



Codlo Sous-Vide Guide & Recipes: The ultimate guide to cooking sous-vide

Grace Lee

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A full-color, complete introductory guide to sous-vide - whether you're just starting out or are already cooking sous-vide, this is the perfect companion.

- **Introduction to sous-vide:** what is sous-vide cooking, how-to guides, cooking tips, food safety guidelines
- **36 sumptuous recipes** spanning eggs, poultry, pork, beef, lamb, seafood and vegetables with beautiful photography
- **Sous-vide temperature guide:** easy-to-follow charts for every food type

Codlo's compact, innovative approach enables you to cook sous-vide at home by upgrading your existing kitchen equipment. Learn more about Codlo at www.codlo.com today!

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