





MISTERCHEF.

# recipe book

PRECISION **SOUS VIDE** +



# dear customer,

At MisterChef we won't promise to turn you into a Michelin-starred cook,  
a purveyor of artisanal produce of Nigella 2.0.

What we will do is provide you with really high-quality kitchenware and  
appliances, that won't cost the kitchen sink.

Our products aren't ornamental dust-collectors. They're sturdy and  
designed for everyday use for everyone.

We focus on designing attractive products built for efficiency, ease of use  
and longevity rather than extra you don't need.

The perfect blend of affordability and functionality.

At MisterChef, we're committed to keeping things fuss-free. We work  
hard to ensure that our products are easy to use, easy on the pocket and  
easy to return in the event you're unhappy or something goes awry.





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# introduction

Introducing the sous vide appliance: a culinary game-changer that brings precision, consistency, and flavor to your kitchen creations. Sous vide, French for "under vacuum," is a cooking technique that involves vacuum-sealing food in a bag and immersing it in a precisely controlled water bath at a constant temperature for an extended period.

At its core, a sous vide appliance consists of three main components: a water bath, a heating element, and a temperature control system. This combination allows you to cook your food to perfection with minimal effort.

Here's how it works: First, you season your food and seal it in a vacuum-sealed bag, removing any air to ensure even cooking and flavor infusion. Then, you set the desired temperature on the sous vide appliance, typically ranging from around 40°C to 85°C (104°F to 185°F), depending on the type of food and desired doneness. Once the water reaches the set temperature, you immerse the sealed bag into the water bath, where it cooks gently and evenly.

The precise temperature control of the sous vide appliance eliminates the risk of overcooking or undercooking your food. Plus, the extended cooking time allows flavors to intensify and textures to become tender without the risk of drying out.

Whether you're cooking steak, chicken, fish, vegetables, or even desserts, the sous vide appliance offers unparalleled versatility and consistency. It's a favorite among professional chefs and home cooks alike for its ability to produce restaurant-quality results with minimal effort.

With a sous vide appliance in your kitchen arsenal, you'll unlock a world of culinary possibilities, from perfectly cooked proteins to flavorful infusions—all with the simple push of a button. Say goodbye to guesswork and hello to precision cooking at its finest.

## **what you need:**

At MisterChef, we prioritize your culinary experience and financial prudence. Hence, we advocate for the utilization of any standard ziplock-style bag with your sous vide, provided that you diligently expel all air from the bag prior to sealing. Additionally, it's noteworthy that you need not invest in a specialized container; a capacious pot suffices. Simply cover the pot with aluminum foil or cling film to effectively retain heat during the cooking process.

## **important note:**

After utilizing your sous vide apparatus to precision-cook your meat, you have the option to enhance its visual appeal by briefly searing it in a skillet or employing a culinary torch to achieve the desired coloration.

# how to use

**Setup:** First, set up your sous vide equipment. This typically involves attaching the sous vide device to a container or pot filled with water. Ensure the water level is sufficient to fully submerge the food you'll be cooking.

**Preheat the Water:** Depending on your recipe, preheat the water to the desired temperature using the sous vide device. Most sous vide machines have digital displays or controls to set the temperature precisely.

**Prepare the Food:** While the water is heating, prepare your food. Season your ingredients as desired and place them in a vacuum-sealed bag. If you don't have a vacuum sealer, you can use a zip-top bag and the water displacement method to remove air from the bag before sealing it.

**Seal the Bag:** Once the food is in the bag, remove as much air as possible before sealing it tightly. Proper sealing ensures even cooking and flavor distribution.  
**Submerge the Bag:** Carefully lower the sealed bag into the preheated water bath. Make sure the bag is fully submerged, and that there are no air pockets trapped inside.

**Set the Timer:** Set the timer according to your recipe's instructions. Sous vide cooking times are typically longer than traditional cooking methods but result in incredibly tender and evenly cooked food.

**Monitor the Process:** While the food is cooking, you can monitor the temperature of the water bath to ensure it remains consistent. Some sous vide devices have built-in Wi-Fi or Bluetooth connectivity, allowing you to monitor and control the cooking process remotely via a smartphone app.

**Finish (Optional):** Once the cooking time is complete, you have the option to finish the food with a quick sear, grill, or broil to add color and texture to the exterior. This step is common for proteins like steak or chicken.

**Serve:** Carefully remove the bag from the water bath and plate the food. If you've opted for a finishing step, transfer the food to the appropriate cooking surface (e.g., a hot skillet or grill) to complete the process.

**Enjoy:** Serve the sous vide-cooked food immediately while it's still hot and tender. The precise cooking method ensures that your food retains its natural juices and flavors, resulting in a delicious dining experience.

**Clean Up:** After you've finished cooking, turn off the sous vide device and remove it from the water bath. Dispose of any leftover water and clean the container and sous vide device according to the manufacturer's instructions.





**meat**



# medium rare steak



**10 mins**  
prep



**120 mins**  
cook



**1**  
servings

## ingredients

- 1 (8- to 12-ounce) boneless tenderloin, ribeye, or strip steak
- Kosher salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil or vegetable oil



## method

1. Set the Sous Vide Precision Cooker to 130°F (54.4°C).
2. Generously season the steak with salt and pepper. Place in a medium zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the dry setting.
3. Place the bag in the water bath and set the timer for 2 hours.
4. When the timer goes off, remove the bag from the water bath. Remove the steak from the bag and pat very dry with paper towels.
5. Heat the oil in a medium cast iron skillet over high heat. When the oil is shimmering, add the steak and sear until well-browned, about 30 seconds per side. Transfer steak to a cutting board and let rest for 5 minutes. Serve.



