

SousVide - cooking method

It has been known for a long time that food cooked by lower temperatures can be prepared more gently. The Sous-vidé pioneers Pralus and Goussault started as early as the mid-70s to work with this method.

Today the definition of „Sous-vidé“ is deeply anchored in the kitchen language and means nothing else than „without air / under vacuum“. The word has become thermalizing established to describe this cooking process.

The food is sealed under vacuum and the cooking process is best done in a water bath circulation.

