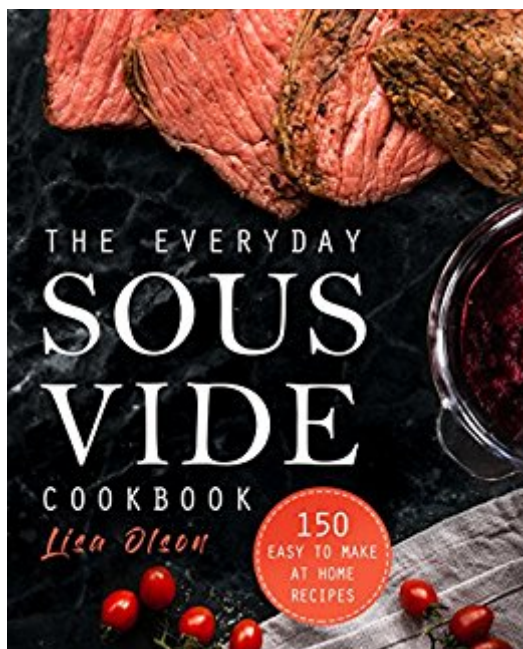


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The Everyday Sous Vide Cookbook: 150 Easy To Make At Home Recipes



Synopsis

The Simple and Easy Sous Vide Cookbook, that You Can Use Everyday! If you're just getting started with Sous vide cooking, check out these 150 recipes. At the very beginning, select the recipes that best suit your taste and your culinary skills. Later, the more you cook with sous vide cooker, the more you will learn about this fantastic technique and get used to the best homemade meals. Cooking at home is easier than you can imagine and it is also healthier and cheaper. If you're new to sous vide and wondering where to start, this recipe collection contains the answers. In addition to being unique and delicious, these recipes promote a well-balanced diet for life-long health as well as home cooking which is always a good idea. The recipes in this collection call for good fats, fresh vegetables, good animal protein, less fat, and so forth. They are organized into nine main chapters: Vegetables & Fruits Chicken Turkey & Duck Pork Beef Fish & Seafood Vegan Snacks & Appetizers Desserts. By all means, with sous vide, you will find the inspiration to cook like a 3-star chef and eat much better!

Book Information

File Size: 2574 KB

Print Length: 348 pages

Simultaneous Device Usage: Unlimited

Publisher: George Son Press (April 21, 2017)

Publication Date: April 21, 2017

Sold by: Â Digital Services LLC

Language: English

ASIN: B071NBSSXL

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #73,525 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

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