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sous vide die perfekte garmethode für saftiges und zartes fleisch die garmethode sous vide garen wird auch sehr gerne vakuumgaren genannt und wurde bis vor wenigen jahren nur in spitzen restaurants praktiziert doch sous vide wird immer beliebter und ist mittlerweile auch relativ einfach und schnell für uns hobbyköche umzusetzen

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zubereitungsmethode für fleisch fisch und gemüse hierbei wird das gargut in einen kunststoffbeutel eingeschweißt und bei
niedrigen temperaturen ca 50 bis 85 c im wasserbad gegart was f

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17 rezepte nur rezepte 4 3 5 35 schweinerücken sous vide 20 min normal vom mangalitza schwein 4 6 5 18 roastbeef sous
vide 15 min normal 4 8 5 6 gepökelter schweinebauch sous vide gegart 20 min normal im vakuum gegart 5 5 4 hohe rippe
vom rind sous vide gegart 30 min simpel 4 2 5 5