

Sous Vide Cookbook For Beginners

*100 Everyday
Recipes*



Josephine Jordan

SOUS VIDE
COOKBOOK FOR
BEGINNERS

100 Everyday Recipes

Josephine Jordan

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INTRODUCTIONS

What is Sous Vide?

Sous vide is a French cooking technique and the term means “under vacuum.”

In the sous vide technique, food is vacuum-sealed in a cooking pouch and heated at a precise temperature in a water bath. Instead of relying on perfect timing, sous vide relies on precise temperature control. Just set the machine and the technique will deliver consistent, perfect results each and every time.

First developed in France in the 1970s by Chef Georges Pralus, sous vide has long been the secret of top chefs around the world, but has only recently become available to home cooks. Driven by the passion and innovation of people demanding more from their food cooked at home, sous vide has become the go-to secret weapon of great home cooks and tv cooking show competitors alike.

Mouth-watering Meals at the Push of a Button.

The sous vide method differs from traditional cooking in many ways, especially temperature. Foods

traditionally cook at aggressively hot temperatures, depending on precise timing and knowing When to remove them before burning. With sous vide, the precision is in the temperature, which the cook sets with the simple push of a button. Cooked at its ideal serving temperature, food can't overcook or undercook; it's perfect every time. And for many foods the technique yields dramatically better results, developing flavors and textures that simply cannot be duplicated using any other cooking method.

Cooking Sous Vide Offers Many
Benefits:



Incredible taste.

Vegetables cooked sous vide retain their vibrant color and integrity, while their natural sweetness intensifies. Beets will taste beetier; carrots, carrotier! Food cooked in its own juice, sealed in the pouch, is infused with deep natural flavor and incomparable tenderness and texture. You'll say goodbye to dryness, forever.



Consistent & precise results.

Sous vide cooking is almost completely hands-free; just season, seal, and immerse the pouch in the water bath. Since food cooks at its ideal temperature, it can't overcook or undercook. Your steak will always come out cooked just as you prefer it, every single time – just set the temperature and forget about it. Chicken breasts will never again be undercooked close to the

bone or overcooked, stringy, hard, or dry. Vegetables will never be mushy or tasteless.



Convenience.

Just set it and walk away. Because food cooks unattended, you're free to run an errand, pick up the kids, watch a movie, read a book, take a nap, go for a run, meditate – you've got the idea. Once the food has heated through, the sous vide water bath holds it at the perfect temperature without overcooking it and is perfect for busy lifestyles. Your food is ready When you are.



Versatility.

You can cook almost anything sous vide from meat, seafood, poultry, and eggs to vegetables, desserts, yogurt, cheese, and infused syrups and liquors for cocktails. You can even bake a cake!

BASIC SOUS

VIDE

SOUS VIDE CHICKEN TIKKA

MASALA



***Prep Time: 15min Cook Time: 1hr Total Time:
2hrs 15min***

Servings: 4

INGREDIENTS

- 500 Grams Chicken Breast Fillet in cubes
- 1 thumb-sized piece Ginger finely chopped
- 6 Cloves garlic finely chopped
- 1 Piece Red Onion finely chopped
- 1/2 Cup Diced Tomatoes
- 3 Tablespoons Garam Masala
- 1 Cup Coconut Milk
- A handful Fresh Cilantro chopped

- 1-2 Tablespoons Ghee
- Salt to taste

INSTRUCTION

- ✓ Sauté garlic, ginger, and onions in ghee till onions are translucent.
- ✓ Add the diced tomatoes and sauté for one extra minute.
- ✓ Add garam masala and cook dinner for one extra minute.
- ✓ Add coconut cream. Season with salt and blend.
- ✓ Puree the sauce in a blender.
- ✓ Put the chicken and sauce right into a sous-vide P.C..
- ✓ Cook for an hour at 145F.
- ✓ Top with fresh cilantro.

SOUS VIDE CHICKEN BREAST WITH LEMON



***Prep time: 5min Cook time: 2hrs additional
time: 5min Total time: 2hrs 10min***

Servings: 4

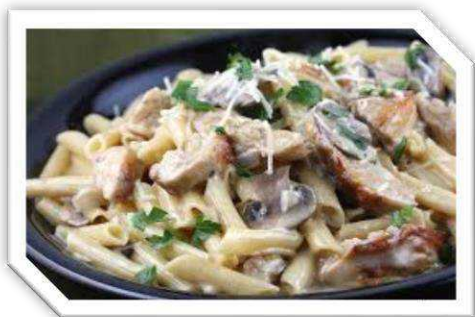
INGREDIENTS

- Sous Vide Chicken Breast
- 2 bone-in chicken breasts
- 1/2 lemon
- 2 sprigs rosemary
- 2 sprigs thyme
- salt and pepper to taste
- 1 Tablespoon oil or butter
- 1 teaspoon capers

INSTRUCTIONS

- ✓ Set up your sous-vide cooker with water bath at 145 F.
- ✓ Season each chicken breast with salt and pepper to taste.
- ✓ Put every chicken breast in a pouch with 2 slices of lemon and a sprig of both thyme and rosemary.
- ✓ Seal. Or alternatively, put the ingredients in maintenance storing.
- ✓ Once the sous vide cooker has arrived at 145°F, add the chicken to the water bath and let it cook for 4 hours and 30 min
- ✓ When the chicken is almost cooked, add a tablespoon of oil and stir.
- ✓ Remove the chicken from the pouch and add lemon and herbs. Pat dry with paper towels.
- ✓ Put the chicken in the skillet for a minute or so till it is brown on top.
- ✓ Let the breasts rest for 5 minutes or so till they're cool enough to touch.
- ✓ Take off the chest bone. It needs to come all off.
- ✓ Then cut the chicken by adding lemons, capers and herbs.

CHICKEN MARSALA WITH PASTA SOUS



***Prep Time 30minutes, Cook Time 2hr
30minutes***

Servings: 4

INGREDIENTS

- 2-large chicken breasts
- 1-pound of crisp cremini mushrooms
- 1-large shallot finely diced
- 1-cup AP flour for covering the chicken
- 1/2-Tsp AP flour to thicken the sauce
- 1-Tbsp of unsalted spread
- 1/2-Tsp crushed/minced garlic
- 1-cup of chicken stock
- 1-cup of dry marsala wine

- 250g-long pasta of your choice
- 2-Tbsp minced garlic
- Salt and pepper to taste.

INSTRUCTIONS

- ✓ Salt the chicken chests abundantly. Put it in the pouch and Vacuum. Cook sous vide for 2 hours at 140F
- ✓ Remove the chicken from the pouch. Pat dry with paper towels. Put it aside.
- ✓ Warm up some oil at medium-high temperature. Brown the mushrooms. Put them aside.
- ✓ Put the flour in a container. Add around 1/2 Tsp of salt and 1/2 Tsp of pepper.
- ✓ Cover chicken chests with the flour mix. Shake off any residue.
- ✓ Reduce the heat to medium. Cook the breasts for 2-3 mins.
- ✓ Deglaze the chicken with the chicken stock and the marsala wine.
- ✓ Cook until it's a half. Add the mushrooms, garlic and 1 Tsp of parsley.
- ✓ Add the spread. Add 1/2 Tbsp of flour. Stir until syrupy.

- ✓ Cook the pasta in salty water until almost ready.
- ✓ Add the pasta to the mushroom sauce and cook for a couple more minutes.
- ✓ Serve the pasta. Cut the chicken and serve it by the pasta. Top with some minced garlic.

BASIC SOUS VIDE CHICKEN BREAST



Cook time: 3hrs prep time: 10min

Servings: 2

INGREDIENTS

- 2 chicken breasts
- 4 tablespoons (56 g) butter
- 1 teaspoon (5 ml) Herbes de Provence
- salt and pepper
- 1 clove garlic

INSTRUCTIONS

- ✓ What's for tea today around evening time? Battling for thoughts? What about this essential Sous Vide

chicken formula, that is so adaptable and heavenly you'll be wondering why you've never made it! In addition, you can serve it with plenty of side dishes.

- ✓ Fill and preheat your water bath to 63.5C.
- ✓ Put 2 chicken breasts into a small cooking pouch.
- ✓ Add 1/2 spread, salt, pepper, and herbs to the pouch and seal it with your sealer.
- ✓ Put the pouch in the water bath, altogether covering it with water and cook for t least 60 minutes, up to 3 hours.
- ✓ On a griddle, melt the rest of the spread on medium heat before adding the garlic clove for extra flavor if you wish.
- ✓ Brown the breasts for 45 to 60 seconds on each side to give it a translucent, caramelized shade.
- ✓ Serve the delicate, succulent chicken with side dishes of your decision – vegetables, a plate of mixed greens, chips, the options are endless!

SOUS VIDE SESAME CHICKEN

RECIPE



Prep time: 16min Cook time: 2hrs

Servings: 4 to 6

INGREDIENTS

- For the chicken:
- 1 1/2- pounds chicken breast
- 1-inch piece fresh ginger
- 2- cloves garlic, smashed
- 1- tablespoon sesame oil
- 1- tablespoon soy sauce
- 1- tablespoon Rice wine vinegar
- For the sesame sauce:
- 1/4- cup soy sauce
- 1/4- cup Rice wine vinegar

- 1/3- cup honey
- 1- tablespoon corn starch
- dou1/3- cup chicken stock or water
- 1- tablespoon sesame seeds
- 2- teaspoons sesame oil
- 1- teaspoon chili garlic sauce
- Sesame seeds, garnish

INSTRUCTIONS

- ✓ Fill a pot with water. Note the dousing calculator inside.
- ✓ Set the temperature to 158°F and wait for the water to arrive at temperature.
- ✓ Prepare the chicken: Combine the cubed chicken chest with ginger, garlic, sesame oil, soy, and Rice wine vinegar to a gallon-sized pouch. Make sure the chicken is put on a single layer.
- ✓ Seal the pouch: Seal the pouch with as little air as possible by using the water-removing technique. Turn on the p.C. With the chicken into the water, it presses the air out of the pouch.
- ✓ Cook the chicken: Once the water has come to temperature, immerse the pouch.

- ✓ Make sure the pouch is completely immersed so it cooks evenly.
- ✓ Prepare the sauce and add it to the chicken. Whisk together most of the sauce ingredients in a medium skillet.
- ✓ Stew it on medium heat; it has to start thicken immediately.
- ✓ Serve the chicken: Serve sesame chicken over Rice topped with sesame seeds and scallions.

BASIC SOUS VIDE CHICKEN BREAST RECIPE



***Prep time: 5min Cook time: 2hrs Total time:
2hrs 5min***

Servings: 2

INGREDIENTS

- 2 4-oz. chicken breasts
- 4 slices of lemon
- 1 tablespoon olive oil
- 1/8 teaspoon cracked pepper
- 1/8 teaspoon salt
- 1 sprig rosemary

INSTRUCTIONS

- ✓ Fill a large stockpot with water, add your sous vide to the pot and set it to 145°F. You need to ensure

you can completely immerse your chicken breasts into the water.

- ✓ At this point, season the chicken breasts with salt and pepper and put them into a seal pouch. A Ziplock will work fine as well!
- ✓ Add lemon slices, olive oil, and rosemary to the pouch and make sure the chicken is covered in oil.
- ✓ Remove how much air as it could reasonably be expected from a seal pouch or Ziplock. We do this so as to the chicken will sink down to the base of the pot. At this point completely immerse it into the water.
- ✓ Cook the chicken breasts at 145°F for 1.5 to 2hrs.
- ✓ When the clock goes off, remove the pouch from the water bath and remove the chicken from the vacuum pouch.
- ✓ Warm up 1-2 tablespoons of olive oil in a medium-sized skillet. Once the olive oil is fragrant, place the chicken into the dish. Brown each side for 1-2 minutes. Enjoy!

SOUS VIDE WHOLE CHICKEN



***Prep Time: 10min Cook Time: 6hrs5min Total
Time: 6hrs 15min***

Servings: 4-6

INGREDIENTS

- 1- whole chicken
- 2- tablespoons unsalted butter
- Fresh cilantro
- For the chicken dry rub:
 - 2- teaspoons Kosher salt
 - 2- teaspoons paprika
 - 1- teaspoon cayenne pepper
 - 1- teaspoon dried thyme
 - 2- teaspoons ground black pepper
 - 1/2- teaspoon garlic powder

INSTRUCTIONS

- ✓ Preheat water to one hundred fifty °F to use the sous vide cooker.
- ✓ Wash the chicken with water. Pat dry with paper towels and place it in a safe spot.
- ✓ Blend the dry rub ingredients in a bowl. Use the sous to vide p.C. Or alternatively a Ziplock pouch. Use the pouch to shape it.
- ✓ Put the chicken on the plate and rub the blend at the top of it. Remove any exceeding chicken.
- ✓ Put the chicken into the pouch. Set the temperature.
- ✓ Put your breasts into the preheated water bath.
- ✓ Make sure there is no air inside of the p.C., carefully seal the pouch over the waterline. Cook for six hours.
- ✓ When the chicken is ready, take it away from the water place it into a plate.
- ✓ Warm up an iron skillet on high heat. Melt the butter and heat the whole chicken till the skin is brown for around 5min.

Present it with fresh cilantro. Enjoy!