# chicken breast



**5 mins**  
prep



**60 mins**  
cook



**1**  
servings

## ingredients

- Bone-in, skin-on chicken breast
- Salt
- Pepper
- Fresh herbs (optional)
- Lemon (optional)
- 1 tbsp / 15 ml Vegetable, canola, or rice bran oil



## method

1. Pre-heat your Precision Cooker to the desired final temperature, according to the chart included here. Allow the water bath to come to temperature before adding your chicken.
2. Season bone-in, skin-on chicken breasts generously with salt and pepper.
3. To bag chicken breasts, start by folding the top of a vacuum-seal or zipper-lock bag back over itself to form a hem. This will prevent chicken juices from getting on the edges of the bag which would interfere with the seal or provide vectors for contamination.
4. Slide the chicken breasts into the bag along with any aromatics such as fresh herbs or lemon slices (if using).
5. Unfold the edge before closing the bag.
6. Seal the bag either using a vacuum sealer or, if using a zipper-lock bag, by using the water displacement method shown in the next step.
7. To seal the bag using the water displacement method, slowly lower your bagged chicken into a pot of water, letting the pressure of the water press air out through the top of the bag. Once most of the air is out of the bag, carefully seal the bag just above the waterline.
8. Drop the bag in the water bath, making sure not to block the intake or output sections of your Precision Cooker. If properly sealed, chicken should sink. Cook according to the desired time and temperature.

### Finishing Steps - Grill

1. Remove the chicken from the bag, discard any aromatics (if using) and place it on a paper towel-lined plate. Pat it dry very carefully on both sides. Let the chicken cool slightly while you preheat your grill (if you place it directly on the grill, it will overcook while it crisps).
2. Light one half chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to medium heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate.
3. Place the chicken skin side down on the hotter side of the grill and cook. Carefully lift and peek under the chicken as it cooks to gauge how quickly it is browning. Let it continue to cook until the skin is deep brown and very crisp. This will take about five minutes total. Remove chicken from grill and let rest until cool enough to handle, about two minutes. Remove bones and carve according to instructions in the stovetop section.



# pork chops



**15 mins**  
prep



**60 mins**  
cook



**2**  
servings

## ingredients

- 2 Pork Chops
- Salt & Pepper
- Aromatics (Rosemary, Thyme, etc. - optional)
- 1 tbsp / 15 ml Vegetable, Canola, or Rice Bran Oil
- 1 tbsp / 15 g Butter



## method

1. Set your sous vide precision cooker to 140°F / 60.0°C
2. Season the pork generously with salt and pepper on all sides. If you are planning on leaving the un-cooked pork in their bags for more than a few hours before cooking, skip the seasoning step and instead season them just before searing.
3. To bag pork chops, start by folding the top of a vacuum-seal or zipper-lock bag back over itself to form a hem. This will prevent juices from getting on the edges of the bag which would interfere with the seal or provide vectors for contamination. Slide the pork chops into the bag along with any aromatics such as fresh herbs (if using). Unfold the edge before closing the bag.
4. Seal the bag either using a vacuum sealer or, if using a zipper-lock bag, by using the displacement method. To do this, slowly lower your bagged pork chops into a pot of water, letting the pressure of the water press air out through the top of the bag. Once most of the air is out of the bag, carefully seal the bag just above the waterline.
5. Drop the bag in the water bath, making sure not to block the intake or output sections of your Precision Cooker. If properly sealed, it should sink. Cook according to the timing charts included here and in the app.

### Finishing Steps - Stovetop

Remove the pork from the bag, discard any aromatics (if using) and place it on a paper towel-lined plate. Pat it dry very carefully on both sides.

Place a heavy cast-iron or stainless steel skillet with 1 tablespoon / 15 ml of vegetable, canola, or rice bran oil and 1 tablespoon / 15 g of butter over high heat. Swirl until the butter is melted and starting to brown.

Carefully place the pork chops into the skillet, laying them down away from you in order to prevent accidentally splashing oil up.

Carefully lift and peek under the pork as it cooks to gauge how quickly it is browning. Let it continue to cook until the crust is deep brown and very crisp, about 45 seconds.

Once you've flipped the pork chops, you can continue to cook them until browned on the second side, or for more flavor, add another tablespoon of butter along with some thyme, rosemary, garlic, and/or shallots. Spoon the butter over the pork chops as they cook.

The exterior of the pork will pick up some nice flavor from the aromatics.

When the pork is browned, pick them with a pair of tongs and make sure to brown the edges as well.

Transfer the cooked chops to a rack set in a rimmed baking sheet and let them rest for just a couple of minutes. Just before serving, reheat the drippings in the pan until sizzling hot, then pour them over the chops in order to re-crisp their exteriors.

Serve the pork chops as-is, or slice them off the bone with a sharp knife for a more elegant presentation.

# bbq ribs



**4 hours**

prep



**12 hours**

cook



**4**

servings



## ingredients

- 1/3 cup / 80 ml Paprika
- 1/3 cup / 80 ml Dark Brown Sugar
- 1/4 cup / 60 ml Kosher Salt
- 2 tablespoons / 30 ml Whole Yellow Mustard Seed
- 1 teaspoon / 5 ml Freshly Ground Black Pepper
- 2 tablespoons / 30 ml Granulated Garlic Powder
- 1 tablespoon / 15 ml Dried Oregano
- 1 tablespoon / 15 ml Whole Coriander Seed
- 1 teaspoon / 5 ml Red Pepper Flakes
- 1 Medium Yellow Onion, Grated (grate using large holes of a box grater)
- 1 1/2 cups / 320 ml Ketchup
- 2 tablespoons / 30 ml Spicy Brown Mustard
- 1/3 cup / 80 ml Dark Molasses
- 1/4 cup / 60 ml Worcestershire Sauce
- 1/4 cup / 60 ml Apple Cider Vinegar
- 1 1/2 teaspoons / 7 ml Wright's or Colgin Liquid Hickory Smoke
- 2 Whole Racks St. Louis-Cut Pork Ribs

## method

1. Remove the papery membrane on the back of the ribs using a paper towel or kitchen towel to grip it and pull it away in one piece.
2. Divide each rack of ribs into three to four portions with three to four ribs each by cutting through the meat in between the ribs.
3. Working in batches, combine the paprika, brown sugar, salt, mustard seed, black pepper, garlic powder, oregano, coriander seed, and red pepper flakes in a spice grinder and reduce to a fine powder. Set aside 3 tablespoons / 45 ml of spice rub mixture. Rub ribs generously on all sides with the remaining spice rub mixture.
4. Place individual portions of rubbed ribs in vacuum bags. If using vacuum bags, fold over the top while you add the ribs so that no rub or pork juices get on the edge of the bag, which can weaken the seal.
5. Add 4 drops (about 1/8th teaspoon / 1 ml) of liquid smoke to each bag.
6. Seal the bags, transfer them to the refrigerator, and let them rest for 4 to 12 hours.
7. Set your Precision Cooker to 145°F / 63°C for extra-meaty ribs or 165°F / 74°C for more traditionally textured ribs.
8. Add ribs to the water bath and cover with a lid, aluminum foil, or ping pong balls. Cook for 36 hours at 145°F / 63°C or 12 hours at 165°F / 74°C.
9. Transfer cooked ribs to a large bowl of water filled with ice to chill thoroughly. Ribs can be stored in the refrigerator at this stage for up to 5 days before finishing.
10. To make the sauce (skip if making dry-style ribs), combine remaining 3 tablespoons spice rub, grated onion, ketchup, mustard, molasses, Worcestershire sauce, vinegar, and remaining liquid smoke in a medium saucepan and whisk to combine. Bring to a bare simmer and cook until reduced and thickened, about 20 minutes. Set aside.
11. Remove ribs from vacuum bags and carefully pat dry with paper towels. If making dry-style ribs, rub with remaining 3 tablespoons / 45 ml spice rub.

