

Under pressure? Don't fear the sous vide

Hubby and I are under a lot of pressure these days. I feel that we're at a crossroads. Have you ever felt that you're in the midst of a do-or-die, now-or-never moment? You've invested years of work in a project (for us, that means our cookbook, **Just Married and Cooking**) and it'll either pay off... or it won't. Life bubbles along and your moment in the sun comes... or it doesn't. You either bask in the warm glow of achievement or tremble in the shadows of disappointment and failure.

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*"Thank goodness for
 one little machine
 that's saving our
 sanity..."*

Okay, okay... call me Joan Crawford, I'm being a little dramatic... But juggling jobs, a baby, needy friends, long-distance family, a terrible economy and the dreary days of winter can turn a girl's thoughts.

The Sous Vide Supreme should be on every mom and working girl's Wish List. It's been heavily used in 4-star kitchens (think French Laundry, Daniel, Jean-Georges) for almost a decade, but just now it's available for home cooks. Basically, it's a high-tech crock pot that slow cooks food at a very low temperature in an immersion bath of water. And when I say low, I mean "limbo-low." I'm talking 120 degrees for a filet of salmon, 130 degrees for a nice-sized rib-

eye or a duck breast. The SVS French wunderkind (the magical kitchen helper was invented in France) produces proteins that truly melt in your mouth.

Just think—most recipes call for an oven temp of at least 375 degrees. And roasts—be it lamb, pork or beef—call for a 450 degree oven. After you've stunk up the kitchen and ruined your hair with all the grease, the peanut gallery's final consensus goes something like, "The steak is too tough!" "The pork is stringy." "Pass the barbecue sauce—the meat tastes like cardboard."



So here's a recommendation from this wife, mother and working girl: The Sous Vide Supreme makes every meal, a 4-star meal. And right now, the machine is saving my sanity! I can have a knock-down, drag-out exhausting day, but if I get to have a delicious dinner come 7pm, I'm a happy girl.

Sure, my fancy slow cooker was a bit of an investment. But, isn't everything in life that's worthwhile?