

# Souse vide essay



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History definition Souse Vide is a cooking method in which food is vacuum-sealed in a plastic pouch and then cooked at a gentle temperature in a precisely controlled water bath. Compared to other cooking methods, souse vide provides more control and allows for perfect, repeatable results every time. The method is easy to learn and takes much of the stress out of cooking. Food can be held at a perfect level of doneness for a much longer time than usual methods allow. So you may ask yourself what is Souse Vide, why is it so cool, and how does it work.

I will try and answer those questions and many others about Souse Vide, along with where did it start and why, who makes the equipment, what sanitation issues there are, how does it work, why is it used, who developed the Souse Vide, and the big one is it supposed to be better than say cooking with gas. I also will give you my findings from an interview obtained with Chef (CE)(CHEW). So where do we start, let's begin with Georges Pralus a French chef who in 1974 discovered that when foie gras was cooked souse vide it kept its original appearance, and did not lose excess amounts of fat and had better mouth feel.

Another pioneer in souse-vide is Dr. Bruno Assailant who further researched the effects of temperature on various foods and in the early 80's while working as a meat specialist he discovered that if you were to vacuum-seal roast beef and use the souse vide technique, you would have less product loss "shrinkage" compared to conventional cooking methods, and the flavors seemed to be enhanced, the food also had an extended shelf life due to the lack of oxygen able to reach the product. Later he became well known for training top chefs in the method with his CREE (Culinary

Research & Education Academy, Paris), and is now known as the godfather of the sous vide technique, he is the chief scientist of Alexandria, Virginia-based food manufacturer Cuisine Solutions. Assault developed the parameters of cooking times and temperatures for various foods. Now that we know a little more history on the subject of sous vide I am going to move on to my interview with Chef Managing Partner/Owner of The Grey restaurant in, Nebraska. Chef attended Johnson & Wales University in Providence, where he received his BBS in Culinary Arts/Food Service Management, and an AS in Hotel Food and Beverage Management.

Chef started working at the Hyatt Regency Chicago, Radiations Hotel Longwood, then onto the Midwest Regional Chef for Cuisine Solutions for one year where he learned sous vide techniques, and the Edgewood Valley Country Club. Michael holds professional certifications as both a Certified Executive Chef (CE) and a Certified Hospitality Educator (CHEW). He also earned an MBA from Argosy University-Chicago. He is currently a Chef Instructor at the International Culinary School at the Illinois Institute of Art-Chicago. Besides the Grey Plum he and his wife, Wendy, own and operate the Village Gourmet-café & Catering in Clearance Hills, IL. Chef Howe spent 8 years in notes, Ana was looking for something new than tuna rather moving to Manufacturer Company Cuisine Solutions where he learned the technique of sous vide after attending a three-week class at their training center in Alexandria, Virginia. While newly employed with Cuisine Solutions chef found a few things hard to understand, that sous vide was not taught in traditional schools but at class managed by companies like Cuisine

Solutions, also how large scale there production was when he first started there.

He came upon great learning opportunities while employed there but the ones that stood out for him was the large amount of distribution system information, product development for companies like Cam's Club, and the how they souse vide some of the largest amounts of food at one time in circulatory measuring 4 foot by 8 foot by 4 foot all cook to perfection while still meeting sanitation requirements. Chef Howe left cuisine solutions after only being there for one year as the Midwest Regional Chef due to the long time frames of being away from his family but does not regret one minute of his while employed there.

The knowledge souse vide he took with is irreplaceable in his eyes, since it still is only administered at select locations by CREE (Culinary Research ; Education Academy, Paris), or now in Artisan Culinary class taught at the AY. Chef uses the technique of souse vide in his home cooking and at his restaurants in Omaha, Howe finds it a huge time saver when he can prepare in advance large amount of proteins, prior to service which in return allows for faster turnover of tables because of the reduce cooking time need to say cook a steak, and most of all that when it is delivered on the table it is perfectly cooked every time.

He has found that the biggest attribute to souse vide is that it allows for more freed manpower because of the ability to set it and forget it when following proven time and temperatures. Like most other professional chefs, chef Howe does not see souse vide cooking as a trend but as a additional

technique use it the craft of coking, which takes the guesswork away from the chef and gives he/she a more accurate measure of doyens.