SOUS VIDE HONEY GARLIC CHICKEN WINGS



***Prep time 10min Cook time 2hrs 10min Total
time 2hrs 20min***

Serves: 30

INGREDIENTS

- 3- pounds chicken wings
- 1- cup honey
- 1/2- cup of soy sauce
- 1- tablespoon sesame oil
- 1- teaspoon garlic powder
- 1- teaspoon onion powder
- 1- teaspoon ground ginger
- 2- tablespoons sesame seeds

INSTRUCTIONS

- ✓ Preheat a large pot filled up with water with sous vide soaking circulator to 170° F.
- ✓ Add the honey, soy sauce, sesame oil, garlic powder, onion powder, and floor ginger to a spacious bowl.
- ✓ Separate the wings among 2 - 3 Sous-Vide pouches.
- ✓ Add 2 tablespoons of garlic sauce to each pouch. Move the wings round the pouch to cover them with sauce.
- ✓ Vacuum and seal each pouch following the instructions.
- ✓ Put the pouch(es) into the water and set the clock to 2 hours.
- ✓ Prepare some textured paper or foil.
- ✓ Once the clock goes off, remove the pouch(es) from the water bath.
- ✓ Put the chicken wings inside the grill and wait for the chicken pores and skin is sautéed and to some degree smooth; round 6 - eight minutes.
- ✓ While the wings are in the grill, put what's left of the honey and garlic sauce in a pot.

- ✓ Cook on medium-high heat. Reduce heat to low and stir until the sauce thickens to a syrupy consistency, round four-five mins.
- ✓ When the chicken is cooked, pour the sauce over and under the wings.

SOUS VIDE COD LOINS WHITE WINE DILL SAUCE



***Prep Time: 10min Cook Time: 30min Total
Time: 1hr 10min***

Servings: 6

INGREDIENTS

- For the Cod
- 6- Pieces Cod Loins
- Salt to taste
- 1- Tablespoon olive oil
- 3- Sprigs Fresh Dill
- For the Cream Sauce
- 1- Cup White Wine
- 1- Cup Heavy Cream
- 1- Piece White Onion finely chopped

- 2-3- Stems Dill
- 2- Teaspoons Black Peppercorns

INSTRUCTIONS

- ✓ Season the cod loins with salt.
- ✓ Put the cod in a sous vide pouch together with olive oil and a couple of sprigs of crisp dill.
- ✓ Cook for 30 minutes at 130F.
- ✓ Mix wine, onion, dill stems, and dark pepper in a pan.
- ✓ Reduce totally.
- ✓ Add most of the cream and stew to thicken
- ✓ Season with salt if necessary
- ✓ Top with minced dill.
- ✓ Serve sauce over the dill.

SOUS VIDE CHILI-BUTTER

COBBLER



***Prep Time: 5min Cook Time: 30min Total
Time: 1hr 5min***

Servings: 3

INGREDIENTS

- 300 Grams Cobbler Fillets
- 1 Stick Butter
- 4 Cloves garlic minced
- 2 Pieces Red Chili minced
- a Handful Parsley chopped
- 1 Tablespoons lemon juice
- Salt to taste

INSTRUCTIONS

- ✓ Whisk the butter in a bowl.
- ✓ Add the garlic, parsley, bean stew, lemon squeeze, and salt.
- ✓ Spread the butter over the cobbler filets.
- ✓ Put into a sous-vide pouch and cook for 30 minutes at 145F.

SOY-GINGER BACALAO LOINS



***Prep Time: 10min Cook Time: 15min Total
Time: 40min***

Servings: 3

INGREDIENTS

- 500g- Bacalao Loins
- 1/4- Cup Soy Sauce
- 2- Tablespoons Peanut Oil
- 2- Tablespoons Sesame Oil
- 2- Tablespoons Brown Sugar
- 1/4- Cup Chopped Leeks
- 1- thumb-sized piece Ginger
- 4- Cloves garlic minced
- Red Chili optional
- Salt to taste

INSTRUCTIONS

- ✓ Season the bacalao loins with salt.
- ✓ Heat up the peanut oil in a skillet. Sautee the garlic and ginger until slightly brown.
- ✓ Combine the sautéed aromatics, soy sauce, sugar, minced leeks and sesame oil in a bowl.
- ✓ Put the bacalao loins together with the soy blend in a sous vide pouch.
- ✓ Cook for 15-20 minutes at 135F.

SOUS VIDE POACHED SALMON, ORANGE-CILANTRO BEURRE BLANC



***Prep Time: 10min Cook Time: 25min Total
Time: 55min***

Servings: 2

INGREDIENTS

- Poached Salmon
- Salmon Steaks
- Salt
- olive oil
- Orange-Cilantro Beurre Blanc
- 1/4- Cup Orange Juice
- 1- Tablespoon lemon juice

- 1- Tablespoon Chopped Cilantro
- 1 Tablespoons Chopped Shallots
- 1- Cup Water
- Pinch Salt
- Pinch Sugar

INSTRUCTIONS

- ✓ Poached Salmon
- ✓ Pre-heat the water bath to 115F and set 25 minutes.
- ✓ Season salmon steaks with salt.
- ✓ Put salmon steaks into the sous vide pouch with some olive oil.
- ✓ Seal the pouch and start cooking.
- ✓ Immerse into a cold bath for 5 minutes.
- ✓ Present with beurre blanc.
- ✓ Orange-Cilantro Beurre Blanc
- ✓ Mix water, squeezed orange, lemon juice, cilantro, shallots, salt, and sugar in a small sauce pot.
- ✓ Lessen on medium heat until you get 2-3 tablespoons left.
- ✓ Cover with cold butter chunks

SOUS VIDE MILKFISH CONFIT, SUN-DRIED TOMATOES, GARLIC, AND CAPERS



***Prep Time: 10min Cook Time: 30min Total
Time: 1hr 10min***

Servings: 4

INGREDIENTS

- 400 Grams Milkfish Fillets
- 6 Cloves garlic peeled and cut in half
- 6 Pieces Sun-Dried Tomatoes
- 2 Tablespoons capers
- 1/2 cup olive oil
- 1 Tablespoon Black Peppercorns
- Salt

INSTRUCTIONS

- ✓ Season milkfish with salt
- ✓ Put the fish in a sous vide pouch together with the various ingredients.
- ✓ Cook for 30 minutes at 140F.

SWEET SESAME GINGER

SALMON



***PREP TIME 5min COOK TIME 25min TOTAL
TIME 30 min***

Serves: 4

INGREDIENTS

- 4 salmon fillets
- 1/4 cup paleo soy sauce
- 2 tbs raw honey
- 1 tbs apple cider vinegar
- 1 tbs sesame chili oil
- 1 tbs fresh grated ginger
- salt and pepper to taste

INSTRUCTIONS

- ✓ Put all the ingredients but salmon in a seal pouch and blend well
- ✓ Add salmon filets, seal and marinate in the fridge for 1 to 4 hours
- ✓ Preheat Sous Vide to 125° F
- ✓ Add salmon in Sous Vide and cook for 25 minutes
- ✓ Empty salmon and brown it in a skillet on high heat for 30 seconds each side
- ✓ Enjoy

SOUS VIDE SALMON RECIPE



Active time: 15min total time: 1hr 15min

Servings: 4

INGREDIENTS

- 4- salmon fillets
- Kosher salt
- 2- tablespoons extra-virgin olive oil
- Aromatics such as fresh thyme
- 2- teaspoons vegetable oil

INSTRUCTIONS

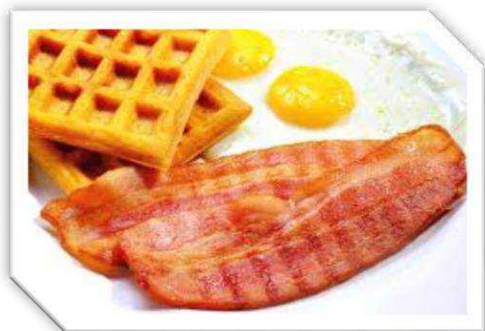
- ✓ Season the salmon with salt on both sides.
- ✓ Place the salmon on a single layer in a gallon-size zipper-lock pouch, or separately in quart-size pouched. Add olive oil to a pouch or divide it among

smaller pouches. Add aromatics to the pouched, if you wish. Close the pouches, place them in the fridge and let salmon rest for at least 30 minutes.

- ✓ With your precision cooker, preheat a water bath as indicated in the instructions above. Remove the air from the zipper-lock pouches: Seal the pouches, leaving about an inch open. Gradually immerse the pouches into water bath, keeping the open end over the water level. As the pouch is brought down, the water weight should let some air circulation into it.
- ✓ Utilize a spoon in the side of the cooking vessel, to keep the pouch from moving too much. Cook for 30 to 45 minutes for filets 1 inch thick or less, or 45 minutes to an hour for filets somewhere in the range of 1 and 2 inches thick.
- ✓ Cautiously remove salmon from the pouch and place it on a two-layer paper towel. Dispose of aromatics and delicately pat the salmon with more paper towels.
- ✓ To Serve Immediately: Carefully remove the skin. Serve salmon with the clean side downwards for a better introduction.

- ✓ To Serve Cold: Move salmon to fridge let it chill completely. Store in a close holder for up to a couple of days and serve cold in sandwiches or servings of mixed greens, into pasta, or with Rice.
- ✓ To Sear: Heat vegetable oil in a cast iron, carbon steel, or non-stick skillet on medium-high heat until translucent. Cautiously flip and cook for an extra 15 seconds. Move to paper towels to get rid of any overabundance of oil, at this point serve right away.

OVERNIGHT SOUS VIDE BACON WITH CHILI-BACON-FAT WAFFLES



***Prep Time: 5min Cook Time: 8hrs Total Time:
16hrs 5min***

Servings: 4

INGREDIENTS

- 1 Pouch Bacon Strips
- 1 Cup All Purpose Flour
- 1 Tablespoon Sugar
- 1 Egg
- 2 Teaspoons Baking Powder
- 1/2 Teaspoon Chili Powder

INSTRUCTIONS

- ✓ Put the pouch of bacon into the sous vide water bath.
- ✓ Cook on medium-heat at 145F.
- ✓ Brown one side in a hot frying pan.
- ✓ Whisk together flour, sugar, baking powder, and stew in a bowl.
- ✓ Mix the bacon and egg. Add milk.
- ✓ Cook the mixture in a waffle machine.

SOUS VIDE GARLIC CILANTRO CHICKEN



***Prep Time: 8hrs Cook Time: 4hrs Total Time:
19hrs***

Servings: 4

INGREDIENTS

- 1 Whole Chicken
- 1 Head garlic peeled
- 1 Large Bunch Cilantro
- 1 Tablespoon Black Peppercorns
- 1/2 Cup olive oil
- Salt to taste

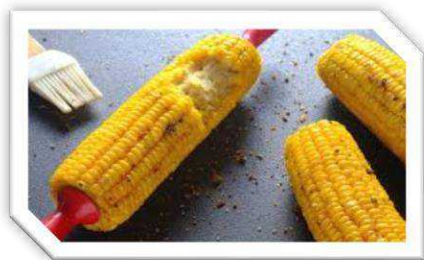
INSTRUCTIONS

- ✓ Puree the garlic, cilantro, dark peppercorns, and olive oil in a processor.

- ✓ Put the chicken and cilantro puree in a sous vide p.C.
- ✓ Marinate inside the chiller for a while.
- ✓ Cook the chicken for four hours at 150F.
- ✓ Place the chicken in a cold bath.
- ✓ Prepare supper for 15 mins at 425F.

SOUS VIDE SMOKY BBQ BUTTER

CORN



***Prep Time: 5min Cook Time: 30min Total
Time: 1hr 5min***

Servings: 3

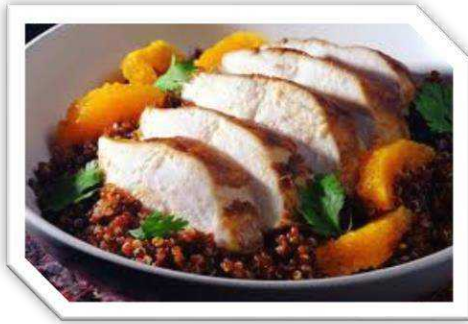
INGREDIENTS

- 3 Ears Corn husked, ends trimmed
- 1/2 Stick Butter
- 2 Tablespoons Smoky Bbq Spice Blend

INSTRUCTIONS

- ✓ Combine butter and bar-b-que blend.
- ✓ Cover the corn with bar-b-que spread.
- ✓ Put buttered corn and remaining butter in a sous vide pouch.
- ✓ Cook for 30 minutes at 183F.

SOUS VIDE CAJUN-SPICED CHICKEN BREAST



***Prep Time: 10min Cook Time: 2hrs Total
Time: 4hrs 10min***

Servings: 2

INGREDIENTS

- For the Cajun Chicken Breasts
- 2 Pieces Chicken Breast Fillets
- Cajun Spice to taste
- Salt to taste
- For the Quinoa Salad
- 1 Tablespoon lemon juice
- 2 Tablespoons olive oil
- a Bunch Cilantro Leaves roughly chopped
- 1 Piece Mandarin Orange cut into segments

- Salt to taste
- Pepper to taste

INSTRUCTIONS

- ✓ Season chicken breast with salt and cajun.
- ✓ Put the chicken in a sous vide pouch.
- ✓ Cook for 2 hours at 140F.
- ✓ Brown each side in a heated-up pan.
- ✓ Add quinoa as indicated.
- ✓ Whisk cooking juices, olive oil, and lemon squeeze in a bowl.
- ✓ Toss in cooked quinoa, cilantro, and mandarin oranges.
- ✓ Top it on the chicken breasts.