### Finishing Steps - Oven

Adjust oven racks to upper and lower middle positions and preheat oven to 300°F / 150°C. Line two rimmed baking sheets with aluminum foil and place a wire rack in each. Divide ribs evenly on racks, facing up. Transfer ribs to oven and cook until surface is sizzling and ribs are heated through, about 20 minutes.

Brush ribs with sauce and return to oven for 10 minutes. Remove from oven, brush with another layer of sauce, and return to oven until it is dried and sticky, about 10 minutes longer. (For dry-style ribs, omit the saucing and continue roasting until a crusty bark has formed, about 40 minutes total in the oven).

Remove ribs from oven, paint with one last layer of sauce, and serve, passing extra sauce at the table.

# brisket



**15 mins**  
prep



**50 mins**  
cook



**6**  
servings

## ingredients

- 1 brisket, 4-6 pounds
- 1/3 cup coarsely ground black pepper
- 1/4 cup kosher salt
- 1/4 oz pink curing salt (optional)
- 1/4 teaspoon liquid smoke (optional, if using oven to finish!)

## method

1. Set your Sous Vide Precision Cooker to 135°F / 57.2°C
2. Combine salt, pepper, and pink salt. Mix thoroughly. Rub brisket liberally with seasoning.
3. Place in vacuum bag, add liquid smoke if desired, and drop into pre-heated water bath. Cook for 50 hours.

### Finishing Steps

Pre-heat smoker or oven to 225°F / 107°C

After 50 hours, remove brisket from water bath and place in a bowl of ice water for 30 minutes, changing ice once if necessary.

Remove brisket from bag, pat dry, and add additional rub as necessary.

Place in smoker or oven for 3 hours until exterior has nice color

Slice against the grain, and enjoy!



# hamburger



**15 mins**  
prep



**40 mins**  
cook



**2**  
servings

## ingredients

- 1 lb / 454 g of freshly ground beef (6 to 8 oz / 168 to 224 g per burger)
- Kosher salt and freshly ground black pepper
- Sliced cheese as desired
- Toasted hamburger buns
- Toppings as desired



## method

1. Pre-heat your Precision Cooker to the desired final temperature according to your preferred finished texture, included here and in the app.
2. Allow the water to come to temperature before adding your burger.
3. Weigh out your ground beef into even piles of 6 to 8 ounces / 168 to 224 grams apiece.
4. Shape your burgers by gently tossing the meat between your hands until it barely sticks together. Place it on a flat, clean surface, and gently press the burger into shape using your fingertips. Do not overwork the meat -- press just until it sticks together.
5. Check the size of your burger by comparing it to the bun (make sure to wash your hands before picking up the bun and do not let it come in direct contact with the raw ground meat). The patties should be half an inch / a little over a cm wider than the bun on all sides.
6. Season the burgers generously on both sides with salt and pepper.  
Place the burgers in individual zipper-lock bags and seal, leaving a 1-inch / 2.5-cm opening in each bag.
7. Seal the bags using the water displacement method: remove as much as possible by hand, then slowly lower each bag into the water bath, letting the force of the water press any excess air out through the one inch opening. Seal the bag just before it becomes submerged.
8. Cook the burgers according to the time and temp provided for your desired level of doneness.
9. Remove the burgers from the bag and place them on a paper towel-lined plate. Pat them dry very carefully on both sides and season with additional salt and pepper. Let the burgers rest for at least 10 minutes and up to half an hour.
10. Make a note of which side of the burgers is facing up during resting and let's call this side A. Side A will be dryer than Side B and should be seared first for maximum browning and superior appearance.

### Finishing Steps - Stovetop

Before searing the burgers, have your toasted buns and condiments ready to accept it. Preheat a cast iron or stainless steel skillet over with 1 tablespoon / 15 ml of oil over high heat until the oil starts to lightly smoke. Add the burger patties with Side A facing down and add 1 tablespoon / 15 ml of unsalted butter.

Butter contains milk solids that will blacken and char, helping your burgers achieve a dark crust much faster. Cook the burgers, swirling the pan to distribute the butter, until well browned on the first side, 45 seconds to 1 minute.

Flip the burgers and add a slice of cheese to the top surface (if using). Cook until the second side is browned and the cheese is melted, 45 seconds to 1 minute longer.

Transfer the burgers to the prepared buns, add toppings as desired, and serve immediately.

# beef wellington



**60 mins**  
prep



**120 mins**  
cook



**6**  
servings

## ingredients

- 1lb beef tenderloin filet
- salt & pepper to taste
- 2 tablespoons dijon mustard
- 1 sheet of puff pastry, thawed
- 8 oz pack crimini mushrooms
- 1 shallot, diced
- 3 cloves garlic, chopped
- 1 tbsp unsalted butter
- 6 slices prosciutto

## method

1. Set your Sous Vide Precision Cooker to 124°F / 51°C.
2. Season beef tenderloin with salt and pepper. Place in vacuum bag or resealable ziplock bag.
3. Submerge and cook for 2 hours.

### Finishing Steps

Finely chop mushrooms, in food processor or by hand.

Add shallots and garlic to hot pan. Cook until soft. Add chopped mushrooms and cook until all water has evaporated. Add 1 tablespoon of butter and cook until combined.

Remove beef from bag and pat dry with paper towels.

Heat oil in a cast-iron pan until shimmering. Sear all sides of beef until golden, 30 seconds a side.

Spread dijon mustard all over the tenderloin.

