Vide Thickness Times" chapter but in general a piece of pork ½" (13mm) thick will be done in 20 minutes, a 1" (25mm) piece will take 50 minutes, a 1.5" (38mm) piece will take 1:45 and a 2" (50mm) piece will take 3 hours.

Tougher cuts will need to be cooked for longer periods of time, up to several days for a cut like pork shoulder. I give specific recommendations in the recipes as well as the "Sous Vide Time and Temperature" chapter.

Fall-Apart, Braise-Like Texture

For a more braise-like texture pork needs to be cooked at higher temperatures. These range from 145°F to 180°F (62.8°C to 82.2°C) and the pork is usually cooked for at least 12 hours and sometimes up to several days. I usually cook my pork somewhere in between, around 156°F to 165°F (68.8°C to 73.9°C) for about 18 to 24 hours. I give more recommendations for specific cuts in the recipes as well as the "Sous Vide Time and Temperature" chapter.

RECIPE NAME THREE

Cook: 140°F (60°C) for 24 hours • **Serves:** 4 to 8

Country style ribs are very similar to pork shoulder, and are sometimes cut directly from it. They are a rich and fatty cut that holds up well to strong BBQ sauces. I like to serve them glazed in a simple honey-chipotle sauce served alongside corn slathered in a sweet honey butter.

Country style ribs are usually cooked for 8 to 24 hours, depending on how tender you want them, and the temperature ranges from 140°F to 180°F (60°C to 82.2°C). Some common time and temperature combinations are 24 hours at 140°F (60°C) for a tender, meaty rib; 12 hours at 176°F (80°C) results in fall-apart ribs; and 12 hours at 156°F (68.8°C) lands in between the two extremes.



Ingredients

For the Country Style Ribs

2-3 pounds country style ribs
(900g to 1350g)
2 teaspoons ground coriander
2 teaspoons smoked paprika
1 teaspoon ground cumin
1 teaspoon mustard powder
1 teaspoon ancho chile powder
Salt and pepper

For the Honey-Chipotle Glaze

1 ½ cups water
2-4 chipotles in adobo sauce
½ cup honey
1 tablespoon molasses
1 tablespoon liquid smoke
1 tablespoon Worcestersauce
1 tablespoons paprika
1 teaspoon mustard powder
2 teaspoons ground coriander
1 teaspoon ground cumin

For the Honey Butter

½ stick butter, softened at room temperature
3 tablespoons honey
1 tablespoon finely chopped parsley
⅛ teaspoon freshly ground black pepper

To Assemble

Fresh parsley, chopped
Orange zest
Corn on the cob, cooked

For the Country Style Ribs

At least 24 hours before serving

Preheat a water bath to 140°F (60°C).

Mix together the spices in a bowl. Salt and pepper the country style ribs and then coat them with the spices. Place the pork in a sous vide bag then seal. Cook the pork for 24 hours.

For the Honey-Chipotle Glaze

At least 20 minutes before serving

Blend all of the ingredients together then bring to a boil. Let simmer for 10 minutes while stirring occasionally. Remove from the heat

The honey-chipotle glaze can be stored in the refrigerator for about a week.

For the Honey Butter

At least 20 minutes before serving

To make the butter place all of the ingredients in a bowl and mix and mash thoroughly using a fork. The butter will last in the refrigerator for several days or in the freezer for a month.

To Assemble

Preheat a grill to high heat or the broiler in the oven.

Remove the ribs from the sous vide bag and pat dry. Brush the country style ribs with the honey-chipotle glaze and sear them on the first side for a minute. Brush the glaze on the side facing up and turn the ribs. Repeat several times until it is coated with the glaze, cooking about 30 to 60 seconds per turn. Remove from the heat, brush once more with the glaze, and place on a plate.

Add the corn to the plate, sprinkle with the parsley and orange zest then serve.

