

# 10 REASONS WHY SOUS VIDE TICKS ALL THE BOXES

As the restaurant sector recovers from the coronavirus crisis, many operators will be scrutinising their kitchen operations to see which tools and techniques can support the new challenges they face. With an unpredictable period ahead in terms of guest numbers and staffing levels, sous vide cooking could provide the answer for operators looking to maximise profits. **Clifton Food Range**, the British manufacturer of sous vide water baths, reveals its 10 top tips for making the most of sous vide in any situation.

Sous vide allows food to be cooked very slowly at a controlled temperature, creating enhanced texture and taste.



## 1. Save time with slow cooking process

Chefs cook food during the morning mise en place, meaning the food is already cooked, chilled and stored by the time service begins. At service time, a steak, for example, is removed from the fridge, regenerated and seared to order, which smoothes out demand and reduces unnecessary stress in the kitchen.

## 2. Reduce food wastage

Only what is ordered table by table is regenerated and the remainder stays

chilled in the fridge until next service = waste reduction. Clifton's website contains a tool that allows operators to input their own figures to calculate the ROI of using water baths.

## 3. Extended shelf life

Adopting the indirect sous vide cooking process with regeneration using a water bath, products have a shelf life of up to 10 days depending on type.

## 4. Reduce energy consumption

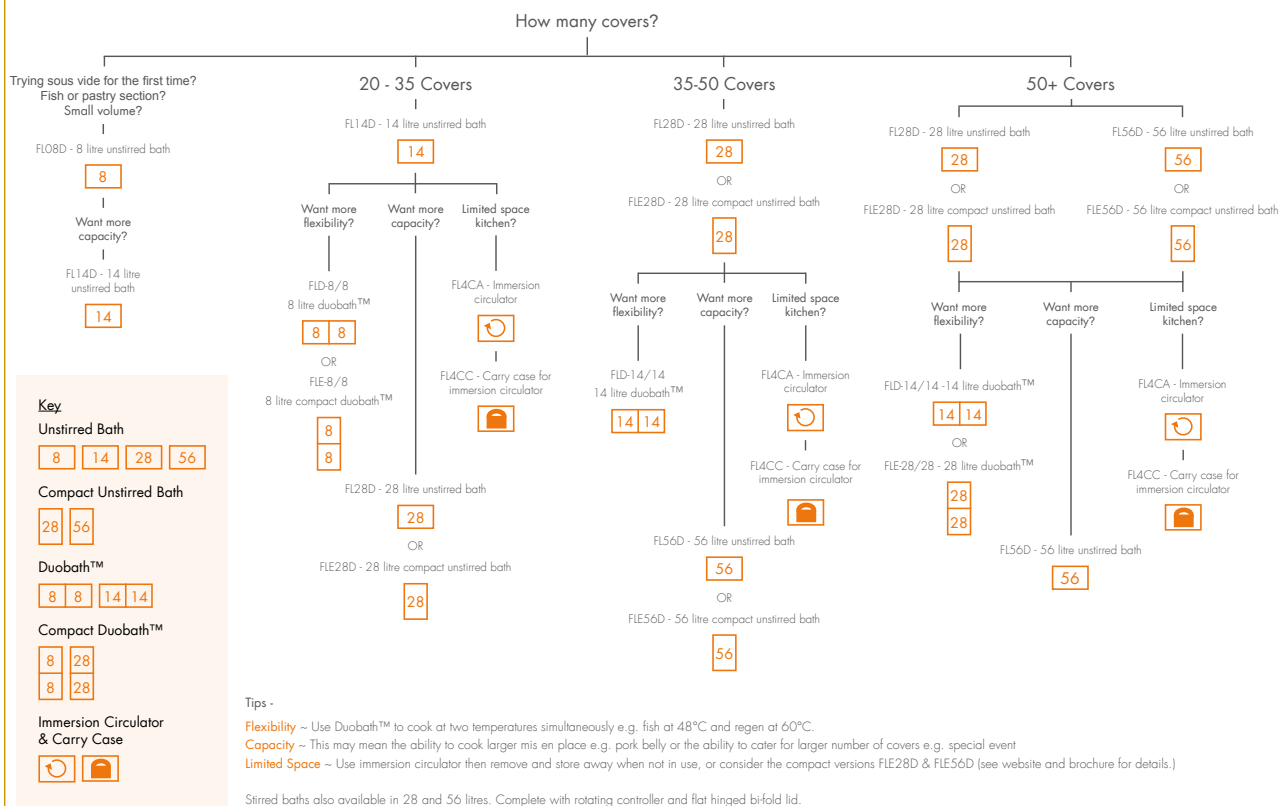
Compared to conventional cooking methods, the Clifton 14-litre water

bath, for example, costs approximately £0.05 to run for a total of six hours when set and stable at 60°C.

## 5. Consistency

Because the cooking is at low temperature and precisely controlled, there is no danger of over-cooking a food item, instead sous vide produces consistent results with intense flavour and tender texture including secondary (less expensive) cuts. Even with new or temporary staff, the results are the same due to the advanced preparation with accurate portion control.

## Size Selection Guide - Which bath should I choose?



### 6. Exact 'degree of finish' every time

Whether you are talking about rare, medium rare or well done steaks, sous vide helps to minimise customer send-backs leading to re-cooks or replacements that interrupt service, reduce customer satisfaction and impact profits.

### 7. Increased yield

Traditionally, most meats are cooked on the stove or hob in restaurant kitchens and during the cooking process there is an average of 20% shrinkage = loss = waste of money.

There is minimum shrinkage when cooking meat in a water bath = more meat is returned from the fillet, i.e. a greater yield.

### 8. Suitable for all menus and covers

From the popular immersion circulator and smallest eight-litre up to the largest 56-litre water baths. The Clifton Food Range size selection guide (see above) takes you through a series of questions and recommends the right model for flexibility, capacity and best use of space.

### 9. Easy to use

Chefs want products that are straightforward to use, and all Clifton products feature a control panel where temperature can be easily and rapidly set using the push button controls.

### 10. Made in Britain

All Clifton Food Range products are

made in Britain at the company's premises in Weston-super-Mare, Somerset, which also includes a demonstration kitchen.

Key product lines including single and DuoBath models in a range of sizes, compact models (with end on controls) and immersion circulators are available via the company's national network of distributors. **FEJ**

*British brand Clifton Food Range provides professional chefs with sous vide equipment developed and manufactured by Nickel-Electro Ltd, a brand leader in precision temperature-control equipment. For more information contact [info@cliftonfoodrange.co.uk](mailto:info@cliftonfoodrange.co.uk) or visit [www.cliftonfoodrange.co.uk](http://www.cliftonfoodrange.co.uk).*



### PRODUCT DEMOS

Visit [www.cliftonfoodrange.co.uk](http://www.cliftonfoodrange.co.uk) to view a series of demonstration videos on using water baths.