Lay plastic wrap on a surface and arrange prosciutto slices horizontally with each slice slightly overlapping each other. Spread the duxelles thinly over the prosciutto.

Place the tenderloin on top of the duxelles. Slowly roll the tenderloin with the plastic wrap and roll tightly. Place the wrapped tenderloin in the freezer for about 15-20 minutes.

Roll out the thawed puff pastry with a rolling pin until smooth. Brush the puff pastry with egg wash.

Unwrap tenderloin from plastic wrap. Place the tenderloin on the puff pastry and slowly wrap it. Cut off excess.

Place the wellington on a cookie sheet lined with parchment paper and bake at 475°F for about 10 minutes or until the pastry is golden brown.

Slice and enjoy!



# sausage



**45 mins**  
prep



**45 mins**  
cook



**2**  
servings

## ingredients

- 3 lb / 1.36 kg Raw natural casing sausages such as Bratwurst or Italian
- 6 oz / 180 ml Beer for cooking (optional)
- 2 tsp / 10 ml Kosher Salt (optional)
- 1 tbsp / 15 ml Butter or Vegetable Oil
- Buns and condiments for serving





## method

1. Set your precision cooker to the desired temperature between 140°F / 60°C and 160°F / 71°C according to your preferred finishing texture, illustrated here and in the app.
2. Place the sausages inside a vacuum sealing bag or a zipper-lock bag in a single layer. Optional: Add a few tbsp / ml of beer to each bag along with 2 tsp / 10 ml of salt.
3. Seal the bags, making sure to stop the vacuum sealer and seal the bags immediately after the air has been removed—do not let the sausages get squeezed. Alternatively, use the water displacement method: seal your zipper-lock bag almost all the way up, then gently lower it into a large pot of water, sealing off the bag just before the top is fully submerged.
4. Add the sausages to the water bath and cook for at least 45 minutes and up to 4 hours.
5. Remove the sausages from the bag and discard juices. Dry sausages carefully on a paper towel-lined plate.

### Finishing Steps - Stovetop

To finish on the stovetop, heat 1 tbsp / 15 ml of oil or butter over medium heat in a skillet until shimmering. Add sausages and cook, turning occasionally, until well-browned on all sides, about 3 minutes. Serve immediately.

### Finishing Steps - Grill

To finish on the grill, grill sausages over medium heat, turning occasionally, until well-browned on all sides, about 3 minutes. Serve immediately.

# lamb rack



**60 mins**  
prep



**180 mins**  
cook



**2**  
servings



## ingredients

- 1 (2 1/2-pound) rack of lamb
- Salt and freshly ground black pepper
- 2 sprigs fresh rosemary
- 1 large sweet potato
- 1/2 cup beef stock
- 3 tablespoons unsalted butter
- 1/2 small red onion, finely chopped
- 2 cloves garlic, minced and divided
- 1/2 cup dry red wine
- 1 tablespoon extra virgin olive oil
- 4 ounces button mushrooms, trimmed
- 3 sprigs fresh thyme
- Juice of 1/2 lemon

## Finishing Steps

When the timer goes off, remove the bags from the water bath. Remove the lamb racks from the bags and pat very dry with paper towels.

Melt the remaining tablespoon butter in a large skillet over medium-high heat. When the butter stops foaming, add the racks. Sear racks until well-browned on all sides, about 3 minutes total.

Transfer racks to a cutting board and let rest for 5 minutes. Slice each rack into 4 slices.

Divide the mashed sweet potatoes and mushrooms between two serving plates. Top each serving with 4 slices of lamb. Drizzle with the red wine reduction. Serve.

## method

1. Set your Sous Vide Precision Cooker to 134°F (57°C).
2. Divide the lamb rack into two 4-rib pieces. Season with salt and pepper. Divide racks between 2 large zipper lock or vacuum seal bags. Divide the rosemary between the bags and seal using the water immersion technique or a vacuum sealer on the moist setting.
3. Place the bags in the water bath and set the timer for 2 1/2 hours.
4. About 45 minutes before the lamb is finished, heat the oven to 410°F (210°C). Place the sweet potato on a small baking sheet and transfer to the oven. Bake until soft, about 40 minutes.
5. Meanwhile, place the beef stock in a small saucepan. Bring to a simmer over medium-high heat. Remove from heat and keep warm.
6. Melt 1 tablespoon butter in a medium skillet over medium heat. When the butter stops foaming, add the red onion and sauté until soft, 3 to 5 minutes. Add half of the garlic and continue to cook until aromatic, 30 seconds to 1 minute.
7. Add the red wine and bring to a simmer. Cook until partially reduced, about 3 minutes. Add the beef stock, bring to a simmer, and reduce heat to low. Continue to cook until sauce is thickened, 10 to 15 minutes. Remove from heat and keep warm.
8. Heat olive oil in a large skillet over medium-high heat. When the oil is shimmering, add the mushrooms and cook, without stirring, until browned, 3 to 5 minutes. Add 1/2 tablespoon butter, remaining garlic, thyme, and lemon juice. Stir, and cook until mushrooms are softened, about 5 minutes. Season to taste with salt and pepper.
9. When the sweet potato is soft, remove from the oven. Peel off the skin and discard. Transfer sweet potato flesh to a medium bowl. Add 1/2 tablespoon butter and, using a fork, mash until smooth. Season to taste with salt and pepper.



