

sous vide

SousVide
S U P R E M E ®

The Home Sous Vide Revolution! Over the last decade, sous vide cooking—once the best-kept secret of top chefs—has sparked a wave of culinary innovation and creativity. With the introduction of SousVide Supreme's revolutionary, top-selling water oven that simplifies the technique, it became accessible to everyone, and home cooking was redefined.

The sous vide (pronounced *soo veed*) culinary technique was developed in the mid-1970s by Chef Georges Pralus at Troisgros, the internationally-renowned Michelin Three-Star Restaurant in Roanne, France. It became a brand category in 2009, when SousVide Supreme originated the technology and product line to bring it to mass market.



Brought to you by SousVide Supreme.

The SousVide Supreme water oven is an all-in-one sous vide appliance that cooks food gently at very precise temperatures, ensuring meals are always perfectly prepared. Anyone can get mouth-watering, professional results at the touch of a button!

The market leader in home sous vide.

With its innovative technology, SousVide Supreme has garnered top honors, including the Housewares Design Award for Best in Category and a designation as James Beard Foundation House Purveyor, as well as worldwide press coverage and rave reviews from food writers, culinary professionals, and consumers.

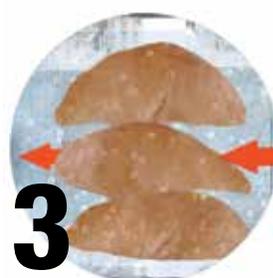
Here's how it works. Fill the water bath and set the appliance temperature to the desired degree of doneness based on food type. Then follow four simple steps:



1
Season food lightly with salt, pepper, herbs and spices.



2
Seal seasoned food in cooking pouches.



3
Simmer pouches in the preheated water bath.



4
Serve, plating directly from the pouch or after briefly searing.

“ the leading model for home kitchen use ”

~ Forbes.com

sous vide

SousVide Supreme, the trusted brand in sous vide cooking, offers:

Ease of use. In just four simple steps, anyone can make a gourmet-quality meal. Just season the food, seal it in cooking pouches, simmer in the water bath, and serve.

Healthy meals. Beneficial nutrients are locked in the airtight cooking pouch; delicate fats prone to damaging oxidation at high temperatures are better preserved; and nutrients, often lost in cooking liquids, are retained.

Gourmet taste. Food is cooked evenly throughout, with consistent, perfect results — every time! Flavors are enhanced, and food is tenderized as it cooks.

Versatility. All types of food can be cooked sous vide. Beef, lamb, game, and pork are cooked to your desired doneness from edge to edge. Poultry, delicate fish, seafood, and vegetables are never overcooked. Even risotto, soups, yogurt, infused alcohols, and desserts are simple to make.

Cost savings. Cooking with SousVide Supreme appliances:

- makes inexpensive cuts of meat fork-tender.
- produces gourmet meals for a fraction of restaurant prices.
- cuts waste — food portions can be frozen in cooking pouches for future use.
- eliminates the need to have dinner parties catered.
- provides top-quality family meals at home.
- replaces expensive equipment — pots, pans, bain-maries, yogurt makers, and more.
- makes infusions for cocktails at a fraction of the price of premium brands.
- makes home cooking the best alternative for family meals — easier than ordering take-out!

Sous vide cooking FAQs

What kind of foods can be cooked sous vide? All kinds! Any type of meat—including beef, lamb, game, and pork—is ideal for sous vide cooking. It works equally well for poultry and delicate fish and seafood, ensuring it is not overcooked. Any type of vegetable can be cooked sous vide with delicious results, as can eggs and fruits. You can even use it to make alcohol infusions, ice cream bases, béarnaise sauce, crème anglaise, cakes, and much more.