While completing my time in the Bistro I became very interested in souse vide and Chef Howe was more than happy to guide me in my learning of the art of souse vide. He made cooking souse vide so interesting that I had to buy a Opalescence Professional Chef souse vide circulator, which I have used for catering events and personal uses. I look at Chef Howe as a Mentor of many skills, of those times being one of his greatest lessons in the art of cooking, and now with souse vide in my repertoire, more time can be directed elsewhere.

I will now provide you with a brief history, description of the demographic of the clientele, their facility type used in the manufacturing of their product, their service range, for cuisine solution the food and beverage they offer, and a description of the marketing and examples of their materials. Polyclinics was a start up company back in 1963; they started out small but kept thinking outside of the box and shooting for the stars, through dedication to their customers, and to their needs, has allowed them to become a global company that spans six continents and most major cities.

Some of their accomplishments have been the pioneered innovations ranging from the first zero-switching circulatory to the first refrigeration systems for DNA amplification to an award-winning line of ultra products. Their product lines are Selenga Ana developed by a mainly trained engineering team and manufactured in the U. S. A. Which consist of refrigerated circulatory, heated circulatory, chillers, recirculation coolers, and

water baths. It would seem as though now after 5 decades of pushing to be the best that they are the cream of the crop when it comes to .

But the passion for innovation, commitment to quality, and unmatched user-focus continue to drive our enthusiasm for designing and manufacturing superior products. Polyclinics culinary demographic is that of world-class chefs such as Grant Chat, Wylie Dufresne and Thomas Keller as not only clients but also that of spokespersons, which have help deliver their product line to the small restaurant owner, professional / private chef, and now the home cook.

Polyclinics has a mass array of product types, but in the culinary sense they have 3 different levels of Souse vide ranging from one of their 1st immersion circulatory the professional classic series with the price point \$1000. 00 on to the professional Chef series at \$850 and now the professional creative series for the home cook/casual user for \$499. You can see they have covered their market well via price point.

Other culinary tools offered by Polyclinics are the smoking gun, use for imparting smoke flavor into products without having long smoke periods, vacuum chambers used to prep items cooked souse vide style, and the anti-griddle which quickly freezes sauces and purees into solid, unique forms or freezes just the outer surfaces while maintaining a creamy center. Polyclinics has a phenomenal customer service staff that I personally work with when I purchased my professional chefs rise souse vides, and when doing so received a great discount for being a student in the culinary industry.

Moving on to the souse vide supreme, which is the first available water oven for household souse-vide cooking appliance, it was launched in November 2009. It was developed by Dry. Michael Decades and Mary Dan Decades of Decades Appliance Technology, LLC. The Subside Supreme was developed due to the increasing popularity of souse vide cooking. Due to the expensive equipment costs (upwards of several thousand dollars), cooking souse vide had largely been inaccessible to home cooks.

The Souse Vide Supreme delivers temperature precision within 1 OF. Which was developed in 2009 is a different form of compared to that of polyclinics immersion circulator, it is a water bath. SOOT Analysts Strengths Moving on to the most important keys to success or failure is that of an efficient SOOT Analysis. When the Analysis is preformed correctly, it becomes your roadman to follow. Some of the strengths of souse vide technology is its ever increasing professional chef and public demand.

As with most industries the hospitality industries eagerness to change with the times, is allowing chefs to be more efficient tit the use of the circulator. Another huge strength is that of choices from so many companies, that now the prices have started to lower because of the market saturation.

Companies like Cuisine Solutions, Polyclinics, and Souse vide supreme to name a few all have great customer support throughout the industry that allows a seamless transition when services are needed on their machines.

Other strengths are that of having the ability to achieve exact doyennes of delicate foods such as sentinels Ana assn walkout ten need Tort re-Teller. souse vive gives us ten opportunity to repaper meals have time and still

have phenomenal taste even days after they have been cooked, and held properly. One of the largest strength is being able to serve tender and moist cuts from tougher protein better less expensive. Weaknesses A few weaknesses of souse vide cooking is one of start up cost for all equipment needed, long cook periods.