# bacon



**7 mins**  
prep



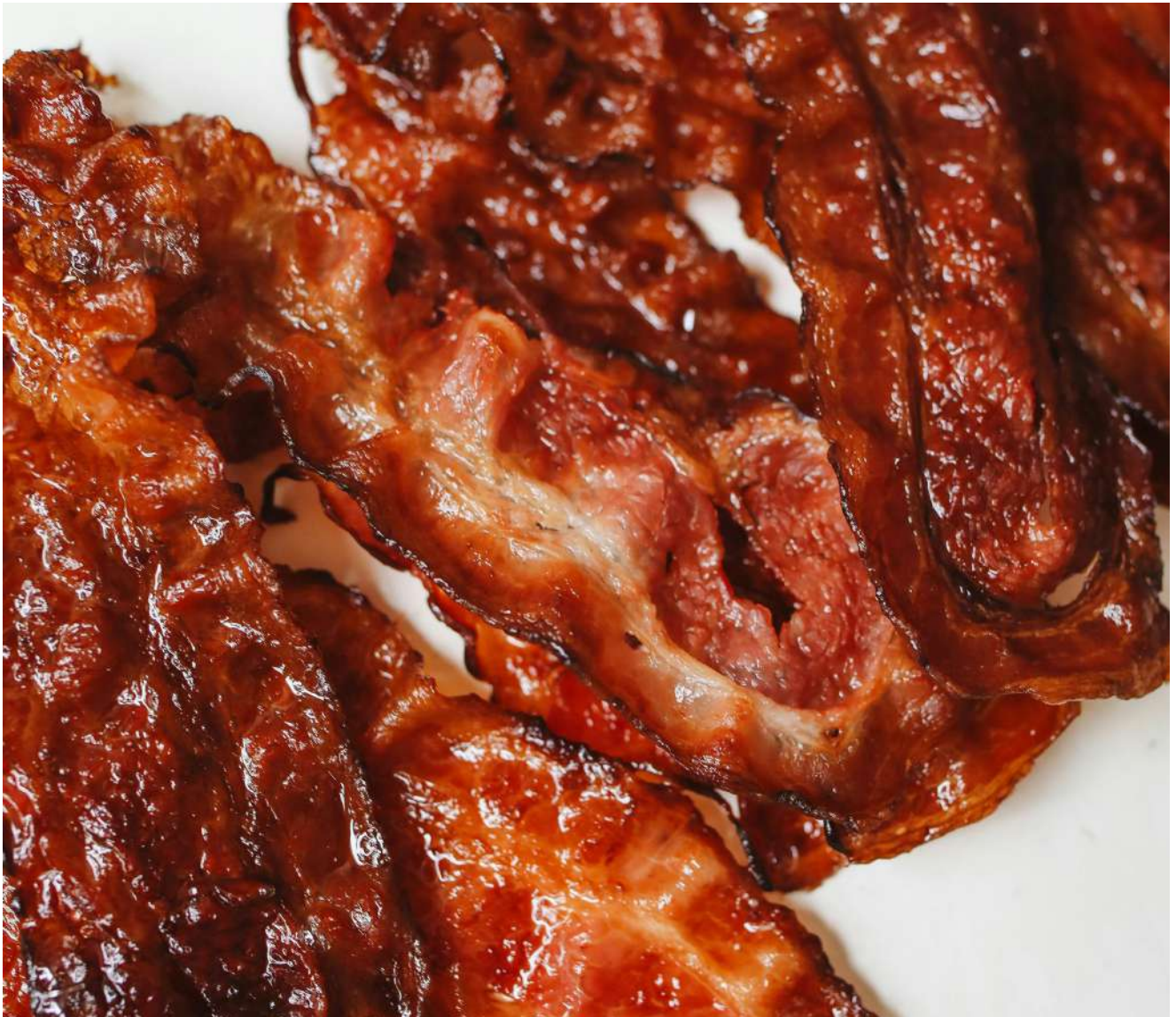
**6 hours**  
cook



**4**  
servings

## ingredients

- 1 pound / 450g thick-cut bacon



## method

1. Set your Precision Cooker to 145°F / 62.8°C.
2. Seal thick-cut bacon in vacuum or zipper-lock bags.
3. Cook bacon at least overnight and up to 8 days. Cooked bacon can seared immediately, or stored in the refrigerator for up to a week or frozen for several months. If refrigerated, continue directly with Step 4. If frozen, defrost overnight in the refrigerator or for 20 minutes in a 145°F / 62.8°C water bath before continuing.

### Finishing Steps

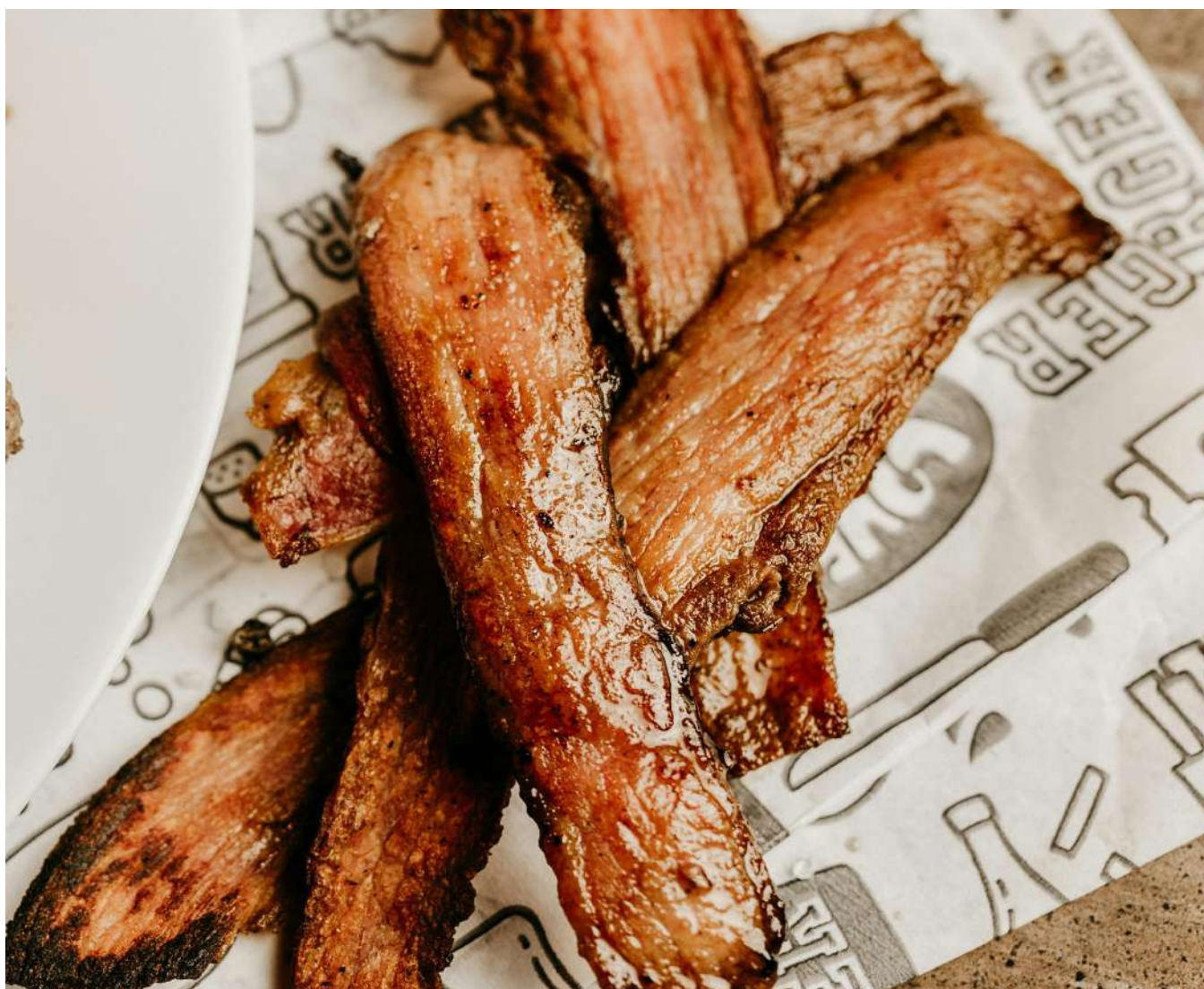
Separate the bacon into individual strips.

