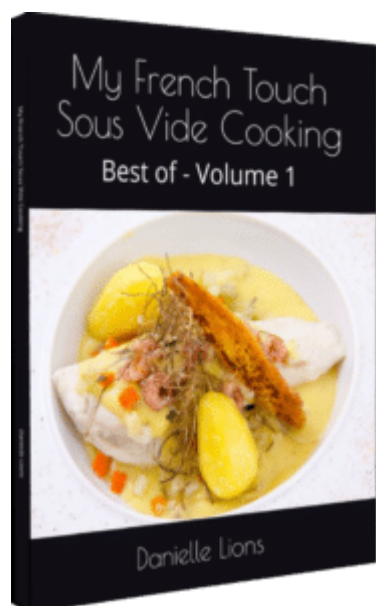


# My French Touch Sous Vide Cooking – Best of – Volume 1

## Effortless Sous Vide with Step by Step recipes

My first Sous Vide cooking book is now available in English. The 2 other volumes will follow soon.



The book is available right now on Amazon if you click on the picture above or [here](#). You can select either the Kindle or the Paperback edition. Unfortunately, Amazon doesn't show any picture or recipes in the « Look Inside » part. Therefore, you will find here the table of content, including the list of recipes and pictures of the recipes.

All recipes are precise step by step with color pictures. Here are 2 examples (click on the pictures for full size):



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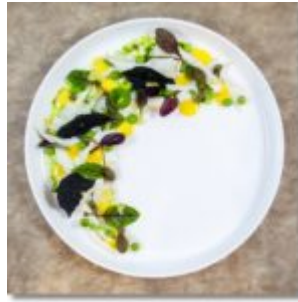
## TERRINES, EGGS and VEGETABLES

<p>Carrots with Thyme</p> <p>(my original step by step recipe in French here. You will find the same step by step guidance in the book)</p>	 <p>Click on the picture for full size</p>
<p>Perfect Eggs with Cauliflower Cream and Tarama</p> <p>(my original step by step recipe in French here. You will find the same step by step guidance in the book)</p>	 <p>Click on the picture for full size</p>
<p>Perfect Eggs with Asparagus</p> <p>(my original step by step recipe in French here. You will find the same step by step guidance in the book)</p>	 <p>Click on the picture for full size</p>

<p>Mushroom Delight (Exclusive recipe for this book with step by step guidance)</p>	 <p>Click on the picture for full size</p>
<p>Homemade Foie Gras Terrine (my original step by step recipe in French here. You will find the same step by step guidance in the book)</p>	 <p>Click on the picture for full size</p>
<p>Chicken Terrine with Tarragon and Sundried Tomatoes (my original step by step recipe in French here. You will find the same step by step guidance in the book)</p>	 <p>Click on the picture for full size</p>

## FISH

Skate Wing with Lemon Sauce,  
Capers, and Cuttlefish Ink Chips  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Lobster Tail with Avocado  
Tartare, Zucchini and Cilantro  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Monkfish Medallions with Seaweed  
Powder, White Beans and  
Watercress Zabaglione  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Tiger Shrimp, Melon and Peas  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Sea Bream Fillet, Mashed Parsnips  
and Vanilla  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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full size

Roulade of Sole with Fennel Cream  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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full size



Salmon in a Light Parsley Sauce  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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picture for  
full size

## MEAT and POULTRY

Lamb Tajine with Apricots and  
Prunes  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Tender Chicken Curry  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Lamb Fillet with Ratatouille Cups  
and Wild Garlic Pesto  
(Exclusive recipe for this book  
with step by step guidance)



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Sweet and Tangy Pork Belly Au Jus  
with Split Peas and Thyme  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Foie Gras–Stuffed Duck Breast  
with Grape Sauce  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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full size



My Surf and Turf Waterzooi with  
Chicken Skin Chips  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book). (Exclusive recipe for this  
book with step by step guidance)



Click on the  
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Iberian Pork, Pepper Ratatouille  
and Parmesan Crisps  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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Roast Beef and Hasselback  
Potatoes  
(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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full size

## Roast Turkey with Fennel and Orange

(Exclusive recipe for this book with step by step guidance)



Click on the picture for full size

## Veal with Olives and Preserved Lemon

(my original step by step recipe in French here. You will find the same step by step guidance in the book)



Click on the picture for full size

## DESSERTS

### Pineapple in Spiced Syrup

(my original step by step recipe in French here. You will find the same step by step guidance in the book)



Click on the picture for full size

Bananas with Grand Marnier Syrup  
and Toasted Brioche

(my original step by step recipe  
in French here. You will find the  
same step by step guidance in the  
book)



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picture for  
full size