



I'm not robot



**Continue**

## Sous vide fried chicken reddit

Photo Alpha.Hello sous-vide fam, and welcome back to another theme collecting session will it Sous Vide?, a column where I do whatever you want me with my immersion circulation. Hi friends, and welcome back to Will It Sous Vide?, column where usually anything... Read moreThough enjoyed our meaty, turkey quest, I'm exactly on Thanksgiving food, and I'd like to move on to something completely different, whether it's sweet, spicy or whatever. Some ideas: Some instigated or flavored crème brulee: I know creams well when prepared this way, but let's see how much flavor we can give the dough. Crab Dip: One of you suggested it, and I'm down to clown with it. Peel-and-eat shrimp: Crustaceans sous vide pretty well, and I bet we'll extract all sorts of flavor from these shells. Chicken liver mousse: Gently cooking them with a mixture or aroma can make it an extremely tasty spread. Mississippi mud pie: I'm just craving chocolate. Boiled peanuts: Or not quite cooked peanuts as it was. As always, feel free to give me new and different ideas. As long as it has nothing to do with Thanksgiving, I'm down. circleps/123RF Preparing a perfectly cooked Thanksgiving turkey is not an easy feat. Many turkeys come out too dry or too bland. A good turkey is moist, the meat is aromatic, and the skin is crispy and well seasoned. How do you achieve the perfect turkey when you're busy cooking a buffet with appetizers, desserts and dinner rolls for Thanksgiving? You can try cooking turkey sous vide. Sous vide turkey, when cooked at lower temperatures, loses less moisture than the oven baked alternative version. Spices are poured into the meat and end up with tender, flavored turkey, which is evenly cooked throughout. If you decide to sous vide a holiday bird, it will be so the turkey does not monopolize the oven all day. Sous vide also provides a little more freedom, because you can cook for a much longer time than if you cooked it in the oven, and will not spoil it, leaving it in a water bath for an additional hour or two. On the other hand, there are several obstacles to overcome when cooking turkey sous vide. The skin is probably the largest, because the consistency of the skin is also moist after it was in a water bath. You can solve this problem by removing the skin earlier and cooking it in the oven separately, or quickly burning or frying the turkey after sous vide. There are several different ways to sous turkey vide. Some methods are quite painless, while others are probably more trouble than they are worth. In case it's not obvious you need a sous vide machine of some kind (here are some of our favorites). This is our favorite like turkey sous vide. What you need Turkey (10-15 lbs) Several 2-gallon zipper Sous vide machine Large water bath container Your choice of spices (we used 1 teaspoon of kosher salt and 1 teaspoon of fresh ground pepper, but you can also add herbs, a little garlic powder or other spices) Like Sous Vide whole step Turkey 1: Clean the turkey. Remove the gizzards, clean the inside and outside of the turkey, and pat dry. Step 2: Cut the turkey into pieces (two breasts and two legs). This is pain, and it takes some preparation time. However, this saves time at the table, because the sculpture is much easier. Cutting the turkey in advance also allows you to cook your breasts and legs at different temperatures. Once you've finished cutting, it's a good idea to save the leftover bones and meat on the sauce. Optional: For best results, remove the skin from the turkey until crisp in the oven later. Step 3: Prepare a water bath. Fill a large container with water and heat the water bath to 145 degrees. If you want your turkey breasts to be even more delicate, you can cook them at lower temperatures. According to ChefSteps, you can cook turkey breasts at 131 degrees, and it will be ready in about eight hours. Step 4: Season the turkey. Rub spices all over the turkey. Keep in mind that spices will fill the meat much more than it would be if you were baked, so not in the off-season. Step 5: Turkey bag. Place your legs in one bag and place your breasts in a separate bag. Step 6: Sous vide turkey. Cook the breasts and legs of the turkey in a 145 degree water bath for 8 to 12 hours. Ideally, you can put it in a water bath the night before thanksgiving and leave it overnight. Step 7: Finish the turkey. Crispy skin, frying pieces or broiling them in the oven on a high for 5 to 10 minutes. Optional: For best results, take the zest you removed before you sous vide the turkey and fry it, or bake in the oven on a baking sheet lined with foil. Step 8: Enjoy the moist and delicious turkey sous vide. Editorial Recommendations Move over, butter cooked sous vide filet mignon. Sealed-bag-in-a-water-bath cooking techniques can now be used for your