



**Kendall Professional**  
Continuing Education  
CULINARY ARTS

# THE BENEFITS OF SOUS-VIDE PREPARATION OF PROTEINS

Renee Zonka

Dean, School of Culinary Arts

Joe Monastero

Director, Strategic Initiatives and Partnerships



**CHICAGO** APRIL 15-16, 2013  
THE TRUMP INT'L HOTEL & TOWER

DRIVING CREATIVE AND PROFITABLE CENTER-OF-THE-PLATE  
MENU AND PRODUCT DEVELOPMENT

FOOD COSTS FOOD & PROCESS TRENDS GROWTH SEGMENTS FOOD POLITICS



# Key Benefits of Sous-Vide

- Effect on quality (replacing temp with time)
- Control over texture, flavor, and temperature
- Control over safety through HACCP
- Cost savings resulting from increased yield
- Increased shelf-life (if commercial manufactured)





**Kendall Professional**  
Continuing Education  
CULINARY ARTS

[sousvide.kendall.edu](http://sousvide.kendall.edu)

# Differences in Sous-Vide Uses

## Protein Processors vs. Foodservice Professionals

- Degree of HACCP scrutiny
- Working with the Health Department (Foodservice)
- Preservation vs. Preparation
- Approach to quality is the same



**CHICAGO** APRIL 15-16, 2013  
THE TRUMP INT'L HOTEL & TOWER  
DRIVING CREATIVE AND PROFITABLE CENTER-OF-THE-PLATE  
MENU AND PRODUCT DEVELOPMENT

FOOD COSTS FOOD & PROCESS TRENDS GROWTH SEGMENTS FOOD POLITICS



**Kendall Professional**  
Continuing Education  
CULINARY ARTS

[sousvide.kendall.edu](http://sousvide.kendall.edu)

# Sous-Vide Education

- The Kendall – CREA Partnership
- The Sous-Vide Training Certification
- Sous-Vide 101 & HACCP for your line staff
- In-Person trainings & Custom HACCP Plans
- Chicago's first Sous-Vide Training Kitchen



**CHICAGO** APRIL 15-16, 2013  
THE TRUMP INT'L HOTEL & TOWER  
DRIVING CREATIVE AND PROFITABLE CENTER-OF-THE-PLATE  
MENU AND PRODUCT DEVELOPMENT

FOOD COSTS FOOD & PROCESS TRENDS GROWTH SEGMENTS FOOD POLITICS



**Kendall Professional**  
Continuing Education  
CULINARY ARTS

[sousvide.kendall.edu](http://sousvide.kendall.edu)

# Taste the Difference

- While enjoying a 63° Egg, consider its:
  - Taste
  - Texture
  - Quality
  - Benefits



**CHICAGO** APRIL 15-16, 2013  
THE TRUMP INT'L HOTEL & TOWER  
DRIVING CREATIVE AND PROFITABLE CENTER-OF-THE-PLATE  
MENU AND PRODUCT DEVELOPMENT

FOOD COSTS FOOD & PROCESS TRENDS GROWTH SEGMENTS FOOD POLITICS



**Kendall Professional**  
Continuing Education  
CULINARY ARTS

[sousvide.kendall.edu](http://sousvide.kendall.edu)

**QUESTIONS?**



**CHICAGO** APRIL 15-16, 2013  
THE TRUMP INT'L HOTEL & TOWER  
DRIVING CREATIVE AND PROFITABLE CENTER-OF-THE-PLATE  
MENU AND PRODUCT DEVELOPMENT

FOOD COSTS FOOD & PROCESS TRENDS GROWTH SEGMENTS FOOD POLITICS