Preheat a skillet or griddle over medium-high heat for five minutes, then add bacon strips to the griddle.

Cook on one side only until bacon is crisp, about 2 minutes. Flip bacon and cook briefly on second side, about 15 seconds.

Transfer to a paper towel-lined plate to remove excess fat.

Serve immediately.







# **soup & sauces**



# cream of celery soup



**15 mins**  
prep



**60 mins**  
cook



**6**  
servings

## ingredients

- 4 cups diced celery
- 1 cup peeled and diced Russet potatoes
- 1 cup diced leeks
- 1 cup chicken stock
- 1 cup heavy cream
- 2 tablespoons butter
- 2 teaspoons kosher salt
- 1 teaspoon ground white pepper
- 1 bay leaf

## method

1. Set the Anova Sous Vide Precision Cooker to 180°F (82°C).
2. Combine all ingredients in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 1 hour.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Discard the bay leaf. Transfer entire contents of the bag to a blender and puree until smooth, about 2 minutes.

Strain through a fine mesh sieve or strainer, discarding any remaining solids. Serve.



# potato leek soup



**15 mins**

prep



**90 mins**

cook



**4**

servings

## ingredients

- 2 medium yukon gold potatoes, peeled and cut into  $\frac{1}{4}$ -inch slices
- 2 cups diced leeks, white part only
- 1 cup vegetable stock
- 4 tablespoons unsalted butter
- 2 cloves garlic, thinly sliced
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- 1 cup heavy cream



## method

1. Set your Sous Vide Precision Cooker to 185°F (85°C).
2. Combine the potatoes, leeks, stock, butter, garlic, and bay leaf in a large zipper lock bag. Season with salt and pepper. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 1 1/2 hours.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Discard the bay leaf. Transfer entire contents of the bag to a blender and add the cream. Puree until smooth, about 1 minute. Add additional stock or cream to reach desired consistency.

Season to taste with salt and pepper and serve.



# cream of fennel soup with bacon



**20 mins**  
prep



**90 mins**  
cook



**6**  
servings

## ingredients

- 1 fennel bulb, cut into medium dice
- 1 leek, white parts only, cut into medium dice
- 1 cup peeled and finely diced Russet potatoes
- 1 cup celery, medium dice
- 1 cup chicken stock
- 1 cup heavy cream
- 2 tablespoons butter
- 2 teaspoons kosher salt
- 1 teaspoon ground coriander
- 1 teaspoon ground cardamom
- 1 teaspoon ground white pepper
- 1 bay leaf
- 6 bacon, cooked until crisp and crumbled, for garnish

## method

1. Set your Sous Vide Precision Cooker to 180°F (82°C).
2. Combine all ingredients in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 1 1/2 hours.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Discard the bay leaf. Transfer entire contents of the bag to a blender and puree until smooth, about 2 minutes. Serve with crumbled bacon.





# chicken noodle soup



**50 mins**  
prep



**6 hours**  
cook



**8**  
servings

## ingredients

- 1 (4-pound) whole chicken, trussed
- 6 cups chicken stock
- 2 cups finely diced carrots
- 2 cups finely diced celery
- 2 cups finely diced white onion
- 1 dried bay leaf
- Salt and freshly ground black pepper
- 1 pound dried egg noodles

## method

1. Set your Sous Vide Precision Cooker to 150°F (65°C).
2. Combine the chicken, stock, carrots, celery, onion, bay leaf, and 1 teaspoon salt in a very large zipper lock bag. Seal the bag using the water immersion technique.
3. Place the bag in the water bath and set the timer for 6 hours. Cover the water bath with plastic wrap to minimize water evaporation. Add water intermittently to keep the chicken submerged.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Carefully remove the chicken from the bag. Pour the cooking liquid and vegetables into a large pot or Dutch oven.

Let the chicken cool for at least 20 minutes. Remove and shred the meat. Discard bones.

Bring the soup mixture to a boil over high heat. Add the egg noodles and cook until al dente, 8 to 10 minutes.

Reduce the heat to medium and add the chicken. Simmer until heated through. Season to taste with salt and pepper. Serve.





# tomato soup



**15 mins**  
prep



**15 mins**  
cook



**4**  
servings



### ingredients

- 4 cups cored and halved fresh tomatoes
- 1/2 onion, chopped
- 1/4 cup fresh basil, plus a few leaves for garnish
- 2 cloves garlic, minced
- Salt and freshly ground black pepper
- 5 tablespoons extra virgin olive oil
- 5 tablespoons crème fraîche

### method

1. Set your Sous Vide Precision Cooker to 176°F (80°C).
2. Combine tomatoes, onion, 1/4 cup basil, and garlic in a large zipper lock or vacuum seal bag. Season to with salt and pepper. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 15 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Transfer entire contents of the bag to a blender and add the olive oil and crème fraîche. Puree until smooth, about 1 minute. Season to taste with salt and pepper.

Garnish soup with additional basil and serve.



# lemon-blueberry maple syrup



**15 mins**  
prep



**60 mins**  
cook



**12**  
servings



## ingredients

- 2 cups pure maple syrup
- 8 ounces blueberries
- 1/4 cup freshly squeezed lemon juice
- 1 tablespoon lemon zest
- 1/2 teaspoon fine sea salt

## method

1. Set your Sous Vide Precision Cooker to 135°F (57°C).
2. Combine all ingredients in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 1 hour.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Let cool to room temperature. Transfer syrup to an airtight container and refrigerate for up to 2 weeks.