favorite cocktail. Invented in 1799 by British physicist Sir Benjamin Thompson, sous vide was discovered in the 1960s by engineers, including Dr Bruno Goussault, who used it to maintain the offer of roast beef. Cuisine Solutions was launched in 1974, and Goussault became its chief scientist. Since then, chefs including José Andrés, Daniel Boulud and Thomas Keller have turned to the company to help develop recipes for their restaurant concepts. And now, with immersion circulators (basically stick heaters that can be put in a pot of water to maintain the exact temperature) available for about \$100, another group of passionate experimenters are getting their feet wet with sous vide: cocktailians. Sous Vide Gin & Tonic at Culinary & Educational Academy. Benefits? Consistent results and precise flavor infusions every time, says A.J. Schaller, a culinary specialist at the Culinary Research & Education Academy (CREA), the research arm of Cuisine Solutions. In other words, there is no need to constantly test the taste to see if the spices in the syrup have been soaked long enough or if the macerating fruits in this bottle of vodka have given a taste, but not bitterness. This may seem like a trend, but it's a valuable tool that helps with precise recipes and improves performance, says Schaller. Recently Schaller gave us a cocktail demo for Sous Vide Gin & Tonic in crea test kitchen in Sterling, Va., starting with a sous vide tonic syrup, made with water, cinchona bark, lemongrass, citrus peel and English herb berries cooked in a water bath at 158oF for two hours and then charged in a siphon of soda. Keeping infusions under 185oF is crucial, says Schaller. This is the temperature at which the taste of volatile oils will change on the fruit and thicken the product, he says. Starting with room temperature ingredients will also help with faster transfer of flavors, according to Schaller. And the fruits that remain can be used as a flavored packaging. (Download the recipe here.) Normandie Old Fashioned at The Normandie Club. Next up was a Normandie Old Fashioned recipe developed by Alex Day and Devon Tarby at the Normandie Club in Los Angeles. The drink employs bourbon cooked sous vide for two hours along with toasted coconut flakes- much faster and intensely brew than you can get by simply adding a handful of flakes to the bottle and shaking it periodically for several days. (Download the recipe here.) The last sample drink, the Charred Maple Wood Tipperary from the Trifecta in Portland, Ore., is designed to replicate a barrel-aged cocktail. Maple wood is charred in a wood-burning oven, then added to a bag of Irish whiskey, sweet vermut and Chartreuse and cooks sous vide at 149.9oF for two hours. What may result from traditionally barrel cocktails, namely flavors that end up muddy edges polished too much and each ingredient's discernible nature less obvious, is avoided here. Libation collects complexity and notes of wood from the barrel, but retains its character intact. (Download the recipe here.) Charred maple dump trucks made of maple wood in trifecta. If you don't have a sous vide camera at home, these are two workarounds: Add ingredients to a closed ziplock bag, and pin it to the side of a Crock-Pot filled with water set to low, suggests Schaller. You can also place the ingredients in a closed heatproof jar and place it in a pot of water in the oven set to the lowest temperature. Neither of these methods is as precise and may require overlocking the infusion time, but these are both ways to get started. July 29, 2019, 13:03 UTC / TODAYBy Melissa Melissa vide cooking may seem scary, but it couldn't be easier! Just set the temperature and clock and let the warm water cook the food to perfection. This delicate cooking technique is especially great for creating proteins such as beef, chicken and extremely delicate fish. New York Times food columnist Melissa Clark joins today to put this easy cooking technique to work to prepare three delicious prep-ahead salmon recipes. She shows us how to sous vide salmon with fresh herbs and uses leftovers for slow-roasted frittata and fried rice with vegetables. Cooking salmon with sous vide produces the most buttery, aroma fish imaginable. Here, the fish is slathered with herbs before cooking, then topped with a bold, garlic yogurt sauce. Yogurt sauce makes a great salad dressing, too, for sliced cucumbers served on the side. Baking frittata in a low oven gives a creamy, creamy texture that is much more silky than the usual version. This one is speckled with salmon, ricotta and chives. It's great served with leftover yogurt sauce and chopped tomatoes. Delicate pieces of salmon, crispy pieces of spicy brown rice and plenty of vegetables make it a colorful and healthy dinner. If you like these make-ahead recipes, you should also try these: Nathan Congleton/TODAY TODAY