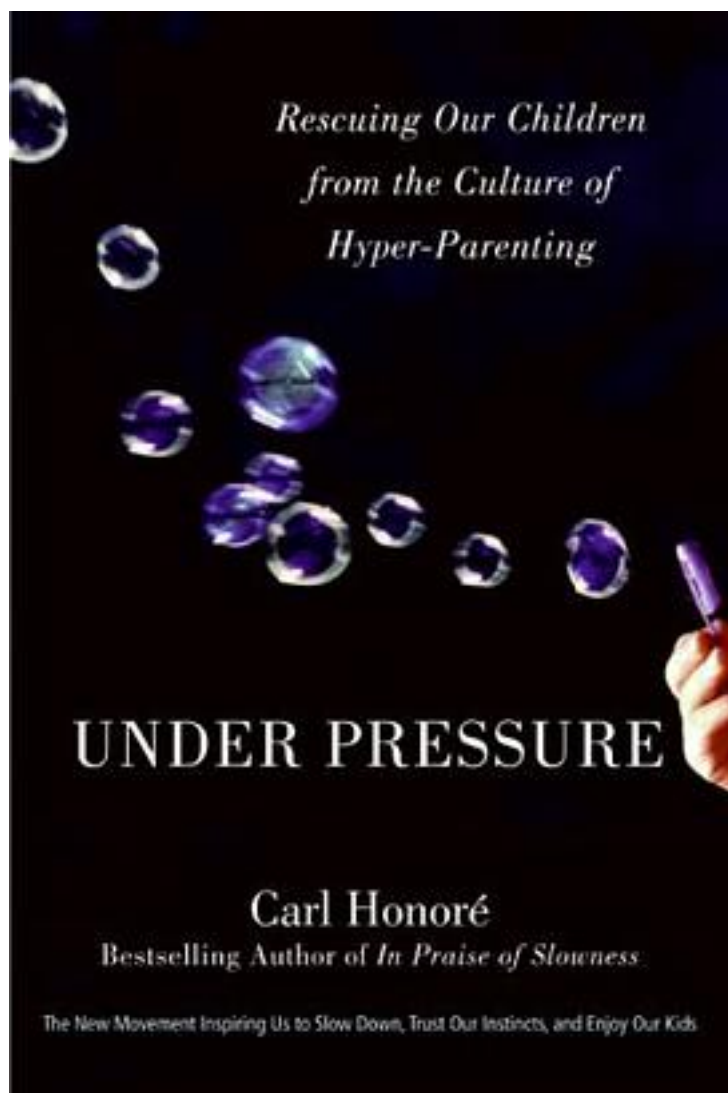


Under Pressure



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In "Under Pressure", Thomas Keller shows us how sous vide, which involves packing food in airtight plastic bags and cooking at low heat, achieves results that other cooking methods simply cannot - in flavour and precision. For example, steak that is a perfect medium rare from top to bottom; and meltingly tender yet medium rare short ribs that haven't lost their flavour to the sauce. Fish, which has a small window of doneness, is easier to finesse, and salmon develops a voluptuous texture when cooked at a low temperature. Fruit and vegetables benefit too, retaining their bright colour while achieving remarkable textures. There is wonderment in cooking sous vide - in the ease and precision (salmon cooked at 123 degrees versus 120 degrees!) and the capacity to cook a piece of meat (or glaze carrots, or poach lobster) uniformly.

作者介绍:

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标签

低温烹饪

vide

sous

飲食

分子烹饪学

cooking

ThomasKeller

饮食

评论

So beautiful and delicious, yet so much time and work... Unless you are devoted to cooking, this isn't practical.

为啥纽约市认为shell fish按照低温水浴会发生安全问题？

对试验Sous vide有些帮助 但是食材区别比较大的情况下 温度和时间都是参考 还是得自己做试验确定适应国内的食材

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书评

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