Like short ribs braised would take 4 to 6 hours, and when cooking souse vide they take 48 to 96 hours, some feel that is a long wait for a short rib. Also with only top chefs using souse vide, gaining knowledge is sometimes very official without having again cost for references or books about souse vide. Opportunities Add value to your normal cooking style with the new technique, but still finishing in the traditional manner of the dish. Broaden yours and those of your employees skill sets by integrating the new technique into your existing program.

With all of the strengths, weaknesses and threats one of the great opportunities you will receive is that of having cooked proteins, vegetables in fruits to a perfect consistency when using the proper time and temperature references, so as long as you're following the preferences you will either in the restaurant, or for you at home will have a worry free final product. Another opportunity is that of being the 1st on the block to have it.

Threats Threats start with safety issues where products have the potential to have bacterial pathogens grow when kept in the danger zone too long, so adherence to time and temperature is crucial more so than in traditional cooking methods. Other threats are those using souse vide improperly therefore giving it a bad name. Hazards with souse vide There will be two



primary biological hazards in the meat, poultry, fish, vegetables or fruit that are cooked sous vide. The first hazard is vegetative pathogens, and the regulatory target is Salmonella.

The goal is to cook the food in the pouch to a specified time and temperature to reduce Salmonella 100,000-to-1. This will reduce the Salmonella from a maximum of 1,000 per gram in the raw food to 1 per 100 grams in the finished food. Salmonella is used as the target organism, because it has been, and continues to be, a major cause of illness and kills an estimated 500 people each year. The second biological hazards common to the ingredients from the water and farms are the spores, botulism (meat, poultry) and non-prosthetic (fish, seafood).

When the food is pastured, Salmonella is reduced to an appropriate level of protection, but pasteurization temperatures have no kill effect on the spores. Pasteurization just activates the spore. Sous vide is affected by three factors one the core temperature you wish to cook the dish to two the heat transfer characteristics of the food and lastly how much food will be cooked at one time. Meats which do not conduct heat all that well will require longer cooking times than foods such as gettable which are much less dense and offer greater relative surface areas but require a larger cooking temp.

Also, ten greater ten cooking lulu's to T ratio, ten faster each portion of food will reach the proper core temperature. It is always recommend that when cooking sous vide, that the cooking pouches be completely covered with liquid to allow the whole product to stay at the same temperature thus not allowing for no biological hazards to occur. As long as you are following the

time and temperatures references given either in souse vide cookbooks like Under Pressure y Thomas Keller, and website such as Polyclinics and Souse Vide Supreme you should have no issues with under cooked or contaminated foods.

Current ; Future Trends So as I said in an earlier statement about all of the celebrity chefs using the souse vide machine, which is only prompted the home cook now to want to use this new gadget, that estimate affordable by companies like souse vide supreme, cuisine solutions, and now the Plug ; Play Complete Souse Vide Machine with Temperature Controller ; Cooker which is placed in a crackpot mimicking the souse vide supreme but at a much lower price of \$179. 00 for the whole set up. So looking to the future we would only think that the price is going to drop, which will allow for a more affordable product.

Thus broadening the reach of the top companies and making the market accessible to new and developing companies which will allow for a whole new clientele market. In closing I feel as though souse vide has come a long way from 1964 when the Godfather start perfecting the technique Oh souse vide cooking. It is a cost-effective cooking process that takes out less real estate in your kitchen, and effectively produces better quality end products without extra loss of valuable revenue during he cooking, allowing you the chef, owner and or the home cook to receive all of what you paid for before you started cooking.

Hopefully other culinary schools will follow in the footsteps of Kendall College who has launched a souse vide class for students and at home chefs, to a

substantial degree of popularity. The program also uses Poly Science equipment. References Subside Supreme product information, water oven, souse vide cooking for home, restaurants : Subside Supreme Official Site . (n. D. ). Subside Supreme Official Site . Retrieved May 30, 2013, from [http://www. Superimposed. Com/en-us/ reduce\\_info. HTML](http://www.Superimposed.Com/en-us/reduce_info.HTML) Howe, M. (May 27, 2013). Personal interview.