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
Cut in half and remove seeds
Add 1 tbsp. butter
Add 1 tbsp. brown sugar
Put in 80°C water for 2–2 ¼ hours
Remove from bath and serve.
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 (⅓ cup)
- 100 g egg yolks (from 6 large eggs)
- 90 g nonfat dry milk powder (¾ 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°C
Freeze to harden at least 1 hour
Serve