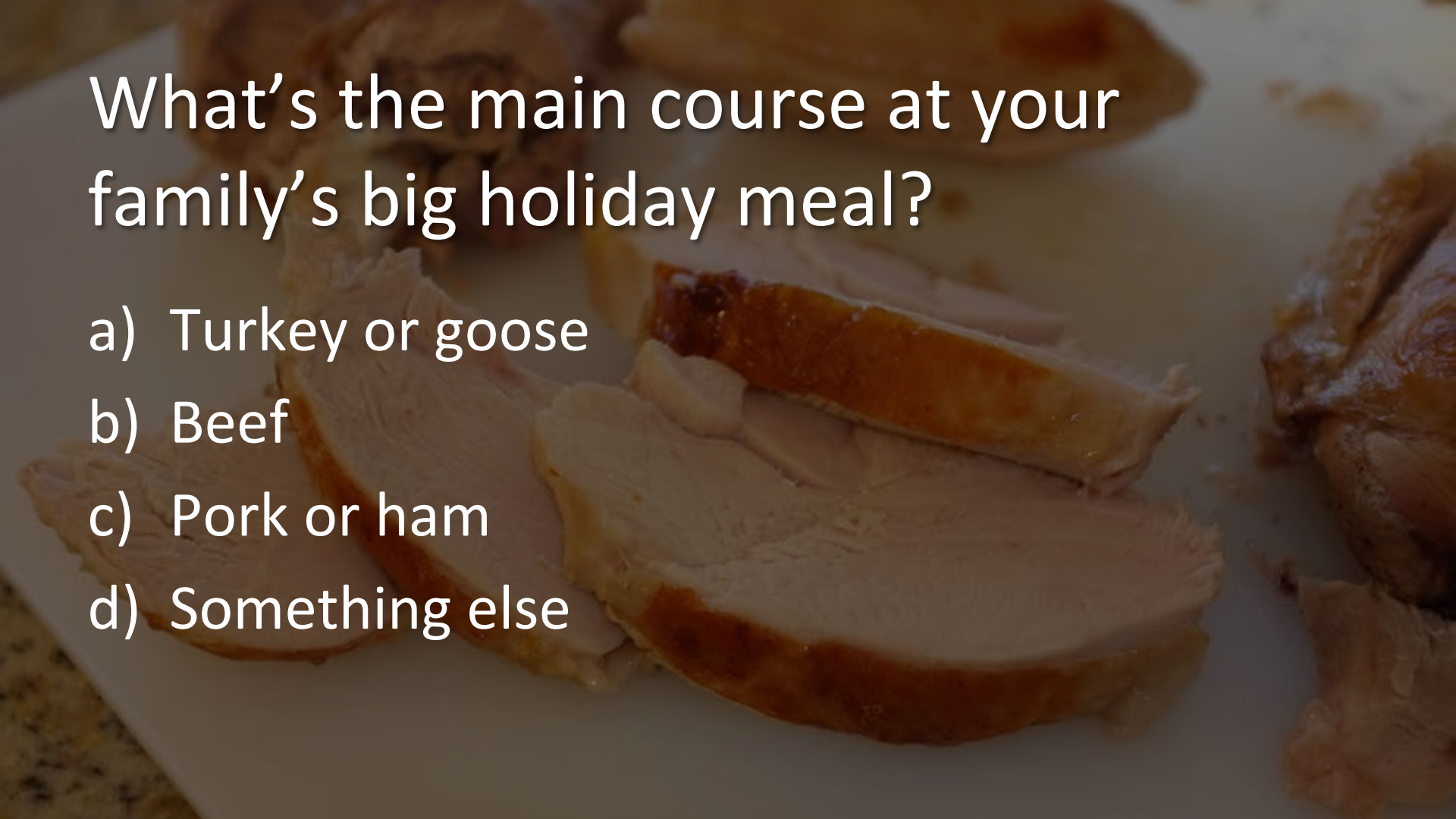




# Giving Thanks for the Water Bath

Sous Vide Cooking for the Holidays

Dr. Douglas E. Baldwin



What's the main course at your family's big holiday meal?