SOUS VIDE HONEY PAPRIKA SRI
RACHA CHICKEN WINGS
GINGER RECIPES



***Prep Time: 5min Cook Time: 45mins Total
Time: 1hr 30min***

Servings: 4

INGREDIENTS

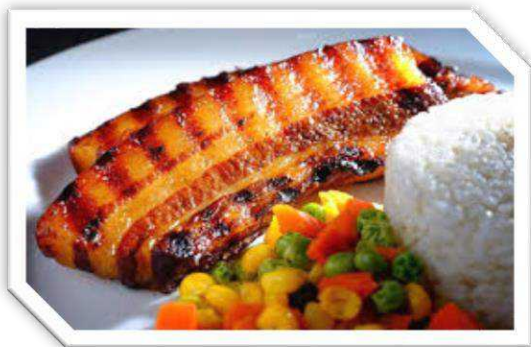
- For the Chicken
- 500 Grams Chicken Wings
- 1/2- Teaspoon Salt
- 1/2- Teaspoon Paprika Powder
- 1/2- Teaspoon Garlic Powder
- 1/2- Teaspoon Granulated Ginger
- 1/2- Teaspoon Black Pepper Powder

- For the Glaze
- 1- Tablespoon Sesame Oil
- 2- Tablespoons Worcestershire Sauce
- 2- Tablespoons Honey
- 2- Tablespoons Sri Racha

INSTRUCTIONS

- ✓ Season the chicken wings with salt and powdered flavors.
- ✓ Put wings in a sous vide pouch.
- ✓ Cook the wings for forty mins at 140F.
- ✓ In the meantime, mix all the toppings in a large bowl.
- ✓ Put the cooked wings under a cold bath.
- ✓ Cover the wings with flour.
- ✓ Deep fry the chicken wings till brown.
- ✓ Cover the wings with the coating.

SOUS VIDE MUSTARD & MOLASSES PORK BELLY STRIPS



Prep Time: 10minutes, Cook Time: 4hrs

Servings: 4

INGREDIENTS

- 500- Grams Pork Belly Strips
- 1/4- Cup Molasses
- 1/4- Cup Dijon Mustard
- 1/4- Cup Apple Cider Vinegar
- 1- Teaspoon Black Pepper
- Salt

INSTRUCTIONS

- ✓ Mix molasses, mustard, vinegar and dark pepper in a bowl.

- ✓ Marinate the pork belly strips on medium heat.
- ✓ Put pork together with the marinade in a sous vide pouch.
- ✓ Cook for 4 hours at 170F.
- ✓ Season pork with salt and cover it with sauce.

SOUS VIDE COCKTAIL PRAWNS WITH ORANGE-CAPER SABAYON



Prep Time: 10minutes, Cook Time: 30minutes

Servings: 6

INGREDIENTS

- For the Cocktail Prawns
- 6- Pieces 10-20 ct. Prawns
- 1- Cup Lettuce Leaves chiffonade
- 1- Tablespoons olive oil
- For the Orange-Caper Sabayon
- 1/4- Cup White Wine
- 1/4- Cup Fresh Orange Juice
- 2- Tablespoons Capers
- 4- Pieces Egg Yolks

- 1/4- Cup olive oil
- Pinch Salt
- Zest of 1 Orange

INSTRUCTIONS

- ✓ Put the prawns in sous vide pouch together with some olive oil.
- ✓ Cook the prawns for 30 minutes at 135F.
- ✓ Put the prawns under a cold bath.
- ✓ Mix white wine, squeezed orange, and escapades in a pot on medium heat and decrease to around 1/three its sum.
- ✓ Whisk egg yolks till foamy.
- ✓ Add the cool orange sauce.
- ✓ Add some olive oil.
- ✓ Season with salt and orange.
- ✓ Layer the sabayon and shredded lettuce into drink glasses and top with the cooked prawns.

SOUS VIDE SHRIMP COCKTAIL



Prep Time: 10Min Cooks Time: 15 to 30Min

Total Time: 30 to 60Min

Serves: 2 to 4

INGREDIENTS

- For the Sous Vide Shrimp
- 1- pound raw shrimp
- 1- tablespoon rendered fat or butter
- Salt and pepper
- For the Cocktail Sauce
- 2- small tomatoes
- 3- cloves garlic
- 1- chipotle pepper in adobo sauce
- 1- tablespoon honey

- 1- tablespoon lime juice
- 1/4- cup tomato paste
- 1/4- cup cilantro
- Salt and pepper
- To Assemble
- Few cilantro leaves

INSTRUCTIONS

- ✓ For the Pre-Bath
- ✓ Salt and pepper the shrimp and put them into a sous-vide pouch with the fat. Seal the pouch.
- ✓ For the Sous Vide Shrimp
- ✓ At least 30 minutes to an hour before serving
- ✓ Preheat your sous vide water bath to 132°F (55.6°C).
- ✓ Place the pouch into the water bath for 15 to 35 mins.
- ✓ For the Cocktail Sauce
- ✓ Combine the blended drink sauce in a blender or processor. Mix till you obtain the consistency you want. Taste and modify the flavors as you wish. If you want it to be thicker, you could add extra tomato sauce.

- ✓ To Assemble
- ✓ Remove the sous vide shrimp combined drink from the refrigerator and place it in a bowl with the combined drink sauce. Top it with the cilantro

LOW-TEMP COOKING

DUNGENESS CRAB



***Prep Time: 20min, Cooks Time: 25min, Total
Time: 45mins***

Serves: 4

INGREDIENTS

- 1 - Dungeness crab

Equipment:

- Large pot
- Sous vide setup

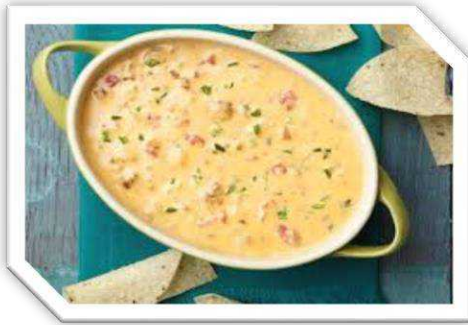
INSTRUCTIONS

- ✓ Insert the rack into Sous Vide Supreme.
- ✓ Pour 2 liters of heated water into the bath.
- ✓ Preheat to 154 °F

- ✓ Boil some water.
- ✓ Completely immerse crab in bubbling water for 1 second to whiten.
- ✓ Check crab to the Sous Vide Supreme.
- ✓ Cover with cowl, and steam forty-five mins.

SHRIMP AND CHILE QUESO

RECIPE



Prep Time: 30Min Cooks Time: 20 to 30Min

Total Time: 1.5 to 2Hrs

Serves: 4 cups

INGREDIENTS

- For the Shrimp
- 225g shrimp, either small shrimp
- Salt and pepper
- For the Pepper Base
- 2 dried cascabel peppers
- 2 dried guajillo peppers
- Water
- 200g onion, thickly sliced

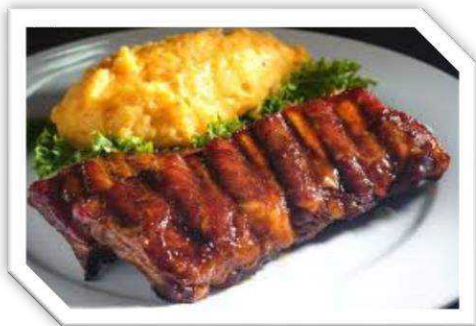
- 100g poblano pepper
- 15g garlic, roughly chopped
- 100g cherry tomatoes
- Canola oil
- Salt and pepper
- For the Cheese Sauce
- 200g beer, preferably a Mexican lager
- 100g milk
- 200g cheddar cheese, grated
- 200g gouda cheese, grated

INSTRUCTIONS

- ✓ **For the Shrimp:** Preheat sous vide bath to 132°F
- ✓ Salt and pepper the shrimp, seal in sous vide pouch set the timer to 20 to 30 minutes.
- ✓ Remove from the bath and put aside until the cheddar sauce is ready.
- ✓ **For the Pepper Base:** Preheat to 450°F
- ✓ Coat the onion, poblano pepper, garlic, and tomatoes with oil and salt and pepper to taste.
- ✓ Wait for them to brown around 15 to twenty-five minutes.

- ✓ Dice the boiled vegetables and chile peppers and put aside until the cheddar sauce is ready.
- ✓ **For the Cheese Sauce:** Add the milk to the pot and add the sodium citrate.
- ✓ Stew and then add the cheddar while pureeing with a drenching blender.
- ✓ Once all the cheddar is fused and the queso is smooth, blend in the shrimp and diced veggies.

SOUS VIDE KALBI BABY BACKS, KIMCHI MASHED POTATOES



***Prep Time: 10min Cook Time: 12hrs Total
Time: 1day 10mins***

Servings: 3

INGREDIENTS

- For the Kalbi Ribs
- 500- Pork Baby Back Ribs
- 1- Cup Kalbi Marinade
- For the Kimchi Mashed Potatoes
- 2- Large Potatoes
- 1- Cup Milk
- 1/2- Stick Butter
- 1/2- Cup Kimchi chopped

- 1/2- Cup Cheddar Cheese shredded
- Salt

INSTRUCTIONS

- ✓ Put the back ribs and marinade in a sous vide pouch. Cook for 12 hours at 165F.
- ✓ Boil the potatoes.
- ✓ Peel the potatoes.
- ✓ Sautee the kimchi in a skillet. Put in a safe spot.
- ✓ In a similar dish, cook the potatoes for around 5 minutes at low heat.
- ✓ Add the milk and cook until you reach the consistency you prefer.
- ✓ Add the butter, kimchi, and cheddar.
- ✓ Season with salt if necessary

SOUS VIDE CHINESE-STYLE FRIED CHICKEN



***Prep Time: 4hrs Cook Time: 1hr Total Time:
10hrs***

Servings: 10

INGREDIENTS

- Chicken and Marinade
- 1 Kilogram Chicken Drumsticks
- 1 Teaspoon Chicken Powder
- 1 Teaspoon Salt
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Five-Spice Powder
- 1 Tablespoon Oyster Sauce
- For the Batter
- 1/2 cup Rice Flour

- 1/2 Cup Cornstarch
- 1/2 Cup All-Purpose Flour
- 1 Teaspoon Salt
- 1 Teaspoon Baking Soda
- 1-1.5 Cups Cold Water

INSTRUCTIONS

- ✓ Combine all elements for the marinade.
- ✓ Marinate chicken for at least 4 hours.
- ✓ Put the chicken in sous vide pouch and cook for an hour at 165F.
- ✓ Remove the chicken from the marinade.
- ✓ cover the chicken with flour.
- ✓ Whisk all elements for the seasoning in a bowl.
- ✓ Coat chicken pieces in seasoning and deep fry until translucent.

DOENJANG-SPICED SOUS VIDE EGGPLANT



***Prep Time: 5min Cook Time: 45min Total
Time: 1hr 35min***

Servings: 2

INGREDIENTS

- 4 Pieces Thai Eggplants cut into wedges
- 1/4 Cup Peanut Oil
- 2 Tablespoons Doenjang Paste
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Brown Sugar
- 1 Tablespoon Sesame Seeds

INSTRUCTIONS

- ✓ Whisk the Doenjang paste, nut oil, soy sauce, and

sugar in a bowl.

- ✓ Add the eggplants and cover evenly.
- ✓ Put the eggplants and sauce into a sous-vide pouch.
- ✓ Cook for 45 minutes at 185F.
- ✓ Drain the eggplant wedges from the cooking juice.
- ✓ Sear the eggplants in a hot skillet.
- ✓ Top with sesame seeds before serving.

SOUS VIDE PORK BELLY ADOBO



***Prep Time: 15min Cook Time: 1day Total
Time: 2days 15min***

Servings: 8

INGREDIENTS

- 1 Kilogram Pork Belly cut into cubes
- 1/4 Cup Coconut Vinegar
- 1/4 Cup Soy Sauce
- 1 Cup Coconut Cream
- 1 Tablespoon Sugar
- 1 Tablespoon Black Peppercorns
- 8 Cloves garlic crushed
- 3 Pieces Bay Leaf
- 4-6 Pieces Chili
- Salt to taste

INSTRUCTIONS

- ✓ Season the pork with salt.
- ✓ Heat approximately a tablespoon of oil in a skillet and cook the pork till brown.
- ✓ Put the pork aside. In a similar skillet, Sautee the garlic and peppercorns for a few min.
- ✓ Add the soy sauce, vinegar, leaf, sugar, and coconut cream. Stew to reduce to approximately a quarter.
- ✓ Put the red meat in sous vide pouch together with the sauce.
- ✓ Cook sous vide for twenty-four hours at 158F.

SOUS VIDE CHINESE PORK

BELLY



***Prep Time: 8hrs Cook Time: 8hrs Total Time:
1day 8hrs***

Servings: 6

INGREDIENTS

- For the Pork
- 500 Grams Pork Belly
- 1/2 Cup Soy Sauce
- 1/2 Cup Sugar
- 1/2 Cup Chinese Cooking Wine
- 1 Tablespoon Black Peppercorns
- 5 Pieces Star Anise
- 2 Pieces Cinnamon Sticks
- 1 Tablespoon Corn starch

- For the Bao Buns
- 250 Grams Flour
- 1 Tablespoon Sugar
- 1/4 Teaspoon Salt
- 2 Teaspoons Active Dry Yeast
- 1/4 Cup Water
- 1/4 Cup Milk
- 1 Tablespoon Oil

INSTRUCTIONS

- ✓ **For the Pork Belly:** Mix soy sauce, sugar, Chinese cooking wine, dark peppercorns, anise, and cinnamon sticks in a bowl.
- ✓ Marinate the pork in the soy blend at medium heat.
- ✓ Put the pork and marinade in a sous vide pouch and cook for 8 hours at 170F.
- ✓ Thicken the cooking juices with a corn-starch mixture.
- ✓ Slice the pork into thin pieces.
- ✓ **For the Bao Buns:** Mix all the dry ingredients in a bowl.
- ✓ Add water, milk, and oil. Mix until you obtain a dough.

