



[*Sous Vide Made Simple*](#), by Lisa Q. Fetterman, with Scott Peabody and Meesha Halm. Copyright © 2018 Lisa Q. Fetterman. Photographs copyright © 2018 by Monic Lo. Published by Ten Speed Press, an imprint of Penguin Random House LLC.

Our Summary:

When Lisa Q. Fetterman published her 2016 breakout book [*Sous Vide at Home*](#), she brought the art of sous vide cooking to the home kitchen. Since then, more than a million home-cooks have come to love the convenience and flexibility that sous vide cooking brings to their skill set, and perfectly cooked foods to

their table. Today, as the price of sous vide equipment drops and becomes even more affordable, Fetterman give us her new countertop primer [*Sous Vide Made Simple*](#), which tackles the question “how do I make meals *faster, better tasting*, and give myself *flexibility* so I don’t have to eat the same food over and over again?” The answer? Sous vide cooking and the insightful knowledge that Fetterman’s team delivers up in this new, smartly designed book [*Sous Vide Made Simple*](#).

What you need to know:

Get it: [*Sous Vide Made Simple*](#), by Lisa Q. Fetterman, with Scott Peabody and Meesha Halm. Copyright © 2018 Lisa Q. Fetterman. Photographs copyright © 2018 by Monic Lo. Published by Ten Speed Press, an imprint of Penguin Random House LLC, October 9, 2018 (Hardcover \$30.00) ([Amazon: \\$19.49](#); [Kindle: \\$15.99](#))

See it: 192 pages of practical instructional materials on sous vide cooking, equipment and know-how, including master recipes for 7 of your go-to everyday foods, like chicken, pork, shrimp and fish, vegetables and of course, desserts.

Make it: Over 60 recipes for home-cooked sous vide meals that include master recipes for your go-to favorite foods, plus the variations that give flexibility to a home-cook’s life, style and flavor preferences. **Chef Donna’s Note:** *to cook from this book you need an immersion circulator. We have used the [Anova Culinary Sous Vide Precision Cooker | Bluetooth | 800W \(as low as \\$119.00\)](#) with consistent and excellent results in our kitchens. For an even more affordable entry point try the [Power Precision Cooker available for as low as \\$39.99](#), which we have used for sous vide demonstration classes with excellent results.*

Chef Donna’s Review:

If you've tried sous vide cooking and are confused about its usefulness in your everyday kitchen, or you just want to dip your toe into the deep end of this food-jacuzzi-pool, buy this book. Yes, in less than 200-pages you’ll discover all the reasons, recipes and rationale to



regularly employ sous vide cooking in your home kitchen repertoire. If you are willing to invest the now modest amount of money to buy the equipment (Immersion Circulator as [affordable as \\$39.99](#) – great if you're on the fence, or [the \\$119. Anova](#) – our favorite and regularly in use in our kitchens since 2015) you will be rewarded in spades with the most tender, perfectly cooked food short of a Michelin star restaurant.

[Sous Vide Made Simple](#) explains sous vide cooking for the home kitchen in a straight-forward manner, with all of your questions and worries addressed. Plus, you get a complete set of master recipes so you are equipped to achieve perfect results on your first go round. Like cooking with any new appliance, it will take a few attempts to find your personal sweet spot on time and temperature, but that's the joy of cooking sous vide. You have the control. And while cooking sous vide can take as little time as say 20 minutes for a perfectly cooked piece of salmon, it can also take up to several days for unctuous falling-off-the-bone ribs. Somewhere in between is where you'll usually land. Two to 6 hours for impossibly tender boneless skinless chicken breast, steaks and pork. The trick in all of that is to *trust* the process and with Fetterman's book in your hand, you can give yourself over to the process with confidence.

The simplicity to all of the recipes in [Sous Vide Made Simple](#) comes in preparing the master recipes in advance. Once your master recipe is prepared dishes like *Beef Bourguignon Pot Roast* is doable in 30 minutes (!), *Cauliflower Steaks with Kalamata Yogurt Sauce* lands on your table in 20 minutes, and *Chocolate Raspberry Parfaits* are done in 5 minutes (plus 1 hour chill time).

The key to [Sous Vide Made Simple](#) success is that you MUST cook your master recipe in advance. A fatal flaw? No! These recipes are not difficult, and what becomes possible because you have a master recipe at the ready is an impressively delicious repertoire of classic, contemporary, cultural and indulgent recipes. A little *mise en place* and a prepared master recipe lands dishes like *Paleo Chicken Stir Fry with Pineapple and Red Peppers*, *Asparagus Benedict*, and *Grilled Pork Chops with Apple Chutney* on your table in a matter of 30 to 45 minutes, sometimes even less.

In our review of [Sous Vide at Home](#), we said this method of cooking requires a leap of faith, but it's a leap that's easy to take with the recipes and tips that Fetterman continues to improve and comprehensively explain. Even the most reluctant home cook can find great success with sous vide cooking, and [Sous Vide Made Simple](#) is a great place to start. With 60+ recipes in [Sous Vide Made Simple](#) you'll have enough ideas and inspiration to get you well on your way to the world of delicious sous vide meals and find plenty of confidence to inspire your own creativity at meal-time.



Recipes to cook from [Sous Vide Made Simple](#), Copyright © 2018 Lisa Q. Fetterman.
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[Grilled Pork Chops with Apple Chutney, including Master Recipe Quick Cooked Pork](#)

[Cauliflower Gratin, including Master Recipe Cauliflower](#)

[Miso-Glazed Salmon with Wilted Greens, including Master Recipe Salmon](#)

Chef Donna Notes: Compare this recipe to [Salmon with Miso-Fennel Salad](#) from [Sous Vide at Home](#), by Lisa Q. Fetterman, copyright © 2016, reprinted with permission by Ten Speed Press, an imprint of Penguin Random House LLC during our *Pilot Season of Now That's A Mouthful*.