

SACS À CUISSON DUROPAC *Cuisine* COOKING POUCHES

Sous vide cooking

In comparison with traditional cooking methods, sous vide cooking involves a completely different approach.

Temperature controlled sous vide cooking is done in a vacuum packed sealed plastic pouch, at low temperature, sometimes over several hours.

The differences between sous vide and traditional cooking methods are mainly :



- Raw food is vacuum packed in an especially designed pouch *
- A precise cooking temperature has to be maintained during the whole process.

More and more people are interested in using sous vide cooking.

Duropac is giving out some key points for this cooking method. Here's a brief description of the tools needed to proceed in a safer way.

Temperature standards

Government standards for traditional boilable pouches allows up to 100°C (212°F) for a maximum time of 20 minutes.

We recommend that you do not let the temperature go over 100°C (212°F) as this could cause the melting polyethylene to leave traces of plastic on the food product.

Therefore, with a slow, temperature controlled, method, the food can be safely cooked over extended periods of time.

Sous vide cooking guidelines

An authentic sous vide cooking pouch * helps to lock in the volatile components, moisture and cooking juices during the cooking period. It also help preserving products subject to oxidation.



While reducing the risks of aerobic bacterial growth, a proper sous vide cooking pouch * allows an optimal thermic transfer of the liquids (or vapors) to the food being cooked.

Accurate temperature control is very important, especially when cooking fishes, meats and poultry.

Cooking temperature varies greatly depending on the type of food being cooked. Most sous vide cooking is done between 50°C and 90°C (120°F and 190°F).

Meats are usually cooked at temperatures between 55°C and 65°C (130°F et 150°F), over a long period of time.

* DUROPAC *Cuisine* - The genuine sous vide cooking pouch.

Contact our specialists for all your packaging needs

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Equipments

What you will need

- Professional vacuum chamber
- Genuine sous vide cooking pouches *
- Digital Thermometer
- Double boiler, steam oven, thermostatic bath or thermal circulator.



WARNING !

Many products may claim to be boilable

Not all of them are.

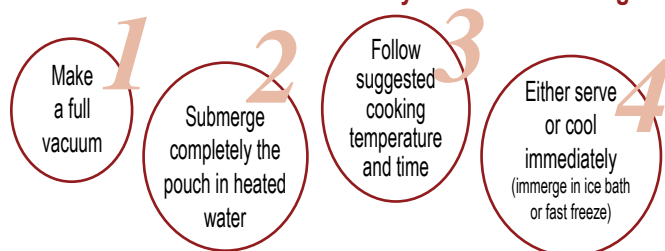
A regular vacuum pouch will not resist to heat. It must not be placed in hot water to re-heat the product.

Products that can be used as cooking pouches

A mix of nylon, an extremely heat-resistant lamination glue and a medium density polyethylene will allow sous vide cooking.

Method

With the proper equipment, here are the basic steps to follow to achieve successfully sous vide cooking



* Tips and advices *

- Always keep the bag totally submerged in water for an even and complete cooking
- Do not stack the pouches, and do not let them overlap

* DUROPAC *Cuisine* - The genuine sous vide cooking pouch.

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Genuine sous vide
cooking pouches

Nylon / polyethylene - 3 mil

Dimension OD*	Qté/Bte
4 x 6	2000
4,75 x 11	2000
6 x 7	2000
6 x 8	3000
6 x 9	2000
6 x 12	2000
7 x 9	2000
7 x 15	1000
7.375 x 9.75	2000
8 x 8	2000
8 x 10	2000
8 x 12	2000
8 x 15	1000
8,75 x 12	2000
9 x 12	1000
10 x 10	1000
10 x 12	1000
10 x 13	1000
12 x 14	1000
12 x 16	500
12 x 18	500
14 x 16	500
14 x 18	500
14 x 20	500
16 x 20	500
16 x 26	250

Nylon / polyethylene - 4 mil

Dimension OD*	Qté/Bte
6 x 10	2000
7 x 11	2000
8 x 12	1000
12 x 16	500
12 x 18	500
12 x 22	500
12 x 26	500
14 x 16	500
16 x 22	500
16 x 26	250
18 x 26	500
20 x 25	250

N.B. : Other sizes available upon request

*OD : Outside dimensions

Sous vide cooking is a new method on the market and it entails certain risks.

Do not take any risks, contact us.

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and **RELIABLE**
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