- a) Turkey or goose
- b) Beef
- c) Pork or ham
- d) Something else

Break down your turkey





Vacuum seal breasts and leg quarters

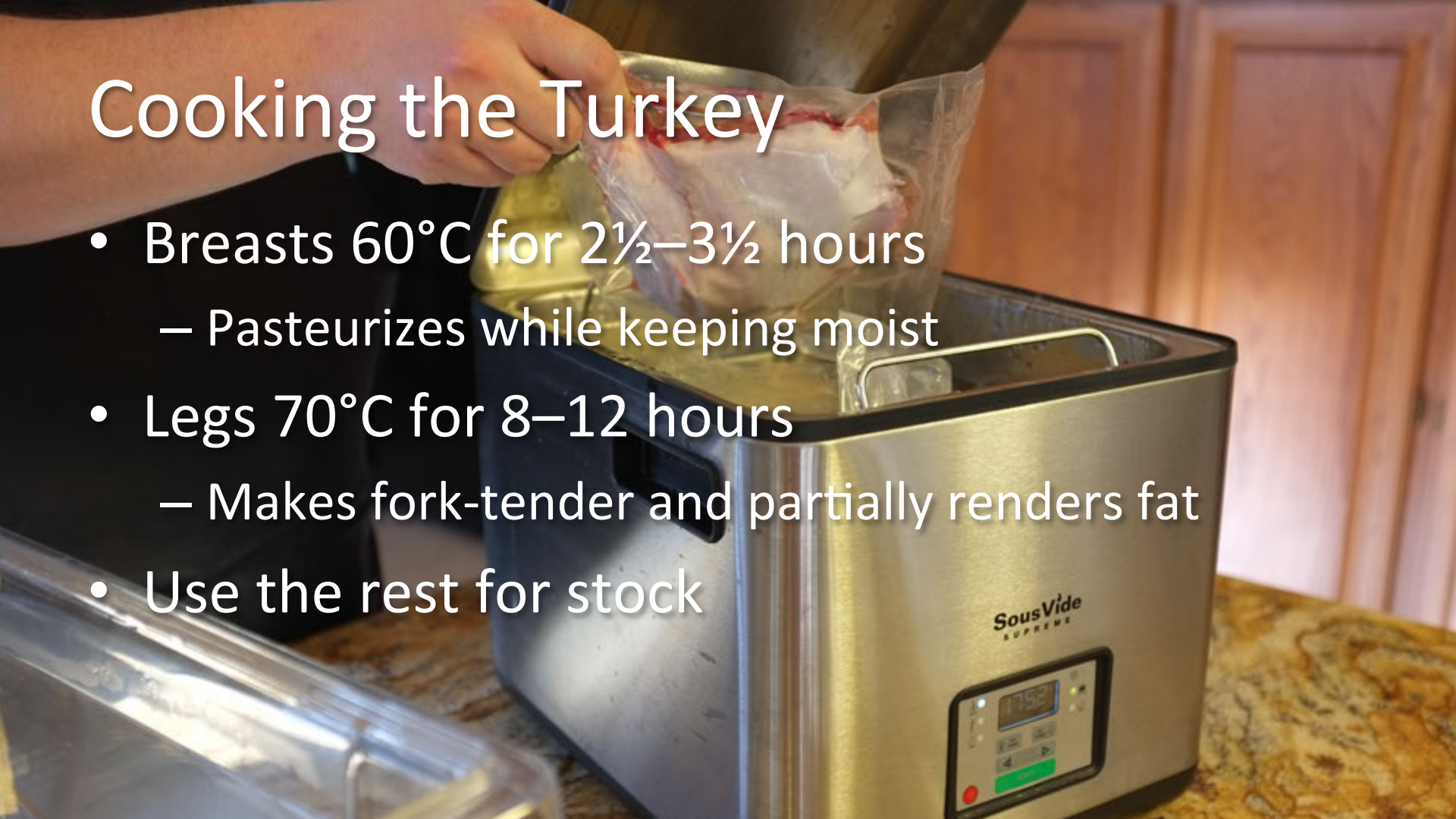


Put legs and breasts in water baths



# Cooking the Turkey

- Breasts 60°C for 2½–3½ hours
  - Pasteurizes while keeping moist
- Legs 70°C for 8–12 hours
  - Makes fork-tender and partially renders fat
- Use the rest for stock