RECIPE NAME FOUR

Cook: 140°F (60°C) for 2 to 3 hours • **Serves:** 4 to 8

Pork chops are a staple around my house and I almost always cook them sous vide. Using sous vide allows me to cook them at a lower temperature than using traditional methods, resulting in a moist and tender chop. This sauce, a homemade Cuban-style mojo sauce, is one of my favorites. Traditionally it would use sour orange juice but a half lime juice and half orange juice mixture is a good approximation and much easier to find. I serve the pork with frijoles negros, a classic side of black beans over rice.

Pork chops are tender cuts and just have to be heated long enough to heat them through and pasteurize them, about 2 to 3 hours depending on the thickness. They can be cooked at many different temperatures, depending on what your preference is. The normal range is from 136°F to 149°F (57.7°C to 65°C) and ranges from medium rare to medium well. I usually cook mine at 140°F (60°C), it's still very tender but most of the pink is now gone.

Ingredients

For the Pork Chops

Salt and pepper
1-2 pounds pork chops (450g to 900g)
1 tablespoon garlic powder
1 tablespoon ground cumin
2 teaspoons dried oregano
2 teaspoons onion powder

For the Mojo Sauce

3 tablespoons olive oil
8 garlic cloves, minced
⅓ cup orange juice
⅓ cup lime juice
1 teaspoon ground cumin
1 tablespoon chopped oregano
Salt and pepper

For the Frijoles Negros

Olive oil
1 medium onion, diced
1 green pepper, diced
4 garlic cloves, minced
2 cups cooked black beans
1 tablespoon dried oregano
1 teaspoon ground cumin
Salt and pepper

To Assemble

Cooked white rice
Fresh oregano, chopped

For the Pork Chops

At least 2 to 3 hours before serving

Preheat a water bath to 140°F (60°C).

Mix together the spices in a bowl. Salt and pepper the pork and then coat it with the spices. Place the pork in a sous vide bag then seal. Cook the pork for 2 to 3 hours.

For the Mojo Sauce

At least 20 minutes before serving

To prepare the mojo sauce heat the olive oil and garlic in a pan over medium-high heat. Cook until the garlic begins to soften, about 1 minute, then add the orange juice, lime juice and cumin. Bring to a simmer then stir in the oregano and remove from the heat.

For the Frijoles Negros

At least 30 minutes before serving

Heat the oil over medium to medium-high heat. Add the onion and green pepper and cook until soften. Add the garlic and cook for 1 minute. Add the beans, oregano, and cumin and cook for 10 minutes for the flavors to meld. Salt and pepper to taste. Keep warm until ready to serve.

To Assemble

Preheat a grill to high heat or the broiler in the oven.

Take the pork out of the bag and pat dry. Sear them on the grill until grill marks form on the first side, a couple of minutes. Brush the mojo on the side facing up and flip the chops. Repeat several times until they are coated with the mojo, cooking about 30 to 45 seconds per turn. Remove from the heat and place on a plate.

Place a spoonful of white rice on the plate. Top with the black beans. Sprinkle with oregano and serve with any excess mojo sauce on the side.

Modernist Notes

A whipping siphon can easily turn the mojo sauce into a froth for a fancier presentation. Make double the sauce you normally would and set half of it aside to glaze the pork with.

Take the other half of the mojo sauce and blend it very well, then strain it. Add 0.3% xanthan gum to the strained mojo sauce and blend to combine. Pour into a whipping siphon, seal and charge it. Dispense the mojo froth onto the pork when serving.

SECTION N

REFERENCES

Chapter Name



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One of the most interesting aspects of sous vide cooking is how much the time and temperature used can change the texture of the food. Many people experiment with different cooking times and temperatures to tweak dishes various ways.

The numbers below are merely beginning recommendations and are a good place to start. Feel free to increase or lower the temperature several degrees or play around with the cooking time as you see fit as long as you stay in the safe-zone.

