

A map of

SOUS VIDE COOKING

The wide world of predictable deliciousness

We often associate sous vide with low-and-slow cooking, but times and temperatures are all over the map: steak cooks very differently than potatoes or fish do. The good news is that salmon won't cook terribly differently than halibut, and steaks and pork chops are about the same, too. Grouping foods by type allows us to visualize the Wide World of Sous Vide, where time and temperature determine location. Fish cook in cooler waters down south, while succulent braises can be found in the northeast, where cook times are longer. If it's vegetables you want, head up north, where temperatures are highest. Use this map when adapting traditional recipes for sous vide and when experimenting with new ingredients.