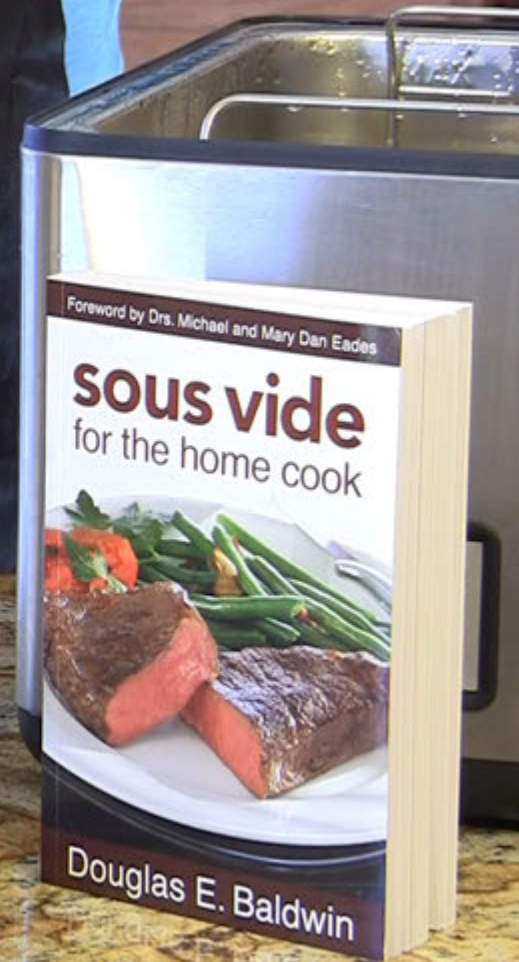


# Making Stock for Gravy

- Add carrots, celery, and onions
- Pressure cook for 60–90 minutes
- Cook on stovetop for 2–4 hours