- ✓ Knead the mixture on a floured surface for around 10 minutes.
- ✓ Leave the mixture to rest for an hour in an oiled bowl.
- ✓ Roll the mixture into a log. Cut 5 equal pieces.
- ✓ Flatten each part of the mixture to a round shape with a rolling pin.
- ✓ Leave the molded mixture to rest for an additional 20 minutes in an oiled pan.
- ✓ Cook the buns for 10 minutes.
- ✓ Shape the Buns
- ✓ Stuff the bao buns with pork slices, thickened sauce, and cucumber.

BLACK PEPPER AND MINT SOUS

VIDE PINEAPPLES



***Prep Time: 10min Cook Time: 1hr Total Time:
2hrs 10min***

Servings: 4

INGREDIENTS

- 1 Pieces Pineapple peeled and cut into quarters
- 1/3 Cup Brown Sugar
- 1 Teaspoon Black Peppercorns
- A Pinch Salt
- A Handful Mint Leaves

INSTRUCTIONS

- ✓ Peel and cut the pineapple into quarters.
- ✓ Mix the mint leaves, brown sugar, mint, dark peppercorns, and salt in a mortar and ground.
- ✓ Cover the pineapple wedges with the sugar blend.
- ✓ Put in a sous vide pouch and cook for an hour at 170F.

SOUS VIDE CHILI-GARLIC TOFU



Prep Time: 10minutes, Cook Time: 4hrs

Servings: 4

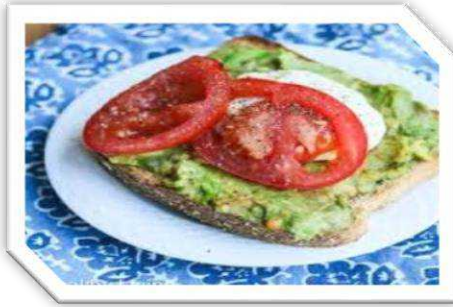
INGREDIENTS

- 1- Block Firm Tofu cut into slices
- 1/4- Cup Soy Sauce
- 1/2- Cup Brown Sugar
- 1/4- cup Sesame Oil
- 2- Tablespoons Chili-Garlic Paste

INSTRUCTIONS

- ✓ Pan-fry the tofu slices until brown.
- ✓ Mix each other ingredient in a bowl.
- ✓ Add the tofu slices into the sauce.
- ✓ Add the tofu together with the sauce in a sous vide pouch.
- ✓ Cook for four hours at 180F.

BREAKFAST SMASHED
AVOCADO TOMATO TOAST,
FRIED POACHED EGG



***Prep Time 10min Cook Time 5min Total Time
15min***

Servings 2

INGREDIENTS

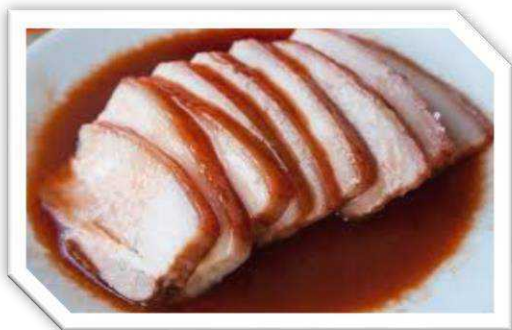
- 2- whole-grain toast
- 1- avocado
- 1- wedge lemon
- sea salt to taste
- 2- poached or fried eggs
- 1- tomato sliced
- sea salt
- black pepper

INSTRUCTIONS

- ✓ Mix the avocado with the lemon wedge juice and salt to taste. Spread over toast. Top with fried egg and crisp tomato slices.
- ✓ Season with a little salt and black pepper

SOUS VIDE JAPANESE STYLE

PORK BELLY



***PREP TIME: 5MIN COOK TIME: 6HRS TOTAL
TIME: 6HRS***

Servings: 3 to 4

INGREDIENTS

- 1 tablespoon light Japanese soy sauce
- 1 tablespoon mirin
- 2 teaspoons sugar
- 1 lb skin-off piece pork belly

INSTRUCTIONS

- ✓ Put the beef belly into a vacuum pouch.

- ✓ Fill the p.C. with water and set your sous vide machine to 160°F.
- ✓ Let it chill.
- ✓ The following day, remove the red meat from the pouch. Gently wipe off any water.
- ✓ Cook the beef in a non-stick skillet on low heat till well done. You probably might not require any oil, but if you want to accelerate the procedure don't hesitate to add some.
- ✓ Then, cut it into 1/4 slices. Brown the slices into a non-stick pan till well done, 2-three minutes each side.

SWEET SESAME GINGER

SALMON



***Prep time: 5mins cook time: 25mins total
time: 30mins***

Serves: 4

INGREDIENTS

- 4 salmon fillets
- 1/4 cup paleo soy sauce
- 2 tbs raw honey
- 1 tbs apple cider vinegar
- 1 tbs sesame chili oil
- 1 tbs fresh grated ginger
- salt and pepper to taste

INSTRUCTIONS

- ✓ Combine all ingredients but salmon in a sealed pouch and mix well
- ✓ Add salmon filets to the pouch, seal and marinate in the fridge for 1 to 4 hours
- ✓ Preheat Sous Vide to 125° F
- ✓ Place salmon in Sous Vide and cook for 25 minutes
- ✓ Then brown in a skillet on high heat for 30 seconds each side
- ✓ Enjoy

SOUS VIDE CHAWANMUSHI



***Prep Time: 10min Cook Time: 1hr Total Time:
2hrs 10min***

Servings: 4

INGREDIENTS

- 2 Teaspoons Dashi Granules
- 2 Cups Warm Water
- 4 Pieces Eggs
- 4 Sticks Imitation Crab Meat chopped
- 1/4 Cup Spring Onions chopped

INSTRUCTIONS

- ✓ Whisk the eggs in a bowl.
- ✓ Dissolve the dashi granules in heat water. Let cool.

- ✓ Add the dashi to the eggs.
- ✓ Filter the mixture through a large sifter.
- ✓ Fill serving cups with crabsticks, spring onions.
- ✓ Cover every cup with wrap.
- ✓ Cook for an hour at 176F.

SOUS VIDE TOMATO SUSHI



***Prep Time: 4hrs Cook Time: 4hrs Total Time:
16hrs***

Servings: 12

INGREDIENTS

- For the Tomatoes
- 3 Pieces Roma Tomatoes
- 3 Sheets Nori
- 1 Tablespoon Soy Sauce
- 1/4 Teaspoon Salt
- 1 Cup Water
- For the Sushi Rice
- 1 Cup Uncooked Glutinous White Rice
- 1.5 Cups Water
- 1/4 Cup Rice Vinegar

- 2 Tablespoons Sugar
- 1/4 Teaspoon Salt

INSTRUCTIONS

- ✓ Put the tomatoes in boiling water for 30 seconds.
- ✓ Place them into a cold bath.
- ✓ Peel, and deseed the tomatoes.
- ✓ Marinate the tomatoes inside the nori reduction for 4 hours.
- ✓ Put the tomatoes and the marinade in sous vide p.C. And cook for 4 hours at 140F.
- ✓ For the Sushi Rice
- ✓ Simmer vinegar, sugar, and salt in a pan till sugar dissolves.
- ✓ Rinse the Rice in cool water.
- ✓ Add Rice and water to a pot. Heat up till boiling.
- ✓ Once boiling, lower the temperature and cook for 15 minutes.
- ✓ Pour vinegar and sugar over Rice and blend.
- ✓ With your hands, shape Rice into "sushi" rectangles.
- ✓ Top the Rice with tomato and wrap with a chunk of nori.

SOUS VIDE BEEF SHOGAYAKI



***Prep Time: 5min Cook Time: 12hrs Total
Time: 1day 5min***

Servings: 4

INGREDIENTS

- 500 Grams Beef Stew Meat
- 3 Tablespoons Soy Sauce
- 3 Tablespoons Mirin
- 3 Tablespoons Water
- 1 Thumb-Sized Piece Ginger grated

INSTRUCTIONS

- ✓ Combine soy sauce, mirin, water, and ginger.
- ✓ Toss the hamburger in the soy-ginger mixture.
- ✓ Remove the hamburger and marinate in sous vide

pouch.

- ✓ Cook at 140F for 12 hours.
- ✓ Drain the hamburger of the cooking juices and singe shortly in a warm pan.

SOUS VIDE RAMEN EGGS



***Prep Time: 8hrs Cook Time: 50min Total
Time: 9hrs 20min***

Servings: 4

INGREDIENTS

- 4-6 Pieces Eggs
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Mirin
- 1/4 Cup Water

INSTRUCTIONS

- ✓ Boil the eggs in a pot for four minutes.
- ✓ Cool off the eggs under a cold bath.
- ✓ Let the eggs cook for forty five minutes at 147F.
- ✓ Cool off once more under a cold bath.
- ✓ Peel and marinate the eggs for a while within a mix of soy sauce, mirin, and water.

SOUS FILET MIGNON WITH LIVER COMPOUND BUTTER



***Prep Time: 15min Cook Time: 45min Total
Time: 1hr 45min***

Servings: 4

INGREDIENTS

- Filet Mignon
- Filet Mignon
- Butter
- Salt
- Liver Compound Butter
- 1- Stick Butter, unsalted softened
- 2- Tablespoons Liver Pate
- Salt
- Pepper

INSTRUCTIONS

- ✓ Filet Mignon
- ✓ Season hamburger with salt.
- ✓ Put hamburger into sous vide pouches with some butter.
- ✓ Cook the hamburger for 45 minutes at 130F.
- ✓ Immerse the steaks into a cold bath.
- ✓ Sear the steaks in a cast-iron skillet.
- ✓ Liver Compound Butter
- ✓ Whisk butter until light yellow.
- ✓ Add the liver pate.
- ✓ Season with salt and pepper.
- ✓ Roll in film and set the fridge until ready to consume.

ROTINI IN SOUS VIDE SAFFRON- TOMATO OIL



***Prep Time: 10min Cook Time: 1hr Total Time:
2hrs 10min***

Servings: 4

INGREDIENTS

- 500g- Ripe Tomatoes cut into wedges
- 1- Cup olive oil
- a Pinch Saffron Threads
- 1- Head garlic Finely chopped
- Red Pepper Flakes to taste
- 1- Tablespoons Black Peppercorns cracked
- Salt to taste
- 250- Rotini cooked to pouch directions
- 1- Cup Parmesan cheese shaved

- Fresh Parsley for garnish

INSTRUCTIONS

- ✓ Combine tomatoes, garlic, saffron, black peppercorns, red pepper, and olive oil in a sous vide pouch.
- ✓ Cook for an hour at 185F.
- ✓ Add the dried pasta and the tomato oil.
- ✓ Mix and add shaved parmesan and grounded parsley

SOUS VIDE LAMB MASALA WITH PRUNE CHUTNEY



***Prep Time: 15min Cook Time: 1hr Total Time:
2hrs 15min***

Servings: 4

INGREDIENTS

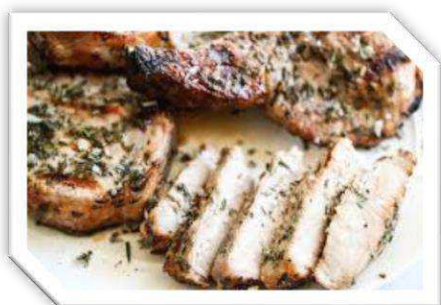
- Lamb
- 4- Pieces Lamb Rack Chops
- 2- Tablespoons Garam Masala
- Salt
- Prune Chutney
- 1- Cup Prune
- 1/4- Cup Apple Cider Vinegar
- 1- Piece Shallot
- 1- Tablespoon Sugar

- 1- Teaspoon Salt
- 2- Teaspoons Black Peppercorns
- 1- Cup Water

INSTRUCTIONS

- ✓ Mix each ingredient for the chutney in a pot and stew till thick.
- ✓ Season the lamb with salt and garam masala.
- ✓ Put in sous vide pouch and cook for 1 hour at 130F.
- ✓ Cool off the lamb under a cold bath.
- ✓ Sear the lamb for 30-45 seconds each side.
- ✓ Allow the lamb to rest for 10 minutes.
- ✓ Serve with rice and prune chutney.

SOUS VIDE GREEK PORK CHOPS



***Prep Time: 8hrs Cook Time: 1hr Total Time:
18hrs***

Servings: 3

INGREDIENTS

- 3- Pieces Pork Chops
- 6- Cloves garlic crushed
- 2- Sprigs Rosemary
- 1/2- Tablespoon Black Peppercorns
- 1/4- Cup olive oil
- 1-Piece Lemon juice
- Salt

INSTRUCTIONS

- ✓ Mix olive oil, lemon juice, garlic, rosemary, and

darkish peppercorns in a food processor.

- ✓ Marinate the pork for a while within the mixture.
- ✓ Cook the red meat sous vide for an hour at 150F.
- ✓ Cool off the pork hacks under cold bath.
- ✓ Season the pork with salt.
- ✓ Sear the red meat for a while each side in a warm skillet.

