



# **Under Pressure: The Story of Bruno Goussault & Modern Sous-Vide**

The New York Times' in-depth piece about Bruno Goussault explores the science, methodology and future of the sous-vide movement.



# Under Pressure



**How Bruno Goussault  
turned down the heat and started  
a culinary revolution  
in vacuum-packed bags.**

**By Amanda Hesser**

**A few weeks ago at Per Se**, Thomas Keller's four-star restaurant in New York City, a waiter set a salad of diced watermelon and hearts of peach palm in front of me. "This is watermelon that has been Cryovacked," he explained. "It's something new we're doing. I think you will like it."

This was a watershed moment on two accounts. First, because Keller had indeed managed to make something as mundane as watermelon taste different — it had the crisp density of a McIntosh apple. But also because American dining has reached the level of sophistication at which a waiter will assume that a diner knows what "Cryovacked" is, and that this knowledge will enhance the experience of tasting diced watermelon.

That won't be assumed here. "Cryovacking" is an industry term for putting food in a plastic bag and vacuum-packing it. Sometimes the food is then cooked in the bag. Other times, the pressure of the packing process is used to infuse flavors into ingredients. The watermelon, for instance, was vacuum-packed with 20 pounds of pressure per square centimeter, to compact the fruit's cells and concentrate its flavor. It had the texture of meat. Just the thing for backyard picnics.

Cryovacking, which is more often called *sous vide* (French for "under vacuum"), is poised to change the way restaurant chefs cook —

**Photograph by Mitchell Feinberg**