HEADING 1 TEXT FIVE

Bottom Round Roast

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Medium 140°F for 2 to 3 Days (60.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Brisket

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Medium 140°F for 2 to 3 Days (60.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Cheek

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Medium 149°F for 2 to 3 Days (65.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Chuck Roast

Medium Rare 131°F for 36 to 60 Hours (55.0°C)
Flaky and Tender 161°F for 1 to 2 Days (71.6°C)
Well-Traditional 176°F for 12 to 24 Hours (80°C)

Pot Roast

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Medium 140°F for 2 to 3 Days (60.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Prime Rib Roast

Medium Rare 131°F for 5 to 10 Hours (55°C)
Medium 140°F for 5 to 10 Hours (60°C)

Rib Eye Roast

Medium Rare 131°F for 5 to 10 Hours (55°C)
Medium 140°F for 5 to 10 Hours (60°C)

Ribs

Medium Rare 131°F for 48 to 60 Hours (55.0°C)
Flaky and Tender 141°F for 2 to 3 Days (60.5°C)
Well-Traditional 156°F for 1 to 2 Days (68.8°C)

Shank

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Medium 140°F for 2 to 3 Days (60.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Short Ribs

Medium Rare 131°F for 2 to 3 Days (55.0°C)
Flaky and Tender 150°F for 18 to 36 Hours (65.5°C)
Well-Traditional 175°F for 12 to 24 Hours (79.4°C)

Sirloin Roast

Medium Rare 131°F for 5 to 10 Hours (55.0°C)
Medium 140°F for 5 to 10 Hours (60.0°C)

Stew Meat

Medium Rare 131°F for 4 to 8 Hours (55.0°C)
Medium 140°F for 4 to 8 Hours (60.0°C)

Sweetbreads

Medium 140°F for 30 to 45 Min (60°C)
Pre-Roasting 152°F for 60 Min (66.7°C)

Tenderloin Roast

Medium Rare 131°F for 3 to 6 Hours (55.0°C)
Medium 140°F for 3 to 6 Hours (60.0°C)

Tongue

Low and Slow 140°F for 48 Hours (60.0°C)
High and Fast 158°F for 24 Hours (70.0°C)

Top Loin Strip Roast

Medium Rare 131°F for 4 to 8 Hours (55.0°C)
Medium 140°F for 4 to 8 Hours (60.0°C)

Top Round Roast

Medium Rare 131°F for 1 to 3 Days (55.0°C)
Medium 140°F for 1 to 3 Days (60.0°C)
Well-Traditional 160°F for 1 to 2 Days (71.1°C)

Tri-Tip Roast

Medium Rare 131°F for 5 to 10 Hours (55°C)
Medium 140°F for 5 to 10 Hours (60°C)

HEADING 1 TEXT SIX

Blade Steak

Medium Rare 131°F for 4 to 10 Hours (55.0°C)
Medium 140°F for 4 to 10 Hours (60.0°C)

Bottom Round Steak

Medium Rare 131°F for 1 to 3 Days (55.0°C)
Medium 140°F for 1 to 3 Days (60.0°C)

Chuck Steak

Medium Rare 131°F for 36 to 60 Hours (55.0°C)
Medium 140°F for 36 to 60 Hours (60.0°C)

Eye Round Steak

Medium Rare 131°F for 1 to 2 Days (55.0°C)
Medium 140°F for 1 to 2 Days (60.0°C)

Flank Steak

Medium Rare 131°F for 2 to 12 Hours (55.0°C)
Medium Rare 131°F for 1 to 2 Days (55.0°C)
and Tender
Medium 140°F for 2 to 12 Hours (60.0°C)
Medium and 140°F for 1 to 2 Days (60.0°C)
Tender

Flat Iron Steak

Medium Rare 131°F for 4 to 24 Hours (55.0°C)
Medium 140°F for 4 to 24 Hours (60.0°C)