Remove from bath and dry





Broil until skin is brown



Serve



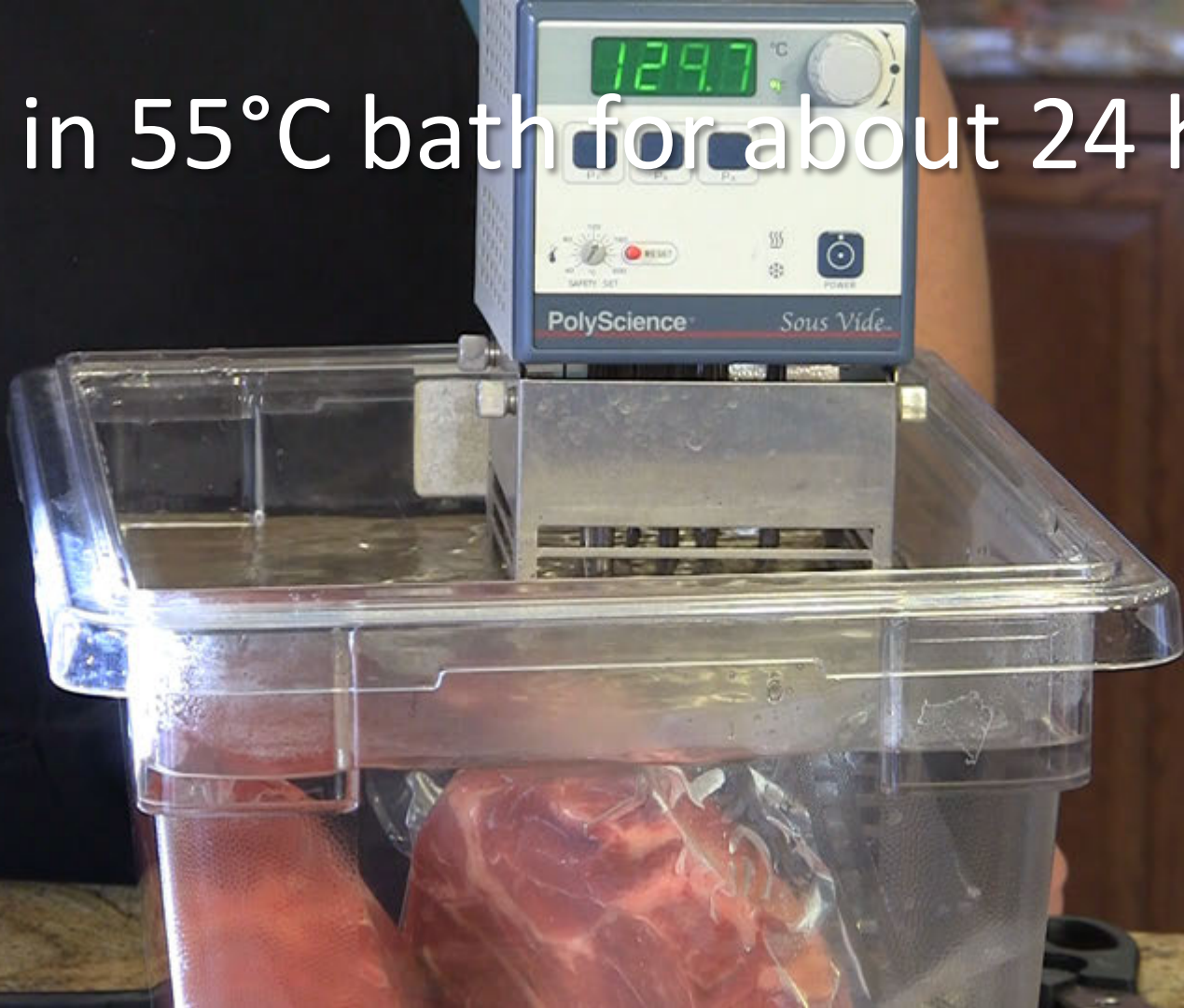


Vacuum seal chuck roasts





Put in 55°C bath for about 24 hours



Remove from water bath and pouch



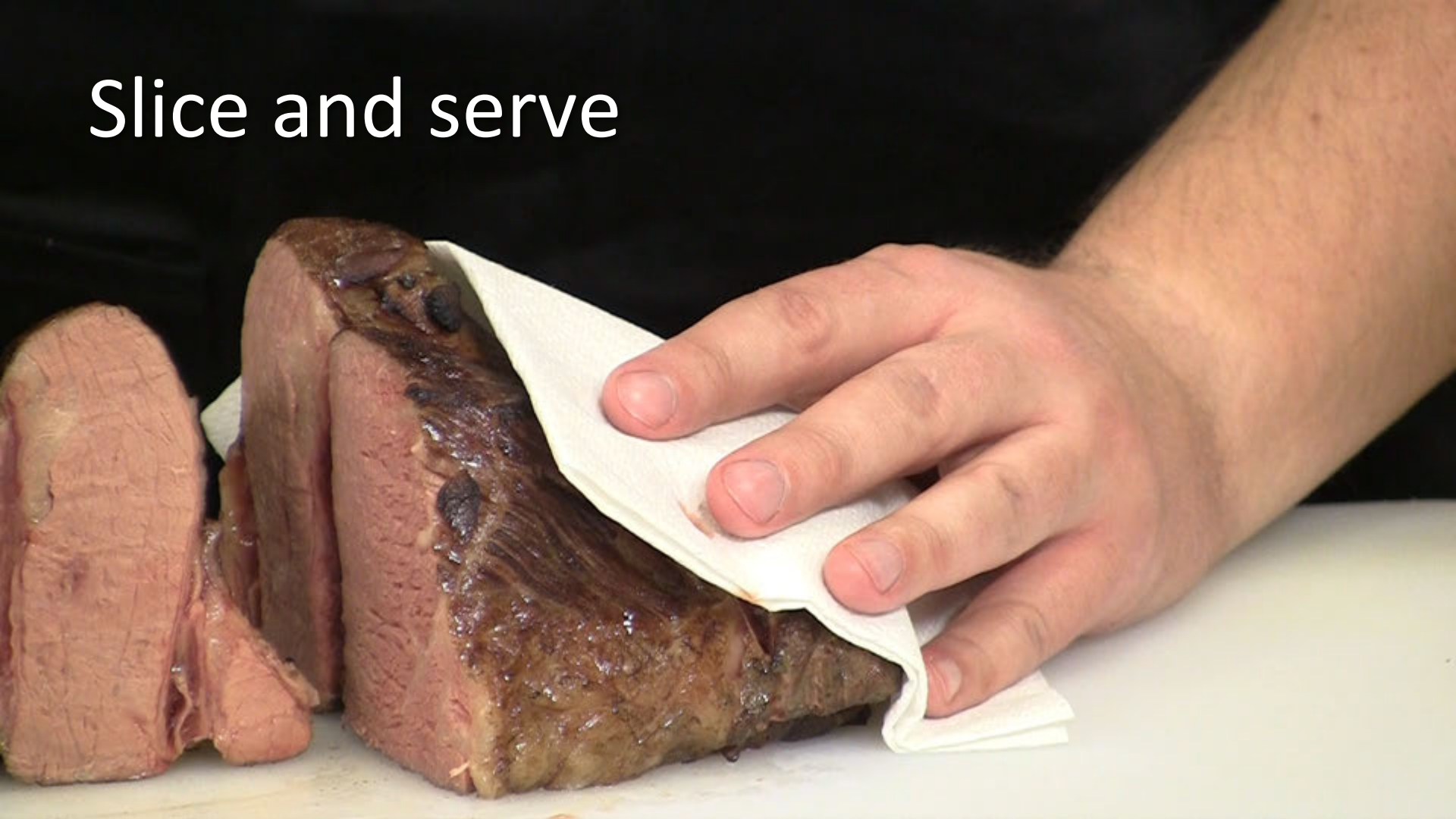


Sear with blowtorch for flavor

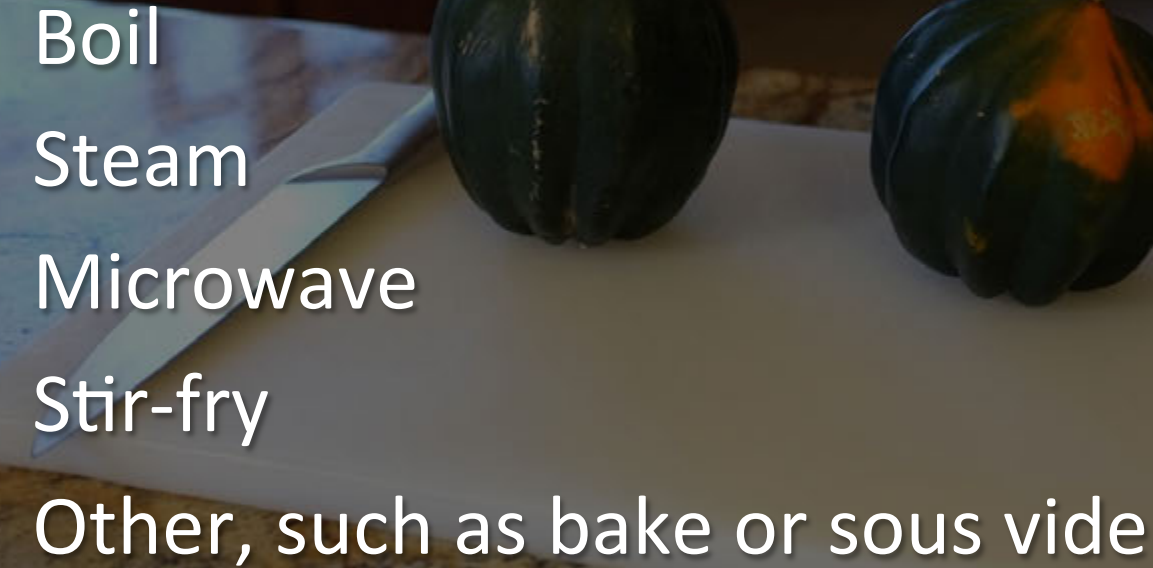




Slice and serve



# How do you usually cook vegetables?

- a) Boil
  - b) Steam
  - c) Microwave
  - d) Stir-fry
  - e) Other, such as bake or sous vide
- 
- A photograph of two acorn squash vegetables on a white cutting board. A knife is lying on the board to the left of the squash. The background is a dark, out-of-focus kitchen counter. The text of the survey question and options is overlaid on the left side of the image.

Cut in half and remove seeds





Add 1 tbsp. butter

Add 1 tbsp. brown sugar



Put in 80°C water for 2–2¼ hours





Remove from bath and serve



A photograph of an ice cream display case with several trays of different flavors. The trays contain various colors of ice cream, including pink, white, and orange, some with swirls or toppings. The text is overlaid on the image.

What's the last frozen dessert you made?

- a) Ice cream (with no egg yolk in mix)
- b) Frozen custard (with egg yolk in mix)
- c) Sorbet or ice (no milk in mix)
- d) Frozen yogurt
- e) Don't make or can't remember



# Blend ice cream ingredients

- 425 g diced tart apples (2–3 apples)
- 240 g heavy cream (1 cup)
- 70 g granulated sugar ( $\frac{1}{3}$  cup)
- 100 g egg yolks (from 6 large eggs)
- 90 g nonfat dry milk powder ( $\frac{3}{4}$  cup)
- 45 ml lemon juice (from 1 lemon)
- 1 pinch salt



Vacuum seal in two pouches





Put in 82°C bath for about 20 min



Shake about half way through





Chill & then refrigerate 8–24 hours



Churn until mix is about  $-5^{\circ}\text{C}$





Freeze to harden at least 1 hour



Serve

