

seal^{THE} deal

You've probably heard "sous vide"—in a restaurant, maybe. But what the heck is it, and why are people talking about it? Is it worth trying yourself? The short answer is yes. *By Ashley Flaws*

1. WHAT IS "sous vide"?

Sous vide—pronounced *sue veed*, French for "under vacuum"—sounds fancy, but it's actually a simple cooking method that guarantees evenly cooked, tender, juicy meats. All you need is a zip-top freezer bag, a pot of water, and a sous vide device that can keep a pot of water at a constant temperature.

2. WHAT'S SO SPECIAL ABOUT IT?

A sous vide device keeps water in a pot circulating and its temperature constant—never boiling—so cooking is gradual. Steak can take two to three hours, for instance. But once it's done, it stays at that temp. You can't overcook it, even if you need to leave it for hours. It's ideal for busy families who eat dinner at different times.

3 HOW DOES IT WORK? You season steak, chicken, or other meat with herbs, spices, sauces, or whatever you like. Then you seal it in a zip-top freezer bag or one made specifically for sous vide, pressing out all the air—that's the "vacuum" part—and submerge it in temperature-controlled water.

WHAT ELSE DO I NEED TO KNOW?

- Use a zip-top freezer bag or a bag specifically made for sous vide. It must be able to be sealed completely.
- Press out all the air before sealing to keep the bag from floating. *This is important: The food won't cook evenly unless it's fully submerged.*
- Clip the bag to the side of the pot opposite the sous vide device. That way, the circulating water won't make it float to the top.
- Most recipes, like the Sous Vide Chicken Breast below, call for briefly searing the meat in a screaming-hot skillet either before or after cooking. (We prefer afterward, but either way works.) This caramelizes the outside without cooking the inside any further.
- The FDA recommends heating the water to at least 131°F to kill unsafe bacteria. The long cooking time means it doesn't have to be higher.
- Sous vide devices are available at Amazon and other retailers; prices range from \$89 to \$200.



sous vide made simple

Sous vide devices were once huge and unwieldy, used mostly in restaurant kitchens. But Joule is a smaller, smarter, and more powerful sous vide for home cooks.

Joule
Sous Vide by ChefSteps

SOUS VIDE CHICKEN BREAST

HANDS-ON 10 MIN TOTAL 1 HR, 50 MIN SERVES 4 SUBMITTED BY YOLANDA

★★★★☆ 1 REVIEW

- 2 Tbsp. vegetable oil
- 2 tsp. herbes de Provence
- 2 tsp. garlic paste
- ¾ tsp. salt
- ¼ tsp. black pepper
- 4 strips lemon zest
- 1 (1-gal.) zip-top freezer bag or sous vide bag
- 4 (6-oz.) boneless, skinless chicken breasts

1. Set up a sous vide device (such as Joule) in a pot with water according to manufacturer's instructions. Set temperature to 149°F.
2. Put 1 Tbsp. oil, the herbes de Provence, garlic paste, salt, pepper, and lemon zest in bag; seal and shake. Add chicken and turn to coat.

3. Spread out chicken to a single layer; seal bag, pressing out any air.
3. Submerge bag in pot with water and clip to side of pot (if bag floats, unzip slightly to let air escape, then reseal). Cook 1½ to 2 hours.
4. Heat remaining 1 Tbsp. oil in a large skillet over high heat. Add chicken and sear on both sides until browned, about 1 minute per side. Transfer chicken to a cutting board, tent with foil, and let stand 10 minutes before slicing.

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Ⓜ HIDDEN GEM Ⓜ HEALTHY Ⓜ GLUTEN-FREE
PER 1-PIECE SERVING: 276 CAL; 11G FAT (2G SAT); 38G PRO; 1G CARB; 0G FIBER; 593MG SODIUM; 0G SUGARS