SOUS VIDE CHICKEN PICCATA



***Prep time 5mins Cook time 4hrs 10mins Total
time 4hrs 15mins***

Serves: 5

INGREDIENTS

- 1 – Split chicken breast
- 1 cup – Chicken stock
- 2 TB – All-purpose flour
- 1/2 cup – Extra virgin olive oil
- 1/4 cup – Sun-dried tomatoes in oil
- 1 TB – Capers, chopped
- 14 oz. quarter Artichoke Hearts
- 3 – Garlic cloves, minced
- 1/2 cup – Dry white wine
- 1/4 cup – Butter, cut into four pieces

- 1/4 cup – Fresh parsley, chopped
- Kosher salt & ground black pepper
- Zest and juice from 1 lemon

INSTRUCTIONS

- ✓ **Cook the chicken:** Season chicken with salt and pepper; place inside the p.C., or sealed pouch.
- ✓ Seal the pouches with a sealer, or through the water uprooting technique, if you're utilizing zip-close pouches.
- ✓ Cook at 150°F for 4 hours.
- ✓ Remove the pouches from the water bath and place them in a safe spot.
- ✓ **Make the sauce:** In a deep skillet, heat olive oil at medium-high heat; add flour and wait till slightly brown.
- ✓ Add garlic and sun-dried tomatoes, and stir for an additional 30 seconds or something like that.
- ✓ Gradually add chicken.
- ✓ Add wine, lemon and artichoke hearts.
- ✓ Meanwhile, carefully add chicken cooking juice from the pouch.

- ✓ Continue cooking at medium-high heat till the mixture is quite reduced and thickened
- ✓ While it is reducing, cut the chicken.
- ✓ Once sauce mixture has reduced, remove from heat; add chicken and parsley.

SOUS VIDE LAMB CHOPS WITH BASIL CHIMICHURRI



***Prep Time: 45minutes, Cook Time: 2hr, Total
Time: 2hrs 45minutes***

Serves: 3

INGREDIENTS

- lamb chops
- 2- rack of lamb, frenched
- 2- cloves garlic, crushed
- salt
- pepper
- Basil Chimichurri
- 1- cup fresh basil, finely chopped
- 1- shallot dice
- 1-2 clove of garlic, minced

- 1- tsp red chili flakes
- 1/2- olive oil
- 3- tbs red wine vinegar
- 1/4- ts sea salt
- 1/4- ts pepper

INSTRUCTIONS

- ✓ Set sous vide temperature to fifty-six degrees Celcius. Season lamb with salt and pepper
- ✓ Seal lamb with squash garlic and sous vide for 2 hours.
- ✓ Combine the ingredients of the basil chimichurri sauce in a bowl and mix it properly.
- ✓ After two hours, remove lamb steaks from the pouch and dry properly with paper towels. Cook with a properly-oiled pan
- ✓ Remove the bones and top with basil chimichurri sauce.

BAY SCALLOP SCAMPI



***Prep Time: 35minutes, Cook Time: 45minutes,
Total Time: 1hrs 20minutes***

Serves: 4

INGREDIENTS

- 1 lb – Bay scallops
- 4 TB – Butter
- 2 TB – Extra Virgin Olive Oil
- ½ cup – Dry white wine
- 4 – Garlic cloves, minced
- 2 TB – Parsley, roughly chopped
- 1 tsp – Lemon zest, freshly grated
- ¼ cup – Lemon juice
- Kosher salt and freshly ground Black Pepper

INSTRUCTIONS

- ✓ Cook the scallops
- ✓ Place scallops inside the zip pouch, or alternatively a sealed pouch.
- ✓ Seal the pouches with a sealer, or by means of the water removal technique, in case you're utilising zip-close pouches.
- ✓ Cook at 125°F for 40 minutes.
- ✓ Make the sauce
- ✓ Melt butter in a skillet at medium heat.
- ✓ Add olive oil; increase heat to medium-high.
- ✓ Add garlic and cook for a minute.
- ✓ Add white wine, lemon, and juice; stew for round four-five minutes, until the sauce has reduced notably.
- ✓ Add parsley.
- ✓ Adjust with Kosher salt and fresh ground Black Pepper.
- ✓ Remove scallops from the pouch, dry with a paper towel, and add scampi sauce over.
- ✓ Serve right away over pasta.

SOUS VIDE MUSHROOMS



***Prep Time: 10mins Cook Time: 30mins Total
Time: 40mins***

Servings: 4

INGREDIENTS

- 1- lb mushrooms
- 2- Tbsp low sodium soy sauce
- 2- Tbsp olive oil
- 1- Tbsp sherry vinegar
- 2- tsp fresh thyme leaves
- 1/2- tsp black pepper
- 1/2- tsp kosher salt

INSTRUCTIONS

- ✓ Preheat your sous vide water bath to 80°C

- ✓ In a bowl, mix the mushrooms with the ingredients. Place the mushroom blend utilizing the water removal technique, or a sealer.
- ✓ Immerse the pouch into the water bath and cook for 30 minutes.
- ✓ Remove from the water bath and serve the mushrooms right away.

CORNED BEEF AND CABBAGE



Prep Time: 48hrs, Cook Time: 55minutes,

Total Time: 48hrs 55minutes

Serves: 6 to 8

INGREDIENTS

- 4- pounds of corned beef
- 6- slices of bacon
- 1- head of cabbage
- 2- cups chicken stock
- 1/2- cup champagne vinegar

INSTRUCTIONS

- ✓ Pre-heat the water oven to 134°F/56°C.
- ✓ Put the corned beef into a pouch and vacuum/seal.

- ✓ immerse the pouch in the water and cook for 48 hours
- ✓ About 45 minutes before you are ready to dine, prepare the cabbage.
- ✓ In a skillet, at medium heat, cook the bacon slices until the juice is reduced. Remove everything except 1-2 tablespoons (15 to 30 ml) of the bacon fat.
- ✓ Add the cabbage to the skillet, raise the heat to medium-high, and cook for around 5 minutes.
- ✓ Add the chicken stock and the vinegar and keep on cooking the cabbage in the juice.
- ✓ When the cabbage is ready, remove the meat from the water bath and the cooking pouch.
- ✓ To serve, cut the meat into 1/2" – 3/4" slices and serve with the cabbage.

OVERNIGHT SOUS VIDE BACON

RECIPE



Active time: 7mins total time: up to 2 days

Serves 4

INGREDIENTS

- 1- pound thick-cut bacon, still in its pouch

INSTRUCTIONS

- ✓ Preheat sous vide water bath to 145°F. Put bacon, in a water bath and cook for 8 to 48 hours.
- ✓ When ready, remove it from the water bath and chill in the fridge or fridge for later use.
- ✓ Preheat a large skillet or frying pan at medium-high heat for 5 minutes. Add bacon and cook, squeezing with a spatula, until brown, around 2 minutes. Turn

it and quickly cook on this side.

- ✓ Remove the fat with paper. Serve right away.

SOUS VIDE BONNET



***Prep Time: 20minutes, Cooking Time:
35minutes, Total Time: 55minutes***

Serves 4

INGREDIENTS

- 12- ounces milk
- 10- pairs Amaretti di Sorrento cookies
- 2- tsp cocoa powder
- 1 1/2- ounces dark rum
- 5- tablespoons vanilla sugar*
- 1/2- cup granulated sugar
- 5 egg yolks

INSTRUCTIONS

- ✓ Preheat the Sous Vide Supreme to 185F-194F/85-90C.

- ✓ Grind the 10 pairs of amaretti into powder with a food processor or a rolling pin.
- ✓ In a pot, prepare the caramel.
- ✓ Add the sugar.
- ✓ Add a little water.
- ✓ Cook at high heat without mixing much.
- ✓ Take some ramekins and pour the caramel.
- ✓ Cook for 45 minutes.
- ✓ Let them cool at room temperature.

SOUS VIDE CHAMOMILE CRÈME BRULÉE



***Prep Time: 35mins, Cooking Time: 1hr
50mins, Total Time: 2hrs 25mins***

Serves 4

INGREDIENTS

- Chamomile Crème Brulée:
- 9- large egg yolks
- 1/2- cup + 1 Tbsp sugar
- 1- tsp vanilla bean paste
- 3- cups heavy cream
- 2- Tbsp loose leaf chamomile tea
- Infused Strawberries:
- 1/2- lb strawberries
- 2- tsp sugar

- 2- Tbsp Rosé wine
- To Serve:
- 3/4- cup of sugar

INSTRUCTIONS

- ✓ In a huge bowl, whisk egg yolks, sugar and vanilla paste.
- ✓ Mix cream, vanilla, and tea. Put the mixture into two little sous vide pouches. Immerse the pouches in cool water for at least 20 minutes.
- ✓ Cook in Sous Vide bath for 60 minutes, moving the pouches.
- ✓ Before moving to the fridge, cover with wrap for 6 hours
- ✓ **FOR BERRIES:**
- ✓ Miz ingredients in a bowl.
- ✓ Place them into a sous-vide pouch and seal. Cook in a sous vide bath for 30 minutes.
- ✓ Cool off under cold bath.
- ✓ **TO SERVE:**
- ✓ Top with 2 Tbsp sugar the chilled crème brulée. Utilizing a lighter, liquefy the sugar. Let it rest for at least 3 minutes before serving alongside the strawberries.

TANDOORI CHICKEN BREAST



Prep time: 5 minutes marinating time: 1hr

Serve: 2 to 3

INGREDIENTS

- 2 thin chicken breasts
- ¾ cup low-fat plain yogurt
- 2–3 tsp red curry paste
- sea salt, to taste

INSTRUCTIONS

- ✓ Mix the yogurt with the ingredients completely in a bowl and cover the chicken with the mixture. Put everything in the vacuum pouch and seal.
- ✓ Leave to marinate in the fridge for 60 minutes.
- ✓ Remove from the vacuum pouch and place them on

a hot barbecue. Present with lentil and mixed greens.

SALMON GRAVLAX IN A CURRY, MUSTARD SAUCE



Prep time: 5mins Marinating time: 4hrs

Serve: 3

INGREDIENTS

- 10- ounces of salmon fillet
- 2- tbsp coarse sea salt
- 2- tbsp brown cane sugar
- 2- tbsp mustard seed
- 1- tbsp curry powder

INSTRUCTIONS

- ✓ Mix the ingredients. Cover the salmon. Put everything in the vacuum pouch and seal.
- ✓ Place in the fridge to marinate for 4 to 6 hours.

- ✓ Remove them from the vacuum pouch, wash off the blend, and pat the filet dry. Cut and serve.

EXOTIC CARPACCIO OF PINEAPPLE



Prep time: 10mins Marinating time: 2hrs

Serve: 2

INGREDIENTS

- 1/2- fresh pineapple
- 1- ounce whiskey
- 2- tbsp brown sugar
- 2- tbsp water
- 1- stalk of lemongrass
- coarsely ground pink peppercorns
- coarsely ground green peppercorns

INSTRUCTIONS

- ✓ Peel and cut the pineapple. Remove the stalk and reduce to thin slices. Put them into pouches.
- ✓ Heat up the whiskey, add sugar. Reduce.
- ✓ Cut the lemongrass. Mix the pink peppercorns together with the green pepper, add them to the pineapple slices in the vacuum pouch and seal.
- ✓ Leave inside the fridge to marinate for two to 24 hours.
- ✓ Remove from the vacuum pouch and use it as a fruity backup to ice cream, cream, or even chocolate cake.

BALSAMIC STRAWBERRIES



Prep time: 5mins Marinating time: 2hrs

Serve: 2

INGREDIENTS

- 1- pint strawberries
- green pepper
- 1- tbsp old Balsamic vinegar
- 1- tsp sugar

INSTRUCTIONS

- ✓ Clean the strawberries, dispose of the stalk and place them inside the vacuum pouch with the cut side facing downwards.
- ✓ Mix the other ingredients, place them inside the vacuum pouch, and seal.

- ✓ Leave in the fridge to marinate for 2 hours.
- ✓ Remove from the vacuum pouch and serve either alone or with a scoop of vanilla ice cream.

ORANGE SUGAR WITH MINT



***Prep time: 10 minutes marinating time: 24
hrs***

Serves: 4

INGREDIENTS

- 1-2- unwaxed oranges
- 1- cup of sugar
- 5- mint leaves

INSTRUCTIONS

- ✓ Rinse the orange under hot water, peel and cut into slices. Cut the mint leaves into thin pieces.
- ✓ Place everything in the vacuum pouch with sugar, shake it up and seal.
- ✓ Leave to rest for at least 24 hours.
- ✓ Remove the sugar from the vacuum pouch onto a plate, let it dry a bit, then blend.

BAKED APPLE



Prep time: 10mins Cooking Time: 1hr 15mins

Serve: 3

INGREDIENTS

- 2–3 large, tart apples
- ¼- cup almonds
- 1- unwaxed lemon
- cup marzipan
- A pinch of cinnamon
- 1- tbsp flaked almonds
- 1- tbsp rum
- 2- tbsp confectioners powdered sugar

INSTRUCTIONS

- ✓ Core the apples. Toast the flaked almonds in a skillet on medium heat until translucent. Wash the lemon under hot water, and squeeze 1 tbsp of juice.
- ✓ Mix the toasted almonds and the lemon juice with the other ingredients and pour the blend onto the apples.
- ✓ Place every apple in a vacuum pouch and seal.
- ✓ Cook the apples.
- ✓ Remove from the vacuum pouch, place in an oven, under the grill. Vanilla sauce is a great side dish.

NECTARINES WITH CRANBERRIES



Prep time: 10mins Cooking Time: 30mins

Serve: 2

INGREDIENTS

- 2- large, ripe nectarines
- 2- tbsp cranberries
- 1- tbsp vanilla sugar
- 2- tbsp peach syrup

INSTRUCTIONS

- ✓ Cut the nectarines in halves and remove the seeds. Top with a little vanilla sugar and the cranberries.
- ✓ Place them in the vacuum pouch. Pour in the syrup and seal.

- ✓ Cook the nectarines.
- ✓ Remove from the vacuum pouch and serve.
Delicious as a fruity backup.

PEACHES IN PORT



Prep time: 10mins Cooking time: 30mins

Serve: 2

INGREDIENTS

- 2- large, ripe peaches
- 4- tbsp port
- 1- tbsp vanilla sugar

INSTRUCTIONS

- ✓ Cut the peaches in halves and remove the seeds. Put a little vanilla sugar in the holes and put the peaches in the vacuum pouch.
- ✓ Boil the port and let chill off. Add it to the vacuum pouch, and seal.
- ✓ Cook the peaches.

