

Sous Vide



Sous Vide Cooking

2 hour Culinary Seminar with Demonstration or
Individualized Training and Certification

Presented By – Walter Zuromski, CEC, CCE – President Owner, Chef Services Group, Inc.

Chef Services Group travels to you and works with your team to customize the training to your current menu items. Consider our unique 2 hour seminar with a culinary demo or allow us to create an individualized presentation for the ideal learning outcomes specific to your operation. Trainers of the American Culinary Federation, Chef Services Group presented to over 400 executive and corporate chefs, during the national convention and its 4 regional conferences. These programs allow for the integration of sous-vide techniques into your current culinary culture.

Learning Outcomes:

- History and origin of Sous Vide
- Equipment needs to support the execution of a successful sous vide program
- Relationship during cooking under pressure with an ROP environment
- Menu development strategies and various applications using sous vide techniques for meat, poultry, fish, seafood, vegetables, fruit, sauces, herbs and aromatics
- Focus on food's core cooking temperature and searing techniques.
- Relationship and advantage of cook, chill sous vide
- Demystifying the TDZ slow low pasteurization of food items, food safety and HACCP protocols.
- Retherm al la carte techniques to show the advantages of cook-chill / sous-vide.

Sous Vide, a technique once confined to the realm of food preservation and banquet preparation, has emerged as a creative cooking method in fine-dining restaurants. In this culinary presentation attendees will see the simple method in applying traditional flavor technique while cooking in a bag under vacuum to different food applications and environments.

This presentation will also include a brief introduction to the use of functional ingredients such as hydrocolloids, modified food starches, acidulants and natural antioxidants and flavorings where necessary. Chef Services Group President and Culinary Director Walter Zuromski will present methodologies using unique and innovative new flavors, textures and operational solutions. Sous Vide technology along with the use of functional ingredients support longevity, stability, texture, increased yields and cravability/flavor. This very popular cooking method will demonstrate a practical, high culinary level that delivers very applicable results for chefs in all segments of the industry. A small step away from traditional cooking techniques, this method is not difficult to intergrade into current kitchen practices. With the guidance of Chef Services Group the adaptation of current menu items to sous-vide technique will yield huge sensory, textural and operational results. Embrace innovation with the application of this new technique.

Contact and Schedule your Seminar or Training today.



CHEF SERVICES GROUP, inc.

food innovation

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