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Men's Journal

LIVE THE INTERESTING LIFE

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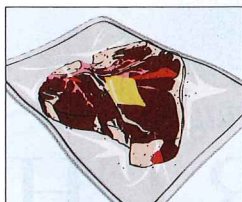
The Cutting-Edge Cook

UNLEASH YOUR INNER MOLECULAR GASTRONOMIST BY EXPERIMENTING WITH ONE OF THESE FOUR FORWARD-THINKING KITCHEN TOOLS. NO PH.D. REQUIRED. *by* **DEBBIE LEE**

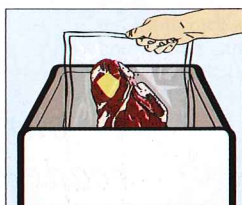
POACH TO PERFECTION

SousVide Supreme Demi

Sous-vide (French for “under vacuum”) involves vacuum-sealing seasoned foods and poaching them in a controlled water bath for better flavor and tenderness. Bring the haute-cuisine method into your home with this oven: Plug it in, set temperature and time, and submerge food. Forty-five minutes yields a savory, fork-tender chicken breast. [\$450; sousvidesupreme.com]



TIP It's critical that your pouches be airtight, so buy a good sealer. We like the Caso VC200, which uses a double seal. [\$200; williams-sonoma.com]



TIP To ensure even cooking, you'll want the vacuum-sealed bag of food to be completely submerged. Use a heavy dish to weigh it down in the water oven.



SHAKE A SOUP

iSi Gourmet Whip Plus

Nitrous-oxide cartridges aren't just for bored teenagers. Slot one into the stainless-steel Whip Plus and it enables you to perfectly fluff up light sauces, soups, and espumas (chef speak for flavored foams). Fill the canister with prepared liquid ingredients, screw on the cap, load the N₂O cartridge, shake it, and unleash your foamy concoction. Anything from salmon mousse to squash soup is an option. [\$140; isinorthamerica.com]



TIP When shaking the ingredients, pay attention to fat content. The lower it is (skim milk, for instance), the more times you'll have to shake (as many as 10) for proper consistency.



TIP When ready to dispense your fluffed-up mélange, be sure to hold the canister so the nozzle faces straight down. Otherwise, the mixture will spurt out unevenly or not at all.

SEAR MEAT FAST

Fagor Portable Induction Cooktop

Induction cookers are all the rage, and for good reason: They boil water and sear meat twice as quickly as a gas range will and won't leave your kitchen feeling like a sauna. The flame-free cooktops run on electromagnetic energy: Simply setting

down a conductive piece of cookware, like cast iron or stainless steel, establishes a current, generating heat. Fagor's unit features an easy-to-use touchscreen and runs on a home-friendly 120 volts. [\$200; surlatable.com]



TIP To generate the strongest heat, place your cookware in the direct center of the unit.



SMOKE FOODS INSTANTLY

The Smoking Gun

This ingenious invention spares you the hassle of ever having to smoke or cure food the old-fashioned way. Insert wood chips into the chamber, ignite, aim, and fire. Thirty seconds' worth of cold smoke coats foods, allowing you to infuse plain bacon with apple wood or mac 'n' cheese with mesquite. Some items need several shots for flavors to stick, but consider the alternative — up to 20 hours in a clunky smoker. [\$100; cuisinettechnology.com]



TIP Cover food with a lid or Saran wrap to contain the smoke.