

Sous vide is all the rage, or is it?

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Reading article after article how good bad or indifferent the Sous vide cooking process is, has compelled me to just talk about the Facts, Features, and Benefits of what could or should be considered in today's home cooking environment.

The Facts.

Why is sous-vide cooking driving everybody crazy? Well consider this "No matter how bad of a cook you are you cannot burn, overcook or spoil the "food" and why does it not go mainstream faster? Simply ...it has NO taste and you still must fuss with the results after you have spent a long time waiting for it to be cooked.

The fact is that the resulting food is anaemic looking and "ugly" and the taste is questionable, does not help either.

At temperatures that low, one cannot expect to create flavours as it takes medium to high heat to caramelize the sugars in the meat or articles like onion and garlic to create what humans call delicious food.

Sous vide cooking does not provide the necessary "pressure". The fact is the water is only a consistent, controllable heating element that lets you bring up the temperature within the food to where its maximum benefits and edibility is.

Fancy water circulators may speed up the cooking process by just a little but then, who cares about 10 minutes more or less when the normal cooking time is still hours? There has to be a "Better Way"?

Sous vide cooking does indeed protect the natural flavours through its temperature controlled environment. However, to give the finished proteins some life, lustre and taste you then have to go and fry it in oil and cook it in a pan to give it some flavour, this is simply wrong and counterproductive as it cancels all of the benefits of sous vide cooking.

To annualize the effect on meat one needs to look at the structure of the different meats to fully understand what renders them tough chewy or unpleasant for human consumption.

Meat and vegetables consist mainly of water, the only difference being how the water is constrained within the structure of the food, which in turn determines the cooking method and temperatures.

Some foods need to be caramelized to change the flavour, which by the way is the most difficult task of the cooking profession and rely on the knowledge and capability of the Chef. Others, simply are cooked in water, steamed or cooked in their own juices, which also rely on the quality of the Chef.

Sous vide is trying to overcome these facts and the skills of a good Chef, by simply keeping the heat down, ending up in tasteless and ugly food. Is there not a “better Way”?

Pressure and cooking food also contributes to the quality of the food by simply not allowing the connective tissues in meat, (the vessels that keep moisture in the meat) not to contract which makes the meat tough. Again, the pressure in the current sous vide cookers, is just not strong enough to prevent this, hence the white stuff in the cooking bag, which is water and albumin that are escaping from the meat. With vegetables, not a problem as the starch in vegetables with retains the moisture by congealing the starch with heat.

This is by no means the whole story as there are endless books on food science that explain these structures in much more details and how they related to cooking methods. All food preparations methods are based on these structures and how best to manipulate them to achieve the desired result. It's called professional cooking!

What Features then do I need to make this very healthy cooking method work palatable and ready to eat?

Since the sous vide method is not able to create flavours I need to add all the flavours that I would normally create by dry heat cooking of meat and vegetables

in a way that will seal the meat and stop the loss of moisture from the meat.
How can I do this?

The Features

By using spice sheets that are formulated with all the necessary flavours, otherwise created by dry heat cooking and your benefits from cooking sous vide really come to Light!

Spice sheets, have been used in Industrial application for spice and flavour transfer for over 20 years and come in an endless variety of flavours. Their ability to deliver on endless variety of culinary flavours, which can otherwise only be created by good cooking skills, will perform and flavour food in the sous-vide cooking bag. It will allow herbs, spices and other dry ingredient to pick up moisture which develops their natural flavours, like fresh herbs and spices, which cannot be achieved in a pan or oven. The will help you reducing salt and fat intake and give all the benefits of the nutritional values associated with herbs and spices.

These sheets are calibrated to be completely consistent from the first time to the one million's time. They seal the meat with an acid, similar when you squeeze lemon juice over the meat, to ensure that no moisture can escape, which cannot be achieved by sprinkling on seasonings before cooking or after. They can be formulated to deliver additional nutrients and vitamins that will remain perfectly potent in low heat cooking or create a sauce from the meat juices. No after treatments or other cooking steps needed all in one sous vide cooking. The transfer 100% of their load and since herbs and spices are ounce for ounce the most expensive food item of the meal waist really counts. It's one time use ensures freshness keeping you clear of old spices that been cluttering you cupboard for years ruining meal after meal.

Dinner is served!

But why stop there? In consideration off all these facts that surround the cooking methods and how to achieve the best results we have invented, which will soon to appear on the market; a ***thermal fusion cooker*** we call; **Kitchen**

Wizard. A new leading edge technology developed based on solid food science and current home appliance technology to overcome all the shortcomings of the current sous vide cookers.

The Benefits

Complete with air removal from the cooking pouch with a patented automatic air extraction sealing process. The Kitchen Wizard will sous-vide cook your food under constant and controllable pressure and variable heat without the hassle of water filling and disposal, or expensive vac machines.

Small countertop footprint creates giant meals in small spaces that are cost effective, nutritional and delicious, every time.

Combined with the sheets it will deliver calibrated roasting and frying flavours without the need for clean ups after cooking or the worry that your meat will be overcooked or wrongly spiced.

You can turn the unit on in the morning to come home to a meal that will taste as selected by you, the same every time and instantly.

The savings created by the unique combination of the cooking solutions sets us free of expensive losses and bad meals so often created by under or over spicing or cooking.

Because it maintains a food specific pressure during cooking steaks are tenderer, chicken is juicier and fish does not stink up the house.

When you marry, our patented Thermal Fusion Cooker with our proprietary Spice Sheets you are rewarded with the delicious, nutritious, gourmet quality meals. We believe our flavour profiles are like having your own “Chef on a Sheet”! This powerful duo will allow you the experience of dining out without ever leaving your kitchen, it’s that easy!

A simple to use meal preparation process complete from start to finish.

