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sous vide wikipedia Mar 27 2024 web *sous vide* s u: ' v i: d french for under vacuum also known as low temperature long time ltl cooking is a method of cooking invented by the french chef georges pralus in 1974 in which food is placed in a plastic pouch or a glass jar and cooked in a water bath for longer than usual cooking times usually one to seven

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what is sous vide allrecipes Sep 21 2023 web mar 11 2021 sous vide is a low temperature cooking method where food is vacuum sealed and slowly cooked in a water bath french for under vacuum sous vide uses heated water to gently cook food so that it stays juicy and flavorful the water temperature is well below simmering anywhere from 125 degrees f to 195 degrees f

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