



COVID-19 | TIPS FOR OPERATORS

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SOUS VIDE

Sous vide cooking is an excellent option for many operators today. Sous Vide, which translates to “under vacuum”, is a method of cooking items placed in a vacuum sealed bag and heated gently in a water bath that is set to the desired temperature. There are many ways in which a restaurant may benefit by utilizing this method:

-  **Consistency:** It is easy to portion control items packaged for sous vide, which gives operators the benefit of consistent portion cost and guests the benefit of a consistent experience
 - a. Flavor and quality are very tightly and easily controlled. The sous vide process is not high, direct heat; rather it is a gentle water bath tightly controlled by the setting on the heating circulator. This gentle cooking process enables the flavor and quality of the ingredients to be the star of the finished plate
 - b. Sous Vide makes it easy for operators to create the same customer experience every time a customer orders
 - c. Fast finishing. The order is placed, and the sous vide cooked item is lifted from the warm circulating water, removed from its bag, and finished quickly, which helps operators reduce pickup time while they are simultaneously increasing efficiency
-  **Control:** Sous Vide is like the “Easy button” for control of cost and portion
 - a. Time and Energy saving: Enjoy the benefits of better efficiency in your operation, by making entirely finished, or close-to-finished dishes during prep time, and then simply reheating during service periods
 - b. Higher Yield benefits: There is less shrink during this cooking process, for example, consider a steak cooked gentle to medium temperature in 130-degree water vs cooking on a high heat broiler. The steak will be more tender, and ultimately retain its size better than being cooked by other methods
 - c. Elevated Experience: Tenderness and ability to utilize economically priced proteins can elevate the experience; also consider benefits of “edge-to-edge temperature”. Again using a steak example - if a steak is slowly and gently brought to 130 degrees, it will be that same temperature “edge to edge”; If that same steak is brought to 130 in the center by placing on a 600 degree broiler, the temperature will vary greatly from edge to center. Sous vide is such a gentle cooking process, it will tenderize tougher (and possibly less expensive) cuts very well, essentially turning a lower cost item into a more premium product
-  **Quality:** Sous vide is a way to enjoy both the benefits of scratch cooking, which gives operators ability to differentiate; Yet at the same time, it provides the benefits we typically associate with ready-made, convenience-food products
 - a. With this method it is easy to create a signature dish, vacuum seal into portion sizes and hold hot during service
 - b. Cooking sous vide is also a great way to preserve the nutritional value of food products. Blanching carrots in water means much of the flavor/color and nutrition ends up in the cooking water versus sous vide, where the nutrition and flavor stay in the vacuum sealed bag and ends up in the finished dish
 - c. Sous Vide cooking virtually eliminates the risk of overcooking food items. Simply hold it at the proper temp and if desired flash finish to order



Resources

In order to implement this practice, operators should check with their local health department. Most health departments like to see a HACCP plan, for example. But don't fear, these are not that difficult to put in place.

Per the 2013 FDA Food Code 3-502.12, as a high hazard process, the Department requires a HACCP plan to be submitted and approved prior to practicing a sous-vide process. The purpose of the HACCP plan is to show processing controls compliant with regulatory requirements and that industry standards are being met to control identified hazards.

[Link to FDA Food Code](#)

[Link to HACCP principles & Application Guidelines](#)

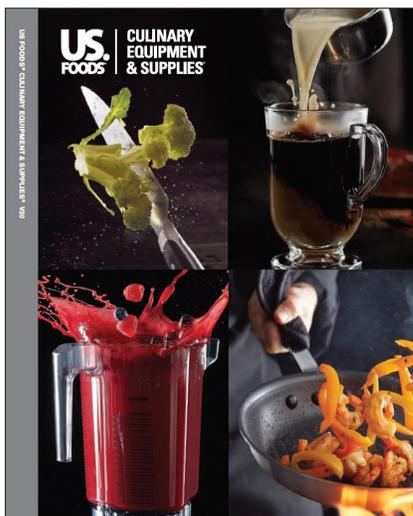
Equipment



In-Chamber Vacuum Packaging Machines (Page 376)



Sous Vide Immersion Circulator (Page 424)



[Link to Culinary Equipment and Supply Catalog](#)

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