- ✓ Remove from the vacuum pouch and present with a scoop of ice cream.

PLUMS IN AMARETTO AND ORANGE SAUCE



Prep time: 10mins Cooking Time: 20mins

Serve: 2

INGREDIENTS

- 4- medium-sized plums
- 1- unwaxed orange
- 3- cup sugar
- 2- tbsp Amaretto
- 1/2- cinnamon stick

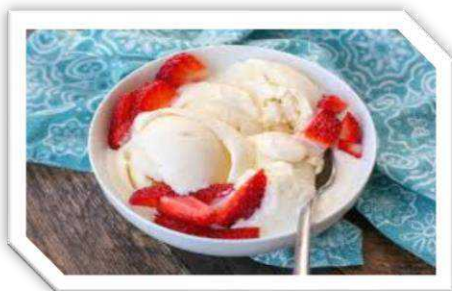
INSTRUCTIONS

- ✓ Cut the plums in halves, remove the core and put them in the vacuum pouch. Wash the orange under

hot water and cut one inch of the slice. Then, squeeze the orange.

- ✓ In a little sauté skillet melt sugar at medium heat until translucent. Caramelize the sugar and deglaze with the amaretto and squeezed orange.
- ✓ Add the rest of the ingredients and boil. Let it cool. Add the juice to the plums in the vacuum pouch and seal.
- ✓ Cook the plums.
- ✓ Remove from the vacuum pouch and serve. Delicious presented with a scoop of vanilla ice cream.

BASIC RECIPE FOR ICE CREAM



Prep time: 10mins Cooking Time: 25mins

Serve: 3

INGREDIENTS

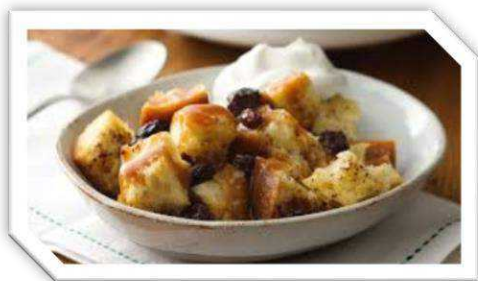
- 1/2- vanilla pod
- 3- large egg yolks
- 1/2- cup + 1 tbsp heavy cream
- 1/2- cup + 1 tbsp milk
- 1/4- cup of sugar

INSTRUCTIONS

- ✓ Cut in halves and scrape the vanilla bean caviar and mix well with the yolk, heavy cream, milk, and sugar in a blender or with a whisker.
- ✓ Put the blend in the vacuum pouch and seal.

- ✓ Cook the blend.
- ✓ Put it in the fridge to cool off for a while.
- ✓ Depending on your taste, different ingredients can be added to the recipe before placing in the ice cream machine.

BREAD PUDDING IN THE SLOW COOKER



***Prep: 10m Cook Time: 3 h Total Time: 3h 10m
Servings: 6***

INGREDIENTS

- 8- cups cubed bread
- 1- cup raisins (optional)
- 2- cups milk
- 4 eggs
- 1/4- cup butter, melted
- 1/4- cup white sugar
- 1/2- teaspoon vanilla extract
- 1/4- teaspoon ground nutmeg

INSTRUCTIONS

- ✓ Place bread and raisins in a slow cooker.
- ✓ Whisk milk, eggs, butter, sugar, vanilla extract, and nutmeg in a bowl; add bread and raisins.

DOCE DE BANANA



***Prep Time: 15min, Cook Time: 40min, Total
Time: 55min***

Serves 4

INGREDIENTS

- 5- small bananas, firm but ripe
- 1- cup brown sugar
- 2- cinnamon sticks
- 6- whole cloves
- Vanilla cool cream

INSTRUCTIONS

- ✓ Preheat the Sous Vide Supreme water oven to 176F/80C. Put the bananas, brown sugar, cinnamon sticks, and cloves into a small pouch and

seal. Use the gentle speed, if present, to avoid squashing.

- ✓ Immerse the pouch in the water to cook for 30 to 40 minutes, until the bananas are soft and the sugar has melted.
- ✓ Remove and let cool.
- ✓ Open pouch and remove the cinnamon sticks and cloves.
- ✓ Serve bananas warm in a bowl along with whipped cream or over vanilla ice cream.

SOUS VIDE QUINOA



***Prep Time: 25min, Cook Time: 1hr 10min,
Total Time: 1hr 35min***

Serves: 4

INGREDIENTS

- 1- cup quinoa
- 2- cloves garlic
- 1- small sprig fresh basil
- Kosher salt
- 1 1/2- cups water

INSTRUCTIONS

- ✓ Set Anova Sous Vide Precision Cooker to 180°F.
- ✓ Insert the quinoa, garlic, basil, and half a teaspoon of salt in a medium pouch.

- ✓ Add the water and seal the pouch.
- ✓ Place the pouch in the water bath and set the clock for 60 minutes.
- ✓ Finishing Steps
- ✓ When the clock goes off, remove the pouch from the water bath.
- ✓ Put everything into a medium bowl and add basil and garlic.
- ✓ season to taste with salt. Serve.

SOUS VIDE
SNACKS AND
DESSERT

SOUS VIDE FRENCH TOAST



***Prep Time: 5min Cook Time: 1hr Total Time:
2hrs 5min***

Servings: 4

INGREDIENTS

- 4 Slices Bread
- 2 Pieces Eggs
- 1/2 Cup Heavy Cream
- 1 Teaspoon Vanilla Extract
- 1/2 Teaspoon Cinnamon Powder
- 1/4 Cup Butter

INSTRUCTIONS

- ✓ Whisk eggs, cream, vanilla, and cinnamon in a bowl.

- ✓ Add bread slices in the blend.
- ✓ Put everything in a sous vide pouch.
- ✓ Cook for an hour at 147F.
- ✓ Pour the bread in a buttered container.

SOUS VIDE COD BURGERS WITH CURRY AIOLI



***Prep Time: 15min Cook Time: 30min Total
Time: 1hr 15min***

Servings: 2

INGREDIENTS

- For the burgers
- 500 Grams Cod Fillets roughly chopped
- 1 Piece Egg
- 1 Cup Flour
- 1 Tablespoon Fish Masala
- 6 Grams Salt
- A handful Laksa or Cilantro Leaves
- For the Curry Aioli
- 3 Tablespoons Mayonnaise

- 1 Tablespoon Fish Masala
- 1 Clove garlic minced
- Assembling the Burgers
- 2 Pieces Burger Buns
- Lettuce Leaves

INSTRUCTIONS

- ✓ Join the cod, egg, masala powder, salt, and laksa leaves in a food processor.
- ✓ Put the blend and flour in a bowl.
- ✓ Make burgers out of the blend and put in the fridge for 10 minutes.
- ✓ Put burgers into a sous-vide pouch with some olive oil.
- ✓ Cook for 30 minutes at 130F.
- ✓ Brown the burgers for 45 seconds each side in a non-stick skillet.
- ✓ Mix all ingredients for the aioli in a bowl.
- ✓ Spread aioli on the two parts of every each burger, add lettuce.

SOUS VIDE MAHI-MAHI, SQUID INK BEAN PUREE



***Prep Time: 15min Cook Time: 20min Total
Time: 55min***

Servings: 2

INGREDIENTS

- For the Mahi-Mahi
- 2 Pieces Mahi-Mahi Fillets
- 2 Tablespoons olive oil
- Salt to taste
- 1 Cup Black Beans cooked
- 1/4 Cup Squid Ink
- 1/4 Cup Chopped Onions
- 1 Cups White Wine
- For the Basil Oil

- 1 Bunch Fresh Basil Leaves
- 1/2 Cup olive oil

INSTRUCTIONS

- ✓ For the Mahi-Mahi
- ✓ Season the mahi-mahi fillets with salt on both sides. Leave to rest for 5 minutes.
- ✓ Put the fish into a sous-vide pouch together with olive oil and cook for 20-30 minutes at 135F.
- ✓ Then, Sautee dark beans and onions.
- ✓ Pour white wine and squid ink. Stew until completely reduced.
- ✓ Puree the dark bean blend in a food processor.
- ✓ Serve fish over bean puree. Top with basil oil.
- ✓ For the Basil Oil
- ✓ Boil the basil leaves.
- ✓ Wash them in a cold bath.
- ✓ Remove any water left.
- ✓ Puree in a food processor together with olive oil.

SMOKY SOUS VIDE MEATBALLS



***Prep Time: 15min Cook Time: 1r Total Time:
2hrs 15min***

Servings: 8

INGREDIENTS

- 300 Grams Ground Beef
- 1- Piece Egg
- 4- Cloves garlic
- 1- Pieces Shallot
- 1/4- Cup Bread Crumbs
- 1/4- Teaspoon Granulated Ginger
- 1/4- Teaspoon Garlic Powder
- 1/4- Teaspoon Cumin Powder
- 1/4- Teaspoon Black Pepper Powder
- 1/2- Teaspoon Paprika Powder

- 2- Tablespoons Yogurt
- 1- Teaspoon Salt
- 1- Teaspoon Liquid Smoke

INSTRUCTIONS

- ✓ Put all ingredients in a bowl.
- ✓ Make balls out of the blend.
- ✓ Let cool in the fridge for around ten minutes.
- ✓ Put the meatballs in a sous vide pouch.
- ✓ Cook for an hour at 140F.
- ✓ Chill in a cold bath.
- ✓ Brown a while in a non-stick skillet.
- ✓ Present with your favorite pasta.

SOUS VIDE FRENCH FRIES



***Prep Time: 15min Cook Time: 25 min Total
Time: 55min***

Servings: 4

INGREDIENTS

- 500 Grams Potatoes peeled and cut into half-inch batons
- 1/2 Cup Water
- 1/2 Tablespoon Salt
- 1/4 Teaspoon Sugar
- 1/4 Teaspoon Baking Soda
- Vegetable Oil for frying
- Salt to taste

INSTRUCTIONS

- ✓ Mix water, salt, sugar, and baking soda.
- ✓ Put potatoes in a sous vide pouch with the blend.
- ✓ Cook for 15 minutes at 194F.
- ✓ Dry the potatoes.
- ✓ Fry at 130C for 7 minutes.
- ✓ Let cool.
- ✓ Fry briefly at 190C.

WASABI-BEER BOCKWURSTS WITH TERIYAKI ONION MARMALADE



***Prep Time: 5min Cook Time: 2hrs Total Time:
4hrs 5min***

Servings: 4

INGREDIENTS

- Sausages
- 4- Pieces Bockwurst Sausages
- 1/4- Cup Beer
- 1- Tablespoon Wasabi Powder
- Teriyaki Onion Marmalade
- 2- Pieces White Onion thinly sliced
- 3- Tablespoons Soy Sauce
- 2- Tablespoons Sugar

- 2- Tablespoons Rice Wine Vinegar
- 1/2- Tablespoon Grated Ginger
- 1- Liter Water

INSTRUCTIONS

- ✓ Pre-heat the water bath to 150F.
- ✓ Mix all ingredients for the onion marmalade in a pot and stew until onions are brown. Add more water if necessary.
- ✓ Put hotdogs in a sous vide pouch. Add beer and wasabi powder.
- ✓ Seal and cook for 2 hours.
- ✓ Serve hotdogs on buns topped with onion marmalade.

SOUS VIDE SHELL CRAB PO'BOYS, MANGO-DILL MAYO



***Prep Time: 10min Cook Time:3hrs Total Time:
6hrs 10min***

Servings: 3

INGREDIENTS

- 500g- Soft Shell Crabs
- 1- Piece Ripe Mango flesh
- 1/2- Cup Mayonnaise
- 1- Tablespoon Dijon Mustard
- a few Sprigs Dill
- Fresh Lettuce Leaves
- Salt to taste
- Vegetable Oil for frying
- All Purpose Flour for dredging

INSTRUCTIONS

- ✓ Cook the soft shell crabs for 3 hours in a 145F water bath.
- ✓ Puree the mangoes, mayonnaise, mustard, dill, and salt in a food processor.
- ✓ Pat the cooked crabs dry and cover with flour.
- ✓ Fry the soft shell crabs for a while.
- ✓ Build the sandwiches.

SOUS VIDE MAINE-STYLE LOBSTER ROLLS RECIPE



Active time: 10min total time: 10min

Serving: 4

INGREDIENTS

- 2- tablespoons unsalted butter
- 4- hot dog buns, preferably top-split
- 1 recipe Sous Vide Lobster
- Up to 2 tablespoons mayonnaise
- 1- rib celery
- 1- tablespoon fresh chives and/or tarragon
- Fresh juice of 1 lemon
- Kosher salt and freshly ground black pepper

INSTRUCTIONS

- ✓ Heat butter in a large skillet or on a frying pan at medium heat. Add the buns, with the soft side down, and fry until translucent brown. Flip and fry the other side. Move to a serving plate.
Remove any herbs from sous vide lobster pouch. Remove lobster from the pouch and slit into big vertical pieces. Move to an large bowl. Add mayonnaise to taste, celery, and chives or tarragon.
- ✓ Add lemon juice to taste. Add salt and pepper if necessary. Divide blend uniformly between buns and serve.

