

The Simple Steps of Sous Vide Cooking

Sous Vide Cooking makes it easy to prepare gourmet meals in under 30 minutes hands-on time, all with incredible flavors and nutritional benefits. Sous vide cooking requires no skill—the water oven does most of the work itself with only a few steps that even a beginner can master



Season

Season food with your favorite herbs and spices.



Seal

Vacuum seal foods in a food-grade cooking pouch.



Simmer

Drop the sealed pouch into the water oven. Temperature is precisely controlled so food will not overcook.



Serve

Plate directly from the pouch or for a golden brown crisp exterior, sear briefly.

Make Nutritious and Mouthwatering Delicious Meals at The Push of Button

What's exciting about the sous vide method is that it is a unique way of cooking that yields different and better results. Foods cooked sous vide develop flavors and textures that simply cannot be duplicated using any other traditional cooking method.

Incredible Taste

Natural flavor and juices are infused into the food while in the cooking pouch resulting in incomparable taste and texture.

Convenience and Foolproof Results

Anyone can now cook food to perfection, and the minimal hands-on cooking saves time. Like your own personal chef, the SousVide Supreme cooks during the workday or overnight, freeing you to do other things.

Maximum Nutrition

Beneficial nutrients found in food are retained in the pouches, instead of being lost in steam, discarded in cooking liquid or left in the pan, as happens in traditional cooking methods.