

1.

Technique

Before placing the food and marinade in the bag, pull the edges inside out to keep them clean and to ensure that the seam will weld properly. If necessary, use a funnel to fill the bag. Do not stack bags on top of each other during cooking, in order to ensure that the heat spreads to every point.



Octopus-potato salad

Octopus
 1.5 kg octopus
 2 carrots
 2 onions
 1 parsley root
 1 bay leaf
 2 juniper berries
 5 peppercorns
 1 star anise
 15 g salt
 100 ml white wine
 100 ml Noilly Prat
 20 ml white wine vinegar

Rinse the octopus, peel the vegetables and cut into large dice. Vacuum seal the octopus in a pouch with all the ingredients and steam for 5 hours at 90°C. Allow to cool slightly and pour away the stock. Remove the head and cut octopus into small pieces.

Salad
 Cooked octopus, cleaned
 10 small Agria potatoes
 10 small blue potatoes
 10 small Roseval potatoes
 Salt, thyme, garlic
 Red onions
 Small pickled pearl onions
 Spring leek
 Tomato

Cook all together (potatos, thym, garlic) in salted water until tender. Slice finely. Blanch onions

briefly. Dry tomatoes briefly. Marinate tomatoes in olive oil, salt and pepper.

Chive-shallot vinaigrette
 Chives
 Shallots
 1 tablespoon olive oil
 ½ tablespoon white wine vinegar
 1 tablespoon reduced stock
 Icing powder, salt and pepper

Mix all ingredients together.

Tomato cream
 3 tomatoes
 1 tablespoon pine nuts
 ½ garlic clove
 Salt, pepper, celery salt
 2 thick pieces toast, without crusts
 2 tablespoons olive oil, chilli
 Salt, celery salt, icing powder
 Vinegar

Roast tomatoes in oven for 20 minutes. Cut toast into cubes and fry in pan until golden brown. Mix the toast with the tomatoes and pinenuts. Season well.

Use as a dip/cream for meat, fish or grills.

2.

Temperatures

Depending on the cooking temperature, the processes taking place in the bag will vary. Do not be afraid to experiment – see interview with Prof Dr Thomas Vilgis on page 72. The sous-vide method of cooking is not the same as pasteurisation, and so it is extremely important to ensure absolute hygiene.



3.

Textures

Sous-vide cooking will produce new food textures, because you are able to cook at temperatures other than those with a conventional pan. Surprise your guests by preparing the same food at different temperatures and cooking times. You'll have plenty to talk about.