Hamburger

Medium Rare 131°F for 2 to 4 Hours (55.0°C)
Medium 140°F for 2 to 4 Hours (60.0°C)

Hanger Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 2 to 3 Hours (60.0°C)

Porterhouse Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 2 to 3 Hours (60.0°C)

Rib Steak

Medium Rare 131°F for 2 to 8 Hours (55.0°C)
Medium 140°F for 2 to 8 Hours (60.0°C)

Ribeye Steak

Medium Rare 131°F for 2 to 6 Hours (55.0°C)
Medium 140°F for 2 to 6 Hours (60.0°C)

Sausage

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 90 to 120 Min (60°C)

Shoulder Steak

Medium Rare 131°F for 4 to 10 Hours (55.0°C)
Medium 140°F for 4 to 10 Hours (60.0°C)

Sirloin Steak

Medium Rare 131°F for 2 to 10 Hours (55.0°C)
Medium 140°F for 2 to 10 Hours (60.0°C)

Skirt Steak

Medium Rare 135°F for 1 to 3 Hours (57.2°C)
Medium Rare 131°F for 12 to 24 Hours (55.0°C)
and Tender
Medium 140°F for 1 to 3 Hours (60.0°C)

T-Bone Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 2 to 3 Hours (60.0°C)

Tenderloin Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 2 to 3 Hours (60.0°C)

Top Loin Strip Steak

Medium Rare 131°F for 2 to 3 Hours (55.0°C)
Medium 140°F for 2 to 3 Hours (60.0°C)

Top Round Steak

Medium Rare 131°F for 1 to 2 Days (55.0°C)
Medium 140°F for 1 to 2 Days (60.0°C)

Tri-Tip Steak

Medium Rare 131°F for 2 to 24 Hours (55.0°C)
Medium 140°F for 2 to 24 Hours (60.0°C)

HEADING 1 TEXT SEVEN

This guide gives temperatures in both Fahrenheit and Celsius but to convert from Fahrenheit to Celsius take the temperature, then subtract 32 from it and multiply the result by 5/9:

$$(\text{Fahrenheit} - 32) * 5/9 = \text{Celsius}$$

I've listed out the temperatures from 37°C to 87°C which are the most commonly used range in sous vide.

Celsius	Fahrenheit
37	98.6
38	100.4
39	102.2
40	104.0
41	105.8
42	107.6
43	109.4
44	111.2
45	113.0
46	114.8
47	116.6
48	118.4
49	120.2
50	122.0
51	123.8
52	125.6
53	127.4
54	129.2
55	131.0
56	132.8
57	134.6
58	136.4
59	138.2
60	140.0
61	141.8
62	143.6
63	145.4

Celsius	Fahrenheit
64	147.2
65	149.0
66	150.8
67	152.6
68	154.4
69	156.2
70	158.0
71	159.8
72	161.6
73	163.4
74	165.2
75	167.0
76	168.8
77	170.6
78	172.4
79	174.2
80	176.0
81	177.8
82	179.6
83	181.4
84	183.2
85	185.0
86	186.8
87	188.6
88	190.4
89	192.2
90	194.0

SOUS VIDE AND MODERNIST RESOURCES



For an up to date look at current books, websites, and other modernist cooking resources you can visit the list I keep on my website.

You can find it at:
MCMEasy.com/Resources

Sous vide and modernist cooking are very complex processes and there is much more to learn about them in addition to what has been covered in this book. There is more and more good information available about modernist cooking. Here are some resources to help you continue to learn more.

MODERNIST RESOURCES

My Other Books

All of my books are available from Amazon.com or on my website.

Sous Vide: Help for the Busy Cook

By Jason Logsdon

My book focusing on how to use sous vide around your busy schedule. Full of recipes, tips and tricks to make sous vide work for you.

Modernist Cooking Made Easy: Getting Started

By Jason Logsdon

My introductory book to modernist cooking including detailed looks at many of the most popular techniques and ingredients.

