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Sous vide bags and the Vacuum storage bags by [Jacqueslaurent](#)

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Are you familiar, with the name "Sous Vide"? If you have not heard of, then let me tell you, something about it. Sous vide is a French word, which means - under vacuum. It is the process by which, food is cooked in an air tight bag made of plastic. The bag, along with, the food that is to be cooked is placed, in a water tub, for 72 hours under 60 degrees Celsius or 140 degree Fahrenheit temperature. The item that needs to be cooked, evenly, should be cooked by the use of this method. While, the food is being cooked, water vapors develop inside the plastic bag and then they get in the food, which then is cooked.

Sous vide bags are not like, the ordinary plastic bags. On the other hand, Sous vide bags have different characteristics. They are such, vacuum bags that have thick walls and after sealing™s, they are perfectly protected. As the material of the bag is thick, therefore, there are fewer chances for any leakage. The method of cooking food, in plastic bags was invented by Sir Benjamin Thompson, for the first time. Plastic bags, on the other hand, were discovered by some American and French engineers, who worked, for the food preservation industries.

Vacuum storage bag is also, used for food storing, not cooking. It is specially, meant for the astronauts as their food is protected, in a safe and air free packaging. You can find plenty of Vacuum bags for food easily, in all sizes that you need to store the products. Having food storage bag, alone cannot store food and it must be ensured that the food is packed, well and there is no place, from which, air could enter. If this happens, then the food will get spoiled. The astronauts that have to visit the place have Vacuum storage bag with them, in which, they preserve the food items. The vacuum storage bag set, contains 2 sets of Vacuum storage bags, having a large size. They are made with, the multi-layer construction technology and they are totally, air tight.

Sous vide cooking was invented, in the year 1799. After two centuries, this style of cooking was rediscovered, in a reformed form by a French chef named Sir Georges Pralus. He just introduced a bit changes, whereas much of the process was same as that of the original invention. If you cook food, according to this cooking style, then you can preserve all the good ingredients in the food and the texture of the food will be better than the one received, from deep frying, boiling or sautéing food. Sir Bruno Goussaul further researched on the effect of temperature, in this cooking method. The temperature that is needed to cook food, in such a way, is less than the one needed for cooking food in the usual way. This method of cooking can only, be handled by expert hands.

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