

# Sous-Vide 101

DINNER AT

diva  
at the Met

**Sous-vide** (pronunciation: [soo veed]), French for "under vacuum", is a method of cooking that is intended to maintain the integrity of ingredients by heating them for an extended period of time at relatively low temperatures. Food is cooked for a long time, sometimes well over 24 hours. But unlike a slow cooker, sous-vide cooking uses airtight plastic bags placed in hot water well below boiling point (Usually around 60°C = 140°F).

Cooking in sealed packets is nothing new. For centuries, people encased food in something more or less waterproof, like a pig's bladder, and heated it in a water bath. Food cooked this way was steamy, moist, and perfumed with any herbs or spices sealed inside the bundle. The method was developed by Georges Pralus in the mid-1970s for the Restaurant Troisgros (of Pierre and Michel Troisgros) in Roanne, France. He discovered that food cooked in this way kept its original appearance, did not lose its nutrients and maintained its natural texture. The method is used in a number of top-end restaurants under Paul Bocuse, Joel Robuchon and Charlie Trotter.

Some of Vancouver's finest restaurants are now using the technique and Executive Chef Ray Henry will start our evening at Diva with a presentation and demonstration followed by a dinner specially prepared for us by the sous-vide method.

## Sous-Vide MENU



**Monday 6:30 pm  
February 26 2007**

**Diva at the Met  
645 Howe Street  
Vancouver**

\$95 members  
\$120 guests

RSVP  
by February 23  
to  
IWFS  
4714 Woodgreen Drive  
West Vancouver BC  
V7S 2Z6



### Presentation

*2004 Laborie Sauvignon Blanc*

### Sous-Vide Nova Scotia Lobster

Tomato artichoke salad, olive powder

*2003 De Wetshof Estate/Lesca Chardonnay*

### Slow Cooked Virginia Striped Bass

Pork belly, sun choke cassoulet, aromatic froth

*2003 Danie De Wet Nature in Concert Pinot Noir*

### Milk Fed Quebec Veal, Double Smoked Foie Gras

Liquid apple ravioli, hedgehog mushrooms, thyme jus

*1995 Château Patache d'Aux*

### Tasting of Sous-Vide Pears

*1998 Tollana Coonawarra Botrytis Riesling*



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Phone

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Guests/\$120

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Any allergies? Please let us know in advance.

Total enclosed

Please make cheque payable to "IWFS Vancouver Branch". Submit separate cheque for guests.