Modernist Cooking Made Easy: Party Foods

By Jason Logsdon

Amaze and delight your friends with easy to make modernist dishes that will blow them away!

Modernist Cooking Made Easy: The Whipping Siphon

By Jason Logsdon

A detailed look at the whipping siphon. It covers the three main uses of the siphon: foaming, carbonating, and infusing.

Recommended Books

Modernist Cuisine: The Art and Science of Cooking

By Nathan Myhrvold

This aims to be the bible of modernist cuisine. It's over 2,400 pages costs \$500 and was several years in the making. If you are serious about learning the newly developing modernist techniques then this might be worth the investment.

Modernist Cuisine at Home

By Nathan Myhrvold

A much more accessible version of Modernist Cuisine especially written for the home cook.

Under Pressure

By Thomas Keller

This book shows you the extent of what is possible through sous vide cooking. The recipes aren't easy, and they require a lot of work but they can provide great inspiration for dishes of your own. If you are interested in expanding your concept of what can be accomplished through cooking then this is a must have.

Websites

Modernist Cooking Made Easy

<http://www.modernistcookingmadeeasy.com/>

My website is full of recipes, tips, and tricks for modernist cooking. I also have forums and other ways to talk with other passionate cooks.

Hydrocolloids Primer

<http://www.cookingissues.com/primers/hydrocolloids-primer/>

Dave Arnold and the Cooking Issues website help to clarify some of the uses of and reasons for modernist ingredients.

Apps

I also have apps for the iPhone and iPad available, as well as one for the Android. You can search in the app store for "Molecular Gastronomy" and "Sous Vide" and mine should be near the top, published by "Primolicious".

INGREDIENT AND TOOL SOURCES

Many of the modernist ingredients cannot be picked up at the local grocery store. I have had good luck on Amazon but here are some other good resources to find these ingredients.

Modernist Pantry

<https://www.modernistpantry.com>

Modernist Pantry has a good selection of ingredients and equipment. I tend to buy most of my ingredients through them.

Molecule-R

<http://www.molecule-r.com/>

Molecule-R has a good selection of packaged ingredients and tools. Their ingredients tend to be a little more expensive but if you are just getting started then their Cuisine R-Evolution kit can be a good way to get many of the ingredients and tools to get started.

RECIPE INDEX



I'm always adding more recipes to my website so for more inspiration you can check out the latest dishes:

MCMEasy.com/Recipes

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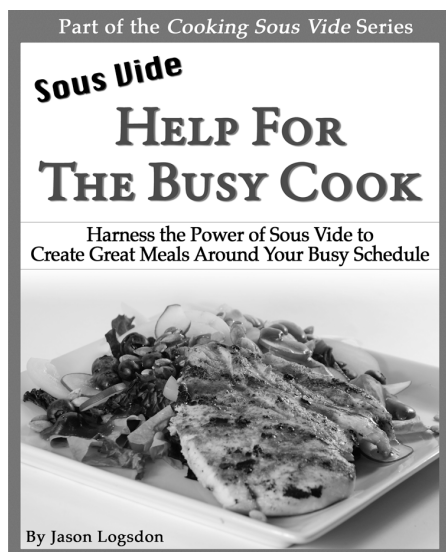
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DID YOU ENJOY THIS BOOK?

If you enjoyed this book check out my other books on sous vide and modernist cooking.



Sous Vide: Help for the Busy Cook

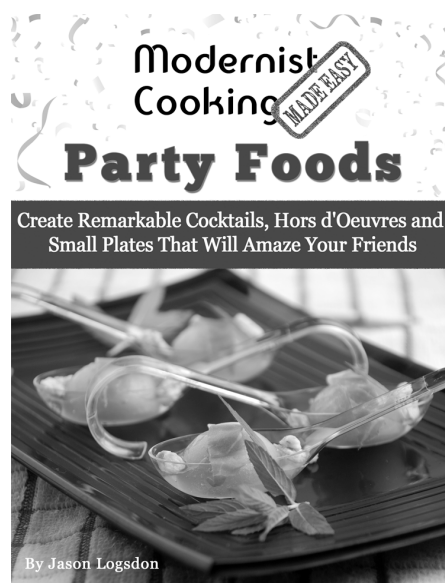
Do you take pride in cooking great food for yourself, your family, and friends but are you on the go all day long?

