

Your Sous-Vide-Partner:

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SOUS-VIDE COOKING.
FOR THE TRUE
CONNOISSEUR AND
TRUE GOURMETS.

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COOKING SOUS-VIDE.

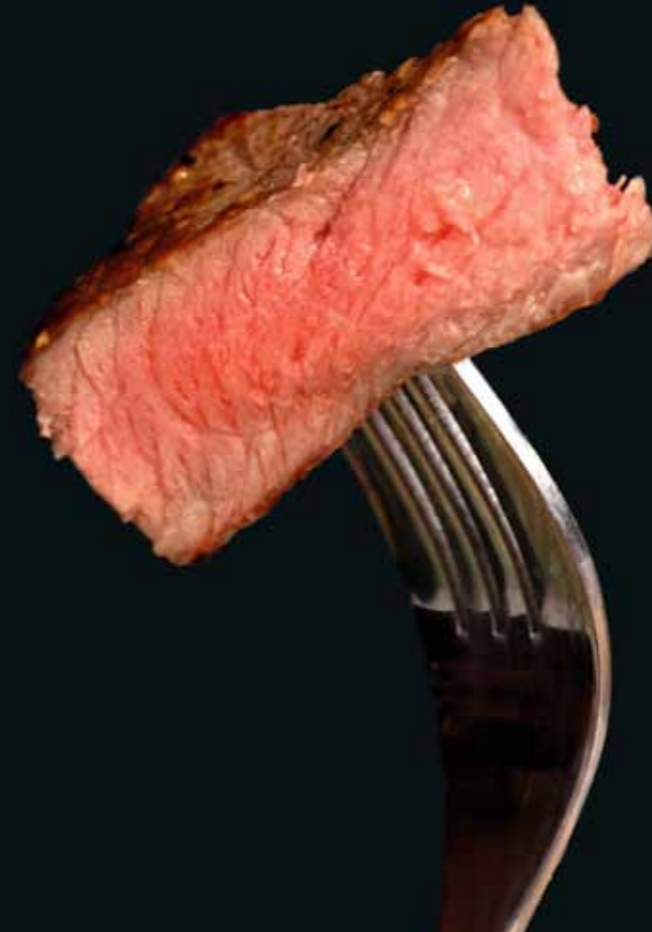
It sounds like a magic word: "Sous-vide", low-temperature or simply vacuum cooking. Fish, meat, vegetables or fruits are vacuumed and then carefully cooked at low temperature – sometimes for a period of more than 24 hours. Incomparable

aromas and textures – easy cooking to the point without cooking losses. Products of a quality are resulting which cannot be attained using other cooking techniques. Therefore, some of the world-wide best chefs swear on the method of carefully cooking.

FOOD IS ALWAYS KEPT JUICY AND FRESH.

Due to the low cooking temperature significantly less liquid escapes from the product when cooking in the vacuum bag and drying out is being avoided. The liquid remaining in the product acts as flavor enhancer by which the taste is being

optimized. Furthermore, the original shape of the product is maintained. Thus, meat and other products are always juicy and fresh.





FRESHNESS, COLOR, LOOK AND VITAMINS ARE MAINTAINED UNTIL CONSUMPTION OF THE FOOD.

Thanks to the protection of the vacuum packaging and the little heat supply, vitamins and natural nutrients are maintained. The vacuum packaged food can neither dry nor oxidize and

it is even possible to intensify its natural color. Since the air is taken out of the vacuum bag in which the product is stored the food is considerably longer-lasting.

SOUS-VIDE IS QUITE EASY

Sous-vide is a snap. It is not necessary to be a professional cook. If you observe a few simple rules, choose high-quality products and raw materials as well as the right tools, you will achieve rapidly optimum results.

STEFAN MARQUARD® INFO

If there is no Gourmet-Thermalizer available, just use your dishwasher. I promise you it will work.



VACUUMING

Bring the raw product and the ingredients together (!) into the vacuum bag and then vacuum it.



ROASTING

Roast your meat or your fish after having it cooked in the Gourmet-Thermalizer. Thus, e.g. meat is getting an optically nice roasted crust with corresponding roasting flavors which make the product appear fresh and delicious.



PRECOOKING IN THE GOURMET-THERMALIZER

Put the vacuumed product into a Gourmet-Thermalizer and carefully cook it at low temperature over several hours.

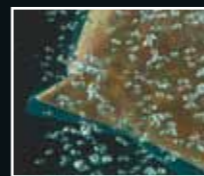


SERVING

Let the products rest shortly after roasting, garnish them, add some seasoning, if necessary, and serve them.



THE RIGHT TOOL.



cooking bags from allfo
temperature resistant up to 115 °C



vacuum packaging machine from Komet – Vacuboy
allround machines



Komet-Domnick Gourmet-Thermalizer
Ariane, 14 liters water bath, 2/3 Gastronorm