STEAK AND MISO BUTTER LOBSTER SANDWICH



***Prep time: 15min sous vide time: 1hour total
time: 1 hour 15 minutes***

INGREDIENTS

- Steak
- 1/2 lb boneless rib eye steak
- salt and freshly ground pepper
- 1 tablespoon butter
- Lobster
- 1-2 fresh lobster tails
- 1 tablespoon miso
- 1 tablespoon butter
- freshly ground pepper
- Sandwich

- 1-2 sprigs fresh dill, roughly chopped
- thin tomato slices
- baby pea shoots
- kewpie mayo, to taste
- wasabi, to taste
- salt and freshly ground pepper, to taste

INSTRUCTIONS

- ✓ Fill a large pot and set the sous vide system to 130°F.
- ✓ Spot inside the water and sous vide for 30 minutes.
- ✓ While the steak is cooking, delicately remove the shell out of your lobster. This might be tough as uncooked lobsters can be very delicate.
- ✓ I observed that using a kitchen shears to cut the base of the shell made a difference.
- ✓ When the hour is up, remove the steak from the pouch and pat dry.
- ✓ Heat up a large iron skillet at high heat and cook each side for 1-2 mins.
- ✓ Remove the lobster from the water and cut open the pouch. Pour the butter miso-lobster water right into a bowl.

- ✓ Cut the lobster and add it to the miso-spread. Add dill and pepper if necessary.
- ✓ Toast the bread, then, cut the steak.
- ✓ Build the sandwich: kewpie mayo, wasabi, slices of steak, tomato slices, cut of toast, lobster, pea shoots, season with salt and pepper. Cut and enjoy it!

SOUS VIDE HAM AND MANCHEGO EGG BITES



***Prep Time: 5min Cook Time: 1hr Total Time:
2hrs 5min***

Servings: 3

INGREDIENTS

- 6 Eggs
- 1/2 Cup Heavy Cream
- 1/2 cup Manchego Cheese
- 1 Cup Chopped Ham
- Butter for brushing
- Salt to taste
- Pepper to taste

INSTRUCTIONS

- ✓ Mix the eggs, cream, and cheese in a blender until smooth. Season with salt and pepper if necessary.
- ✓ Butter some mason jars.
- ✓ Put chopped ham inside the containers.
- ✓ Pour the egg blend into the jars.
- ✓ Cover the jugs.
- ✓ Cook for an hour at 170F.

SOUS VIDE EGGS ST. DENISE



***Prep Time: 30min Cook Time: 45min Total
Time: 2hrs***

Servings: 4

INGREDIENTS

- Muffins
- Eggs
- English Muffins
- Butter
- Smoked Ham
- Red Wine Shallot Demi-Glace
- 1 Cup Red Wine
- 1-2 Tablespoons Minced Shallots
- 1 Cup Demi-Glace
- 1/2 Stick Butter

INSTRUCTIONS

- ✓ Sous Vide Poached Eggs
- ✓ Cook eggs for 45 minutes at 143F.
- ✓ Immerse into a cold bath for around 5 minutes.
- ✓ Crack each egg with a spoon.
- ✓ You may additionally separate the whites by poaching in water for an extra moment.
- ✓ Red Wine Shallot Demi-Glace
- ✓ Reduce shallots with red wine in a small pot.
- ✓ Whisk in demi-glace.
- ✓ Whisk cold butter chunks.
- ✓ Build the sandwiches
- ✓ Toast the sandwiches with the spread.
- ✓ Add smoked ham and top with a poached egg.
- ✓ Ladle demi-glace over the toasts.

SOUS VIDE CHICKEN

BALLOTINE



***Prep Time: 20min Cook Time: 4hrs Total
Time: 8hrs 20min***

Servings: 6

INGREDIENTS

- 1 Whole Chicken deboned
- 500 Grams Ground Pork
- 2 Tablespoons Dijon Mustard
- 2 Teaspoons Dried Tarragon
- Salt to taste
- Pepper to taste
- 1/4 Cup Melted Butter

INSTRUCTIONS

- ✓ Lay the deboned whole chicken with the skin up.
- ✓ Cover the skin with mustard and season with salt, pepper, and dried tarragon.
- ✓ Spread the ground pork over the chicken. Season with salt and pepper.
- ✓ Roll up the chicken.
- ✓ Put the chicken with a touch of olive oil in sous vide p.C. And cook dinner for four hours at 145F.
- ✓ Take the chicken out of the pouch and dry for 10-15 mins.
- ✓ Brush the chicken with melted butter and meal at 240C for 15 minutes or until the pores and skin is clean.
- ✓ Rest the chicken for 10 mins.

SOUS VIDE BROCCOLI WITH BACON BLUE CHEESE MORNAV



***Prep Time: 15min Cook Time: 20min Total
Time: 55min***

Servings: 4

INGREDIENTS

- 1- Head Broccoli
- 1/4- Cup Bacon Bits
- 1- Tablespoon Flour
- 1- Cup Milk
- 1/4- Cup Blue Cheese

INSTRUCTIONS

- ✓ Put broccoli heads in your sous vide pouch.
- ✓ Immerse the broccoli in a cold bath for 5 minutes.

- ✓ Reduce the bacon fat.
- ✓ Drain some bacon bits and place on paper towels.
- ✓ Add flour into the bacon fat inside the skillet.
- ✓ Whisk in cool milk.
- ✓ Stir in blue cheese until softened.
- ✓ Top broccoli with mornay sauce.

TURMERIC AND DILL PICKLED SOUS VIDE CAULIFLOWER



Prep Time: 10min Cook Time: 3hrs Total

Time: 6hrs 10min

Servings: 4

INGREDIENTS

- 4- Cups Cauliflower Florets
- 1- Cup White Wine Vinegar
- 1- Cup Water
- ¼- Cup Sugar
- 1- Tablespoon Salt
- 1- Thumb-Sized Piece Turmeric sliced
- A few Sprigs Dill
- 1- Tablespoon Black Peppercorns

INSTRUCTIONS

- ✓ Combine water, vinegar, salt, sugar, black peppercorns, and turmeric in a pot. Stew until sugar melts.
- ✓ Pouch cauliflower florets and dill sprigs into pickle containers.
- ✓ Pour the contents into the pouches.
- ✓ Cover with water.
- ✓ Cook for 3 hours at 140F.
- ✓ Take out of the water bath and leave it for a while.

SOUS VIDE BLUEBERRY AND SAFFRON CREME BRULEE



***Prep Time: 15 minutes, Cook Time: 1hr Total
Servings: 5***

INGREDIENTS

- 2- Cups Heavy Cream
- 4- Pieces Egg Yolks
- 1/4- Cup Brown Sugar
- Fresh Blueberries
- Pinch Saffron Threads

INSTRUCTIONS

- ✓ Heat cream and saffron threads in a pot.
- ✓ Whisk egg yolks and sugar in a bowl.
- ✓ Add the blend into the egg yolks.

- ✓ Put blueberries into canning bottles.
- ✓ Pour custard into the pouches.
- ✓ Cook at 176F for 60 minutes.
- ✓ Cool off for half-hour to 60 mins.
- ✓ Put in the fridge for 4 hours.
- ✓ Take out of the refrigerator. Sprinkle sugar on top.

PUMPKIN PIE CRÈME BRÛLÉE



***Prep time: 30mins cook time: 90mins total
time: 2hrs***

Serves: 4

INGREDIENTS

- 1½- cups raw heavy cream
- 1- tbs pumpkin pie spice
- 4- egg yolks
- 1/3- cup pumpkin puree
- ½- tsp vanilla extract
- ¼- cup coconut sugar
- pinch of sea salt

INSTRUCTIONS

- ✓ First, set the water level in your sous vide by using the heating rack inside. Fill with water and arrange them at the barbecue plate.
- ✓ Preheat Sous Vide to 195°F/90.5°C
- ✓ In a small pot, mix heavy cream and pumpkin pie spice. Heat at medium-low heat until cream starts to expand. Around 10 minutes.
- ✓ While the cream is warming, use a blender to whisk egg yolks, pumpkin, coconut sugar, vanilla, and salt till firm.
- ✓ Unite the cream mixture into egg blend and whisk.
- ✓ Divide blend equally between the four ramekins in the sous vide machine.
- ✓ Cook for an hour and a half.
- ✓ Remove ramekins and allow come to room temperature at that factor refrigerate 4 hours or maybe medium-time period before serving.
- ✓ When ready to serve, sprinkle 1 tbs coconut sugar over custard and caramelize in a pan or in the oven.
- ✓ Enjoy!

SOUS VIDE

SALADS

SOUS VIDE CHICKEN CAESAR SALAD



Prep Time: 5min Total Time: 5min

Servings: 2

INGREDIENTS

- 2 sous vide chicken breasts
- 1 head romaine lettuce
- Caesar dressing
- grated parmesan cheese
- croutons (optional)

INSTRUCTIONS

- ✓ Sear the sous vide chicken breasts on each side for 30 seconds to 1 minute. Then, remove the bones. Cut in dice.

- ✓ In a medium bowl, dress the lettuce, diced sous vide chicken breast, parmesan cheddar, and bread croutons.

SOUS VIDE SALAD NICOISE & ASIAN VINAIGRETTE



***Prep Time: 15min Cook Time: 15min Total
Time: 45min***

Servings: 4

INGREDIENTS

- For the Salad
- 500- g Tuna Loin
- 2- Large Potatoes boiled
- 1- Pieces Red Onion
- 1- Large Carrot
- A handful Green Beans blanched
- 4- Pieces Eggs boiled to wax-stage
- A handful Salad Greens
- For the Asian Vinaigrette

- 1- Tablespoon Soy Sauce
- 1- Tablespoon Honey
- 1- Tablespoon Lime Juice
- 1- Tablespoon Sri Racha
- 1- Tablespoon Sesame Oil
- 3- Tablespoons olive oil
- 1- Clove garlic finely chopped
- 1/2- Teaspoon Ginger grated
- 1- Teaspoon Sesame Seeds toasted

INSTRUCTIONS

- ✓ Whisk all elements for the vinaigrette in a bowl. Place in a safe spot.
- ✓ Season fish with salt and pepper. Put in sous vide pouch and cook for 15 minutes at 130F.
- ✓ Cool off the fish in a cold bath.
- ✓ Cut fish and Toss every other ingredient in the vinaigrette.

SOUS VIDE SHRIMP SALAD



***Prep time: 30min total time: 1 to 1.5 hrs cooks
time: 15 to 35min***

Serves: 4

INGREDIENTS

- For the Sous Vide Shrimp
- 1 pound shrimp, shelled and deveined
- 1 tablespoon paprika
- Salt and pepper
- For the Salad
- 2 cups cooked corn kernels
- 1 mango, diced
- 4- tsp habanero-mango hot sauce
- 1 tablespoon white wine vinegar
- 2 tablespoons olive oil

- 1 handful of red and green lettuce
- 12 cherry tomatoes, halved
- 1 handful fresh basil, chopped
- 1 tablespoon lemon zest
- Salt and pepper

INSTRUCTIONS

- ✓ **For the Sous Vide Shrimp:** to be prepared 1 to 1.5hrs before serving
- ✓ Preheat the water bath to 122°F.
- ✓ Add to the pouch and cook for 15 to 35 minutes.
- ✓ For more statistics on the cooking techniques, you take a look at my article on sous vide cooking times.
- ✓ **For the Salad:** Preheat a skillet at medium heat.
- ✓ While the sous vide shrimp is cooking prepare veggies.
- ✓ Mix the corn, pepper, mango, hot sauce, vinegar, and olive oil in a bowl and blend properly. Salt and pepper to taste.
- ✓ Put the lettuce in serving bowls and add the corn mix. Top the veggies with cherry tomatoes.
- ✓ Take the sous to vide shrimp out of the pouches.

- ✓ Brown the sous vide shrimp until cooked, around 1 minute.
- ✓ Serve with the vegetables. Top with basil and lemon.

SOUS VIDE RED CURRY PRIME RIB, THAI CUCUMBER RAITA



***Prep Time: 15min Cook Time: 40min Total
Time: 1hr 35min***

Servings: 2

INGREDIENTS

- For the Steaks
- 2- Pieces Beef Prime Rib Steaks
- 2- Tablespoons Thai Red Curry Paste
- Salt to taste
- For the Raita
- 1.5- Cups Cucumber
- 1- Cup Red Radish
- 1- Piece Red Thai Chili
- a bunch Fresh Basil chiffonade

- a bunch Fresh Mint
- 2- Cloves garlic finely
- 1- Tablespoon Honey
- 1- Tablespoon Fish Sauce
- 1- Tablespoon Tamarind Paste

INSTRUCTIONS

- ✓ Mix honey, fish sauce, tamarind paste, garlic, basil, and mint in a bowl.
- ✓ Add cucumber and radish. Chill until ready to serve.
- ✓ Season steaks with salt.
- ✓ Put steaks in sous vide pouch and cook for 40 minutes at 130F.
- ✓ Cool off steaks under a cold bath.
- ✓ Brush steaks with red curry on both sides.
- ✓ Sear steaks for 45 seconds each side in a cast-iron pan.
- ✓ Let the steaks rest for 10 minutes.
- ✓ Serve with cucumber raita.

SMOKY SOUS VIDE SQUASH



***Prep Time: 5min Cook Time: 1hr Total Time:
2hrs 5min***

Servings: 4

INGREDIENTS

- 250 Grams Squash cut into inch cubes
- 100 Grams Bacon Bits cooked
- 1/4 Cup Brown Sugar
- 1 Tablespoon Paprika
- 1 Teaspoon Liquid Smoke
- 1 Teaspoon Vanilla Extract
- Salt to taste
- Black Pepper to taste

INSTRUCTIONS

- ✓ In a bowl, mix the squash, bacon bits, brown sugar, paprika, liquid smoke, vanilla, and salt.
- ✓ Put everything in sous vide pouch and cook for an hour at 183F.

