

Cooking Vegetables Sous Vide

A quick and easy guide

8 4°C (183°F) is your magic number for most vegetables and legumes. This is because they contain pectin - the molecular 'glue' that holds the cells together - that only starts to break down at 84°C (183°F). Sous vide cooked vegetables and legumes are tender yet retain their bite (no more mushiness), with a stronger, sweeter and more concentrated natural flavour as it cooks in its own juice.

Two things to note though: Do take extra care when dealing with higher temperatures for vegetables - they'll scald this time, unlike the usual 55°C (131°F) range! Also, here's where having a chamber vacuum sealer may help in achieving a proper seal (since certain odd shapes of vegetables may make it trickier to remove air) as well as trying out new techniques such as compression and quick-pickling.

Did you know?

- Eating garlic can keep mosquitoes away - not just vampires!
- Red and yellow bell peppers have four times as much vitamin C as oranges.
- The tomato is botanically a fruit, but was declared a vegetable by the US Supreme Court in 1893.



**Creative
Cuisine**
by Grant

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Root Vegetables

Beet, carrot, potato, turnip, yam, daikon (Japanese radish), parsnip, celeriac, sweet potato, water chestnut, artichoke.

Note: Up to 1 inch thick. Chop, dice or split them as needed.



Legumes

Beans (borlotti, navy, black, utter, azuki, pinto etc), Chick peas, lentils.

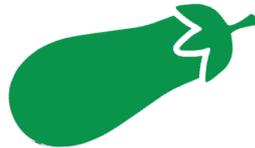
Note: Pre-soak beans for 6 - 8 hours beforehand. Cook with sufficient liquid (water or stock) in the vacuum pouch as the beans will absorb them. Don't forget to add your flavouring (herbs, oil, salt etc).



Other Vegetables

Corn, aubergine, fennel, onion, butternut squash.

Note: Up to 1 inch thick. Chop, dice or split them as needed.



Vegetable temperature chart

	Types	Temperature	Thickness	Time
Vegetables	Root Vegetables	84°C 183°F	Up to 1 inch	1 - 4 hours
	Other Vegetables	84°C 183°F	Up to 1 inch	45 mins - 2 hours
	Beans	84°C 183°F	Not Recommended	6 - 24 hours
	Legumes Chick Peas			6 - 9 hours
Lentils	1 - 3 hours			