

Sous Vide Water Displacement With A Twist, Version 1.0

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I am new to Sous Vide cooking yet can safely say that I am not a fanatic. Dropping over \$100 on a vacuum sealer is out of the question.

Say I was going to cook these green beans Sous Vide². The first step would be to get out most of the air. There are two low cost methods:

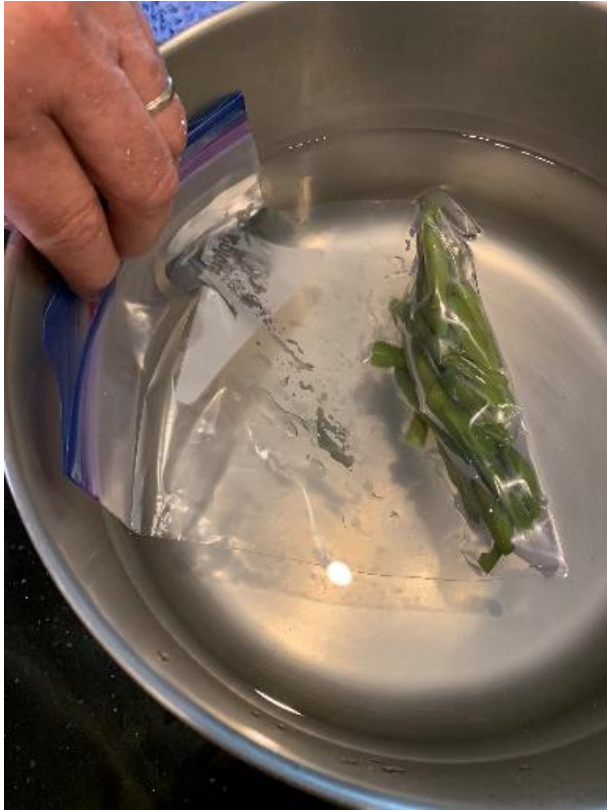
- Lay the partially open bag on the counter and push as much air out as possible. Then seal the bag.
- Immerse the partially open bag almost entirely in water and let the water pressure push out most of the air. Then seal the the bag.

The first method doesn't risk water rushing into the bag but also doesn't work that well for me. It is difficult to press down on the entire uneven surface at the same time.

The second method does a better job of pushing out the air but I'm always worried that the bag will be swamped.

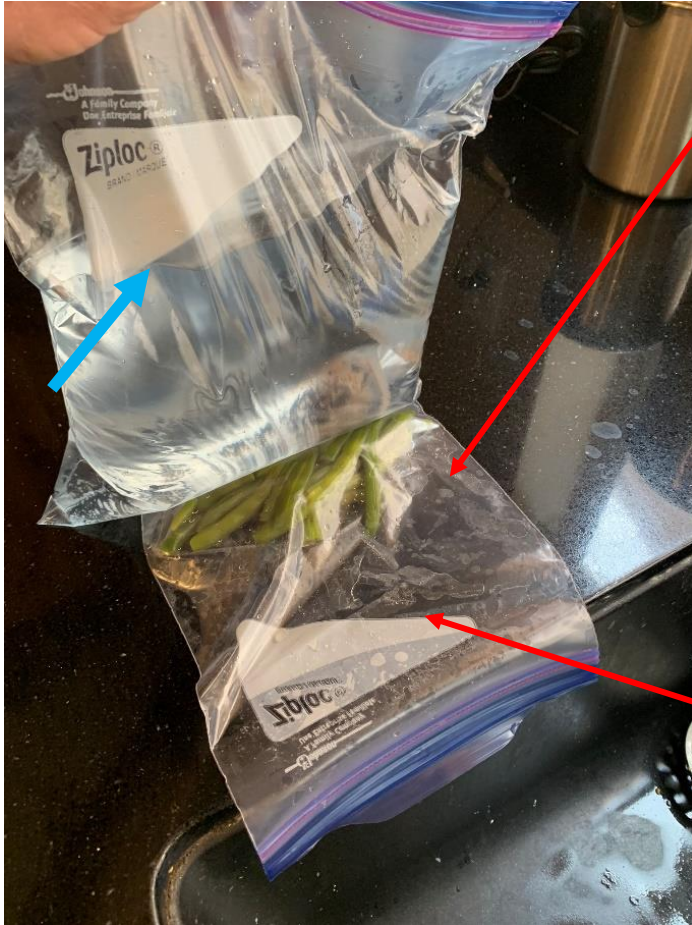
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² I would never cook green beans Sous Vide but needed something for the picture.



Here you see me closing the bag that is floating on the water. If I did not need the other hand to operate the camera, I would be pushing down on the food to drive more air out. The trick is to get the top of the bag as close to the waterline as possible without having water pour in.

So the two methods got me thinking. Can I take the best of each one and find a third path?



My food is in a 1 quart Ziploc freezer bag with the opening hanging a little over the sink.

I took a 1 gallon Ziploc freezer bag and filled it about half full of water (blue arrow). Then I sealed the top.

With the partially open smaller bag on the counter,



I laid the larger bag on top. Gently pushing down on the top bag, the water evenly transmitted the force to the smaller bag.



Then I reached under the water filled bag to seal the 1 quart bag.

I get out about as much air with this technique as with water displacement but with no risk of water flooding over my food.

I welcome your comments and questions.

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