SOUS VIDE GREEN BEANS

BLACK OLIVE TAPENADE



***Prep Time: 5min Cook Time: 35min Total
Time: 1hr 10min***

Servings: 4

INGREDIENTS

- 300g- Green Beans
- 1/2- Cup Black Olives pitted
- 4-6- Pieces Anchovy Fillets
- 2- Cloves garlic grated
- 2- Tablespoons olive oil
- 2- Tablespoons Butter
- 1- Piece Shallot
- Salt
- Black Pepper

INSTRUCTIONS

- ✓ Put the green beans in a sous vide pouch with some olive oil.
- ✓ Cook for 30 minutes at 183F.
- ✓ Cool under a cold bath.
- ✓ Mix olives, garlic, anchovies, and olive oil in a food processor. Obtain a glue.
- ✓ Sautee the green beans, shallots, and butter.
- ✓ Season with salt and pepper.

SOUS VIDE CHORIZO AND CHERRY TOMATO CONFIT



***Prep Time: 5min Cook Time: 3hrs Total Time:
6hrs 5min***

Servings: 4

INGREDIENTS

- 250g- Cherry Tomatoes
- 1- Cup Sliced Chorizo
- 6- Cloves garlic crushed
- 2- Pieces Bay Leaf
- 1- Tablespoons Black Peppercorns
- 1/2- cup olive oil
- Salt

INSTRUCTIONS

- ✓ Combine all ingredients in a sous vide pouch.
- ✓ Cook for 3 hours at 140F.

SOUS VIDE PLUMS WITH RED WINE GRANITA



***Prep Time: 10min Cook Time: 30min Total
Time: 1hr 10min***

Servings: 4

INGREDIENTS

- 4- Pieces Plums
- 1- Cup Red Wine
- 1/2- Cup Sugar

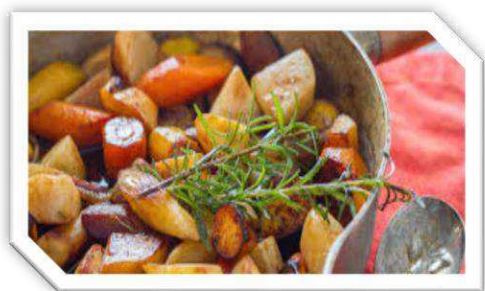
INSTRUCTIONS

- ✓ Cut the plums in halves and core.
- ✓ Heat the red wine and sugar in a pan until sugar is completely crumbled.
- ✓ Put the plums in sous vide pouch together with the

red wine and sugar blend.

- ✓ Cook for 30 minutes to an hour at 170F.
- ✓ Freeze the pouch.
- ✓ Serve the plums with the granita.

SOUS VIDE ROOT VEGETABLES WITH BROWN BUTTER



***Prep Time: 15minutes, Cooking Time:
25minutes, Total Time: 40minutes***

Serves 4

INGREDIENTS

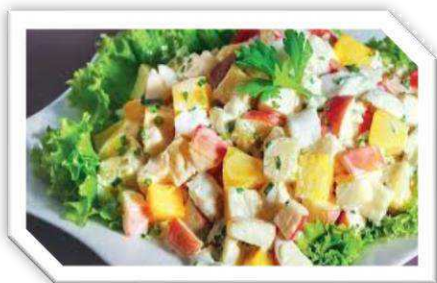
- 1- turnip
- 1- rutabaga
- 8- petite carrots
- 1- parsnip
- 1/2- red onion
- 4- cloves garlic
- 4- sprigs fresh rosemary
- 2- tablespoons extra virgin olive oil
- Kosher salt and freshly ground pepper

- 2- tablespoons unsalted butter

INSTRUCTIONS

- ✓ Preheat the Anova Sous Vide precision cooker to 185°F.
- ✓ Divide the vegetables and rosemary equally between two large zipper or sealed pouches. Add 1 tablespoon oil to each pouch. Season with salt and pepper
- ✓ Seal the pouches utilizing the water removal technique or a sealer. Place the pouches and set the clock for 3 hours.
- ✓ Finishing Steps
- ✓ When the clock goes off, remove the pouch from the water bath. Heat a large skillet at high heat. Pour the contents of the pouches. Cook until the fluid is reduced to a syrup, around 5 minutes.
- ✓ Add butter to the vegetables and mix everything. Keep on cooking at high heat, blending as often as possible, until the vegetables are sautéed, around 5 minutes. Serve hot as a side for hamburger, pork, or chicken.

FRUIT SALAD WITH CELERY



Prep time: 5mins Marinating time: 3hrs

Serve: 2

INGREDIENTS

- 2- celery stalks
- 1- cup seedless green grapes
- 1- tbsp white balsamic vinegar
- 1- tbsp truffle oil
- 1- tsp agave syrup
- sea salt

INSTRUCTIONS

- ✓ Wash the celery sticks and grapes, cut in slices, place in pouches with the other ingredients, and seal.
- ✓ Leave inside the refrigerator to marinate for 3

hours.

- ✓ Remove from the vacuum pouch and add it to fish or meat.

WATERMELON WITH FRUITY BASIL PESTO



Prep time: 10mins Marinating time: 1hr

Serves: 3

INGREDIENTS

- 2- cups seedless watermelon
- 1-2- unwaxed limes
- 2- tsp brown cane sugar
- For the pesto:
- ¼- cup grapeseed oil
- 1- bunch of basil
- 2- heaped tbsps brown cane sugar
- In addition:
- 2- ounces white chocolate

INSTRUCTIONS

- ✓ Place watermelon slices vacuum pouch. Rinse the lime under warm water before cutting and squeezing the juice.
- ✓ Mix 1 tsp lime and 2 tsp lime juice with the sugar. Brush the blend over the melon slices and seal.
- ✓ Place in the fridge to marinate for at least 60 minutes.
- ✓ For the pesto, mix the oil, basil, sugar, and 30 g lime juice in a blender or with whisker.
- ✓ Finely grind the chocolate.
- ✓ Remove the watermelon from the vacuum pouch and present it with the ground chocolate and the pesto.

APPLE RAGOUT WITH FRESH FIGS



Prep time: 10min Cooking duration: 40min

Serves: 2

INGREDIENTS

- 1- large, tart apple
- 2- cups fresh figs
- 3- cup cranberries
- 3- cup pine nuts
- 2- tbsp honey
- 3- stalks of lemongrass

INSTRUCTIONS

- ✓ Cut the apple into quarters and remove the core. Divide the quarters again lengthways ensuring

they're not very thin. Peel and cut the figs.

- ✓ Now blend each ingredient, put them in the vacuum pouch, and seal.
- ✓ Cook the ragout.
- ✓ Remove from the vacuum pouch. The ragout can be presented with dessert or mousse. It is equally amazing as a fruity side to a cheeseboard.

RHUBARB WITH VANILLA



Prep time: 10mins Cooking Time: 13mins

Serve: 2

INGREDIENTS

- 2- cups fresh rhubarb
- 1- vanilla pod
- 1/2- cup agave syrup

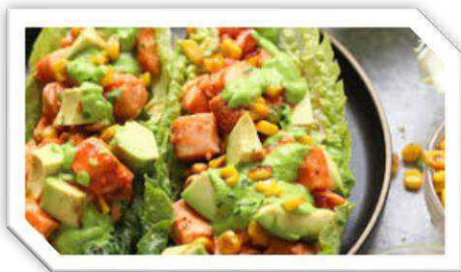
INSTRUCTIONS

- ✓ Peel the rhubarb, remove the hard pieces, and cut. Cut open the vanilla vertically, extract the caviar, and blend in with the agave syrup.
- ✓ Place the rhubarb next to each other in the vacuum pouch, include the agave syrup, and seal.
- ✓ Cook the rhubarb.

- ✓ Then pour the syrup from the vacuum pouch into a small dish and lessen it. Serve the rhubarb with the syrup. Tasty when presented with vanilla ice cream or waffles.

SOUS VIDE BUFFALO CHICKEN

LETTUCE WRAPS



***Prep Time: 40minutes, Cooking Time: 1hr
15minute, Total Time: 1hr 55minutes***

Servings: 4

INGREDIENTS

- For the chicken:
- 3 lbs Chicken Breast
- 1 cup Buffalo Sauce
- 1 tbsp Honey
- 1 tbsp Chili Lime Cholula
- 1 tsp Green Scotch Bonnet Pepper Sauce
- 3 cloves garlic minced
- 1 tbsp butter
- Juice of 1/2 lime

- Salt & Pepper to taste
- For the wraps:
- 6 large Lettuce Leaves Bibb or Coolberg
- Gorgonzola Cheese
- Shredded Carrots
- Celery sliced into small pieces
- Blue Cheese or Ranch Dressing
- Kickin Buffalo Chicken Lettuce Wraps

INSTRUCTIONS

- ✓ Set the Sous Vide Precision Cooker to 150°F.
- ✓ Cut and season chicken with salt and pepper to taste. Place it into a pouch.
- ✓ Whisk 1/2 cup buffalo sauce, honey, chili lime Cholula, green scotch pepper sauce, and garlic. Pour the sauce over the chicken.
- ✓ Use the water remove system to seal the pouch and place it in the water bath. Set your clock for 60 minutes.
- ✓ Remove the chicken from the pouch and maintain the juice. Cut the chicken into pieces utilizing two forks.

- ✓ In a large sauce dish, soften 1 tbsp of butter. Add the juice you set aside, 1/2 cup of buffalo sauce and the juice of 1/2 lime. Boil the mixture.
- ✓ Add the chicken to the sauce and mix.
- ✓ For the lettuce wraps, place 1/2 cup of minced buffalo chicken into each leaf. Top with carrots, celery, gorgonzola and a dressing of your decision.

SOUS VIDE
SMOOTHIE

SOUS VIDE CANTALOUPE AND LIME INFUSED VODKA



***Prep Time: 5min Cook Time: 1hr Total Time:
2hrs 5min***

Servings: 2

INGREDIENTS

- 2- Cups Vodka
- 2- Cups Chopped Cantaloupe
- 1- Piece Lime juice

INSTRUCTIONS

- ✓ Combine all ingredients in a sous vide pouch.
- ✓ Immerse for an hour at 140F.

SOUS VIDE STRAWBERRY-CHILI VINEGAR



***Prep Time: 10min Cook Time: 3hrs Total
Time: 6hrs 10min***

Servings: 1

INGREDIENTS

- 1- Cup Fresh Strawberries cored
- 1- Cup White Vinegar
- 1- Tablespoon Sugar
- 6- Pieces Red Chili

INSTRUCTIONS

- ✓ Mix strawberries and sugar in a blender.
- ✓ Place into sous vide pouch together with the vinegar and chilis.

- ✓ Cook for three hours at 140F.
- ✓ Chill in cold bath.
- ✓ Strain.

SOUS VIDE CITRUS YOGURT



***Prep Time: 15min Cook Time: 3hrs Total
Time: 6hrs 15min***

Servings: 1

INGREDIENTS

- 1 Liter Full-Cream Milk
- 1/2 cup Yogurt
- 1/2 Tablespoon Orange Zest
- 1/2 Tablespoon Lemon Zest
- 1/2 Tablespoon Lime Zest

INSTRUCTIONS

- ✓ Heat the milk to 180F.
- ✓ Cool down to 110F with water or at room temperature

- ✓ Add the yogurt.
- ✓ Addn the citrus juice.
- ✓ Pour into mason jars.
- ✓ Cook for 3 hours at 113F.

SOUS VIDE MANGO-COFFEE

PRESERVE



***Prep Time: 5min Cook Time: 30min Total
Time: 1hr 5min***

Servings: 16

INGREDIENTS

- 2 Pieces Ripe Mango diced
- 3 Cups Brown Sugar
- 1 Piece Lemon

INSTRUCTIONS

- ✓ Mix the mangoes, sugar, and lemon juice in a bowl.
- ✓ Ladle the blend with the lemon into jars.
- ✓ Cook for 30 minutes at 194F.

- ✓ Leave to chill at room temperature before putting in the fridge.

GINGER TEA SOUS VIDE PEARS, SPICED JELLY



***Prep Time: 10min Cook Time: 2hrs Total
Time: 4hrs 10min***

Servings: 2

INGREDIENTS

- 2- Pieces Pears
- 1- Cup Water
- 1/2- Cup White Sugar
- 2- Tablespoons Ginger
- 3- Stalks Lemongrass bruised
- 6-8- Pods Green Cardamom
- 5- Pieces Star Anise
- 1- Tablespoon Black Peppercorns

- 1/2- Tablespoon Unflavored Gelatin Powder

ISTRUCTIONS

- ✓ Combine water, sugar, ginger, lemongrass, cardamom, star anise, and black peppercorns in a saucepot and stew for five minutes. Leave to chill.
- ✓ Peel the pears and put in sous vide pouch together with the spiced ginger syrup.
- ✓ Poach in a water bath pre-warmed to 180F for 2 hours.
- ✓ Immerse the cooked pears in a cold bath.
- ✓ Transfer the pouch liquid into a saucepot. Add gelatin and heat until boiling.
- ✓ Pour gelatin into a mold and put into fridge
- ✓ Serve poached pears with jam and syrup or ice cream.

SOUS VIDE VANILLA- LEMONGRASS SYRUP



***Prep Time: 10min Cook Time: 2hrs Total
Time: 4hrs 10min***

Servings: 1

INGREDIENTS

- 2- Cups Brown Sugar
- 1/4- Cup Water
- 1- Pod Vanilla
- a few Stalks Lemongrass

INSTRUCTIONS

- ✓ Remove the lemongrass stalks. Wrap into a tight bundle.
- ✓ Place sugar, water, lemongrass, and vanilla in a

sous vide pouch.

- ✓ Cook for 2 hours at 194F.
- ✓ Chill in a cold bath.
- ✓ Strain.