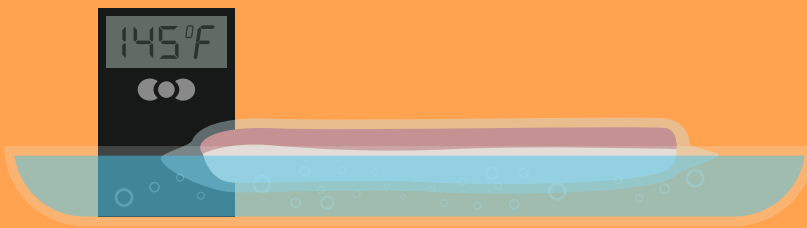


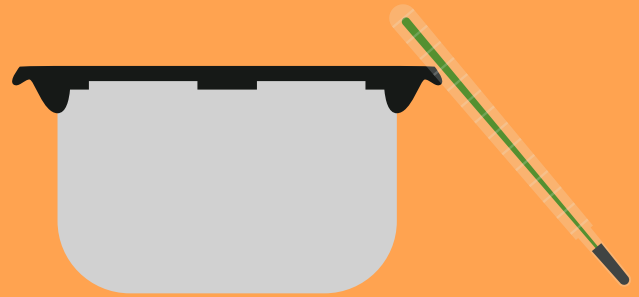
SOUS VIDE



Sous vide means "under vacuum."



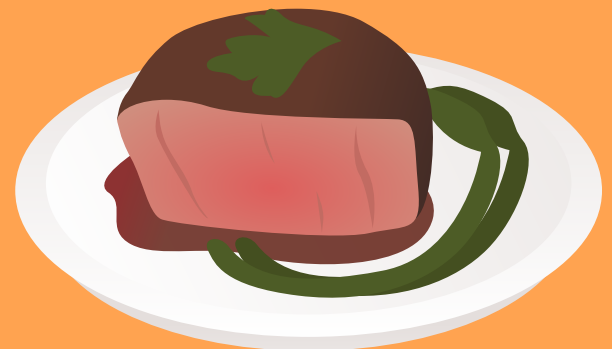
Sous vide cooking involves vacuum-packing foods and then cooking them in a water bath at low temperatures.



You don't need a fancy sous vide machine to make sous vide meals. You can do it with just a big spaghetti pot and a thermometer.



Cook the food at its finished temperature until it's evenly cooked through.



Then serve it and get ready for the compliments to start rolling in!