# blackberry-lavender balsamic vinegar



**10 mins**  
prep



**3 hours**  
cook



**10**  
servings



## ingredients

- 17 ounces (503 ml) balsamic vinegar
- 2 cups fresh blackberries
- 5 sprigs fresh lavender
- 1 tablespoon granulated sugar

## method

1. Set your Sous Vide Precision Cooker to 153°F (67°C).
2. Combine all of the ingredients in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 3 hours.
3. Halfway through cooking, squeeze the bag to soften the blackberries.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Strain the entire contents of the bag through a cheesecloth-lined fine-mesh strainer into a clean bottle or jar with a lid.

The infused vinegar will keep for up to six weeks in the fridge.



# strawberry-rosemary compote



**10 mins**  
prep



**60 mins**  
cook



**8**  
servings



## ingredients

- 1 pound fresh strawberries, cleaned, stemmed, and quartered
- 1 cup granulated sugar
- Zest and juice of 1 lemon
- 2 sprigs fresh rosemary
- 1 teaspoon kosher salt

## method

1. Set your Sous Vide Precision Cooker to 190°F (87°C).
2. Combine all the ingredients in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 1 hour.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Remove the rosemary sprigs and transfer the remaining contents of the bag to a food processor. Pulse 3 or 4 times, keeping a slightly chunky consistency.

Store, refrigerated, in an air-tight container for up to three weeks.



# hollandaise sauce



**20 mins**  
prep



**30 mins**  
cook



**6**  
servings

## ingredients

- 1 cup dry white wine
- 3 tablespoons champagne vinegar
- 2 tablespoons minced shallots
- 2 sprigs fresh thyme
- 6 large egg yolks
- 1 cup unsalted butter, melted, warm
- 1 tablespoon freshly squeezed lemon juice

## method

1. Set your Sous Vide Precision Cooker to 145°F (62°C).
2. In a medium saucepan, bring the wine, vinegar, shallots, and thyme to a boil.
3. Reduce heat and simmer until the mixture is syrupy, about 10 minutes.
4. Strain the wine mixture through a fine-mesh strainer into a blender. Add the egg yolks and puree mixture until smooth and frothy, about 30 seconds.
5. Transfer to a large zipper lock bag and seal using the water immersion technique. Place in the water bath and set the timer for 30 minutes.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Return the contents of the bag to the blender with the warm butter and lemon juice. Puree until smooth and frothy, about 30 seconds.

Season to taste with salt and pepper. Serve.



# bearnaise sauce



**30 mins**  
prep

**30 mins**  
cook



**2**  
servings



## method

1. Put bearnaise essensen, egg yolk and butter in a bag.
2. Put the bag in the sous vide for 30 min. (Never over 60 celsius or 140 fahrenheit) Use something to hold the bag in place at the top, so it dosen't fall in to the water.
3. Pour the content of the bag in to a cylindrical container. Preferably one that came with your hand blender.
4. Now take a hand blender and start at the bottom of the container. Let the hand blender spin there for 10 seconds, after that you slowly start to pull it to the top. When you reach the top you are done.

## Finishing Steps

Now just add estragon to taste, and mix it in with the rest of the sauce.

## ingredients

- 100g Butter
- 1 Tablespoon Bearnaise Essensen
- 1 Egg Yolk
- Estragon to taste







# **fish & seafood**



# salmon



**15 mins**

prep



**45 mins**

cook



**4**

servings



## ingredients

- 4 salmon fillets (5 to 6 ounces; 140 to 170g each)
- Kosher salt
- 2 tablespoons (30ml) extra-virgin olive oil
- Aromatics such as fresh thyme, dill, parsley, thinly sliced shallots, and/or citrus zest (optional)
- 2 teaspoons (10ml) vegetable oil, if serving seared



## method

1. Gently run your fingers across the surface of the fish to find a ridge of thin, flexible bones protruding from the flesh. Use a sturdy pair of needle-nose pliers, or if you have them, some sturdy fish tweezers to pull the bones out. Grasp the very tips, then pull them out by pulling along their length to minimize damage to the surrounding flesh. Make sure you also get any bones that are protruding from the cut faces along the sides of the slice.
2. Using a sharp knife and steady, long strokes, slice through the salmon, making sure to cut through the skin as well.
3. Divide each of those halves into even 5- to 6-ounce portions. The resulting pieces are closer to square in shape than the long skinny rectangles you'd get by portioning without splitting.
4. Season the salmon on all sides generously with salt. You can also season with white or black pepper at this point.
5. Place the salmon portions in a single layer inside one or more zipper-lock bags. Add a couple teaspoons of olive oil per filet to each bag, turning the salmon and using your hands to make sure that it's coated on all sides to prevent sticking.
6. Add some gently aromatics like fresh herbs such as thyme, parsley, or dill, thinly sliced shallots, or grated citrus zest. Do not add large chunks of food which can damage the shape of the fish, or acidic ingredients which damage the texture. Once bagged, seal the bag let the salmon rest in the refrigerator for at least 30 minutes and up to overnight for the salt to firm up the flesh.
7. Set the temperature on your sous vide cooker according to the chart and allow it to preheat while the salmon rests.
8. Remove all the air from the bag using a vacuum sealer or the water displacement method, then add the salmon to the preheated water bath and cook for 30 to 45 minutes for one-inch filets, or 45 minutes to an hour for filets up to two inches thick.

### Finishing Steps

Carefully remove the salmon from the bag and keeping it supported at all times to prevent it from breaking. Place it on a double layer of paper towels, then use another paper towel to gently blot the surface dry.

If you'd like, you can remove the skin at this point as well. You can serve the salmon immediately as-is, chill it and serve it cold, or for a more classic presentation, sear it briefly before serving.

To sear, heat up a thin layer of oil in a cast iron, carbon steel, or non-stick skillet over medium-high heat until shimmering. Add salmon skin side down, gently pressing on it with a fish spatula so it makes good contact with the pan. Sear until the skin is browned and crisp, about a 1 1/2 minutes. Flip the salmon and briefly kiss the second side with the pan to give it a touch of color. Transfer to paper towels to blot off excess oil, then serve immediately.

