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Norton & Company, 2005), by Michael  
Ruhlman and Brian Polcyn ... technique)  
is rarely a bad idea if you have the time.  
In the end, though, it's the salt in the

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water that works the magic.

Michael Ruhlman

## **Brining Meat and Herb-Brined Roast Chicken Recipe**

Some very interesting title suggestions, plus conversation-starting questions and ideas. Stoke the fire and settle in. These are days for reading. I traveled to the Four Corners region of the ...

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## **NCPR Winter Reading List 2003**

Preheat a water bath to 135°. Season the tri-tip steak with the salt. Transfer to a 1-gallon vacuum-pack bag and vacuum-seal. Submerge the bag in the water bath and cook at 135° for 1 hour. In a ...

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**Sous Vide Tri-Tip with Cilantro  
Butter**  
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