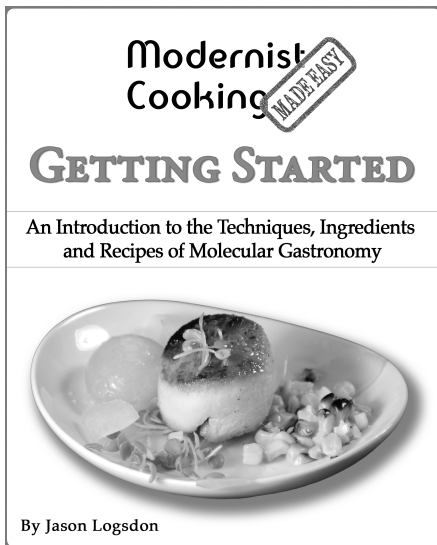
Sous vide has many benefits for people who are busy during the day. Once you understand how to take advantage of these benefits you can get great meals on the table while working around your schedule.

Modernist Cooking Made Easy: Party Foods

This book provides all the information you need to get started amazing your party guests with modernist cooking.

It is all presented in an easy to understand format along with more than 100 recipes that can be applied immediately to your next party.



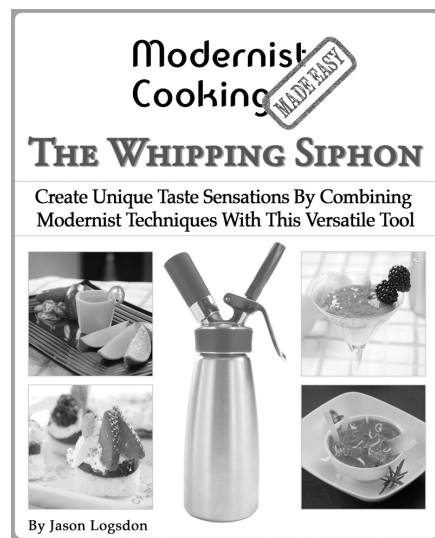


Modernist Cooking Made Easy: Getting Started

If you are looking for more information about the other modernist techniques then my first book is for you. It will give you the information you need to create gels, foams, emulsions, as well as teach you how to do spherification, thickening, and sous vide cooking. It also has more than 80 easy-to-follow recipes to get you on your way.

Modernist Cooking Made Easy: The Whipping Siphon

This book focuses on presenting the three main uses of the whipping siphon: Foaming, Infusing, and Carbonating. It delivers the information you need to understand how the techniques work and provides you with over 50 recipes to illustrate these techniques while allowing you to create great dishes using them.



All books are available from Amazon.com as a paperback and Kindle book, on iTunes, and on BN.com.

ABOUT THE AUTHOR

Jason Logsdon is a passionate home cook, entrepreneur, and web developer. He helps cooks understand new modernist cooking techniques with easy-to-understand directions and recipes. He has a website and several books on sous vide and modernist cooking that are read by thousands of people every month including *Modernist Cooking Made Easy: Party Foods, Sous Vide:*



Help for the Busy Cook, Modernist Cooking Made Easy: Getting Started, Sous Vide Grilling, Modernist Cooking Made Easy: The Whipping Siphon, and Beginning Sous Vide. His website is www.ModernistCookingMadeEasy.com and Jason can be reached at jason@modernistcookingmadeeasy.com or through Twitter at [@jasonlogsdon_sv](https://twitter.com/jasonlogsdon_sv).

