

## SOUS-VIDE ITALIAN SAUSAGES

5 Italian sausages  
1/2 cup Lager beer  
salt and pepper

Heat the sous-vide to 170 F.

Place the sausages inside a food-safe plastic bag. Add the beer, season with a little salt and pepper. Use the water displacement method to close the bag.

Submerge the bag and cook the sausages for 1 to 3 hours.

Remove the sausages from the bag, discard the cooking liquid. Dry the sausages very well, and crisp them up on a non-stick pan with a light coating of oil, or on a hot grill.

The sausages cooked sous-vide can also be kept in the fridge for a couple of days. When you want to serve them, place them in hot water for 5 minutes, then proceed to saute them as described.