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aug 26 2019 früher profimethode heute einfach für zuhause sous vide ist die schonende und aromatische

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