What equipment is needed? Precise temperature control is the key to sous vide success. This is best achieved using an appliance with a proportional-integral-derivative (PID) temperature controller to maintain consistent water temperature while food cooks. In commercial settings, immersion circulators are combined with a tub of water and a motor-driven pump to circulate it. With the introduction of SousVide Supreme's all-in-one water oven in 2009, sous vide cooking has been simplified for home cooks. Now, the technique can be easily accomplished with a countertop water oven.

sous vide

How is food prepared for sous vide cooking? Because sous vide locks in foods' natural rich flavors, a sprinkling of seasoning is all most dishes need. Simply apply herbs and spices to taste and seal the food in cooking pouches. It's easy to prepare foods in advance and refrigerate or freeze them to have at the ready.

What are typical sous vide cooking times?

Cooking times range from as little as 20 minutes (lean fish) to up to 72 hours (spare ribs and tougher cuts of meat). Chicken breasts and tender steaks typically take one or two hours, depending on their thickness. However, because the temperature is so precisely controlled, food can be left in the water bath for much longer than the required time without overcooking.

What are sous vide cooking temperatures?

Foods prepared sous vide are cooked at the temperature they will be served. Temperatures are always below boiling and most dishes cook between 134° and 190° Fahrenheit. The key to sous vide cooking is maintaining the same water temperature throughout the entire cooking process, since even small variations can change a food's appearance, flavor and texture. Precise temperature control is why proper equipment designed for sous vide cooking is necessary.

Why is sous vide considered a healthy way to cook? With sous vide cooking, beneficial nutrients, such as the flavonoids and carotenoids found in vegetables, are locked in the airtight pouch. In addition, delicate fats prone to damaging oxidation at high temperatures and in the presence of oxygen, are better preserved in their healthful form. With other cooking methods, these same nutrients are often lost in cooking liquids.

Are sous vide cooking temperatures a safety concern? Food safety is a matter of temperature and length of cooking time. The "danger zone" where food-borne bacteria can grow most easily is within 40° and 130° Fahrenheit. Recommended sous vide cooking temperatures fall outside this danger zone.

Are cooking pouches a safety or environmental concern? Cooking pouches should be free of Bisphenol-A (BPA), lead and phthalates, and third-party tested and certified for use at sous vide cooking temperatures. SousVide Supreme cooking pouches meet these requirements and are compliant with EU directive 2002/72/EC. Consumers are encouraged to rinse and recycle these products, just as they would any other plastic food packaging.

Can an entire meal be cooked in one water bath? While vegetables and proteins typically cook at different temperatures, there are some one-pot meals, such as risotto with ham and vegetables, that can be prepared easily in a single water bath. In addition, with a little pre-planning, it is possible to cook and quick-chill vegetables, and then reheat them along with a protein that's cooking at a lower temperature.



sous vide

How do SousVide Supreme water ovens maintain precise, even temperatures without a motor-driven circulator?

SousVide Supreme technology employs a PID-controlled heating element, a perforated bottom grill to generate thermal convection currents for even temperature distribution, double-wall insulation, and a lid to contain steam. This thermal circulation and self-contained operation allows our water ovens to cook sous vide:

- without a pump, eliminating moving parts that can wear out.
- without noise or turbulence.
- without risk of evaporation.

Scientific principles. Two physical facts explain why the water temperature in our water ovens rises as quickly and uniformly as it does in fan-circulated or pump-driven baths:

1. Heat travels very quickly through water.
2. Warmer water is lighter than cooler water.

Basic physics. Natural circulation within the water oven is created when:

- the silicone heating element blankets the base and transmits heat evenly to the water within.
- lighter heated water rises to the top, as cooler water sinks to the bottom, mixing the water.

Even temperatures. Through the natural circulation created by the basic physical properties of heat and water, all the water and food in the bath reach the same temperature. The efficient heat transfer capacity of water ensures that no hot spots or cold spots exist once the target temperature is reached.



SousVide
SUPREME®

SousVideSupreme.com

Sales contact: sales@sousvidesupreme.com | 877.787.6836

Media contact: pr@sousvidesupreme.com | 877.787.6836