# scallops



**10 mins**  
prep



**30 mins**  
cook



**4**  
servings





### ingredients

- 12 large sea scallops (about 1 pound), side muscle removed
- Salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter



### method

1. Set your Sous Vide Precision Cooker to 123°F (51°C).
2. Season the scallops with salt and pepper. Place in a large zipper lock or vacuum seal bag with olive oil. Make sure to keep the scallops in one single layer. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting.
3. Place the bag in the water bath and set the timer for 30 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Remove the scallops from the bag and pat very dry with paper towels.

Melt butter in a large nonstick skillet over medium-high heat. When the butter stops foaming, add the scallops and sear until golden brown on both sides, about 40 seconds total. Transfer to a plate and serve.

# tuna



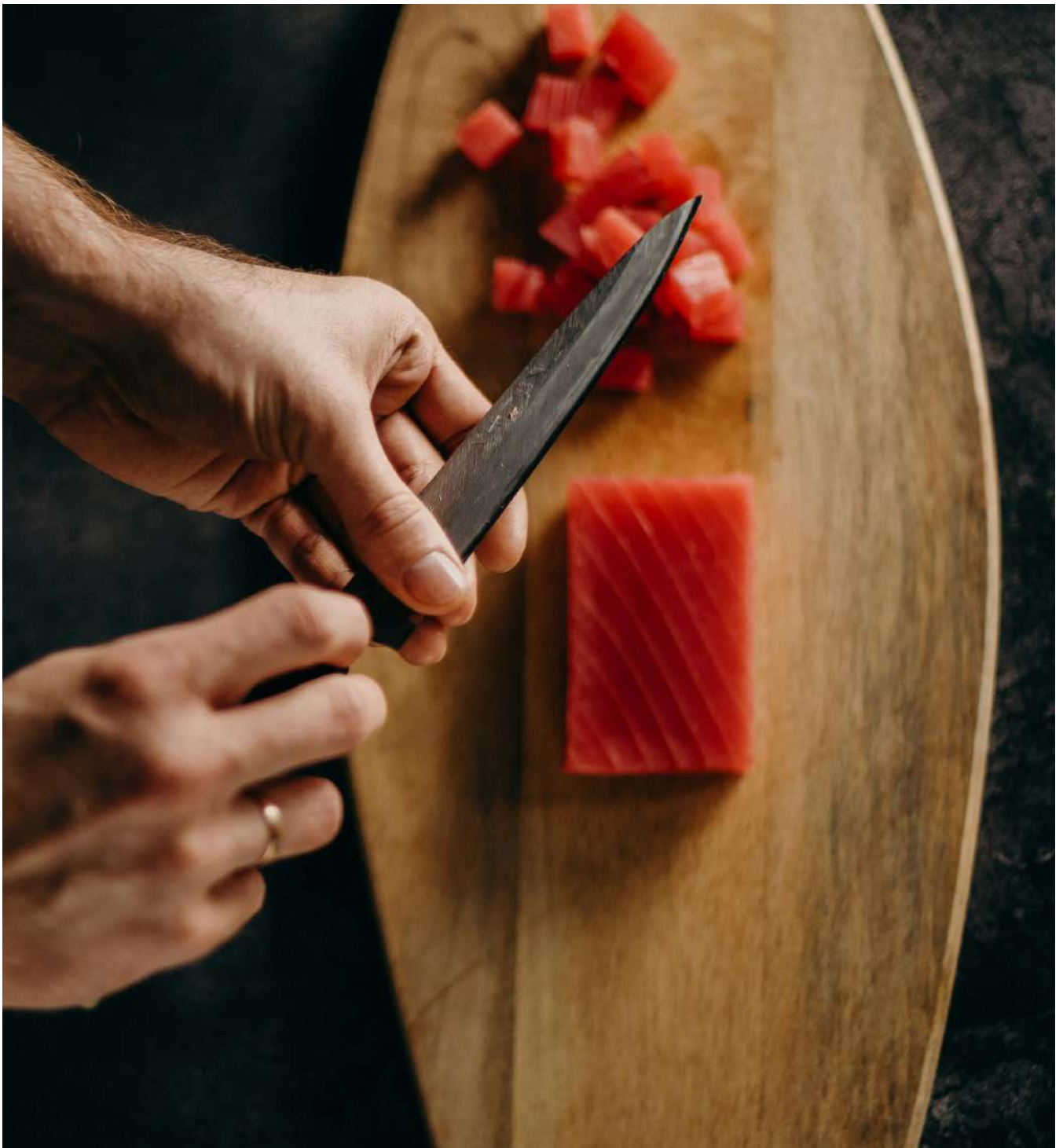
**15 mins**  
prep



**45 mins**  
cook



**4**  
servings



## method

1. Season tuna generously with salt and pepper on all sides.
2. Place tuna in a single layer in a gallon-size zipper-lock bag, or in 2 individual quart-size bags. Add olive oil to bag, or divide it between smaller bags, and turn tuna to coat. Add aromatics to bags, if using. Close bags, place in refrigerator, and let tuna rest for at least 30 minutes or up to overnight.
3. Set the temperature on your sous vide according to the chart and allow it to preheat while the tuna rests.
4. Remove all the air from the bag using the water displacement method, then add the tuna to the preheated water bath and cook for 30 to 45 minutes for one-inch filets, or 45 minutes to an hour for filets up to two inches thick.

### Finishing Steps - Stovetop

Carefully remove the tuna from the bag using your hands or a fish spatula. Place it on a double layer of paper towels, then use another paper towel to gently blot the surface dry. Discard the aromatics at this point. Tuna cooked to 105°F / 41°C or 130°F / 54°C can be chilled in the refrigerator and served as-is at this point. For seared tuna, proceed to the next step.

Season the tuna with a little (or a lot) more freshly ground black pepper, or roll it in sesame seeds or other seasonings of your choice.

Heat a tablespoon of oil in a heavy skillet over high heat until lightly smoking. Carefully add the tuna and cook without moving until browned, 30 to 45 seconds.

Carefully flip the tuna and sear the second side. Using tongs, lift the tuna and hold it sideways to sear the edges all around.

Transfer the tuna to a paper towel to blot off excess oil.

Serve with a fork and a steak knife, or slice with a sharp chicken knife before serving.

### ingredients

- 2 tuna steaks (about 1 1/2 to 2 inches thick; 10-12oz. / 280-320g each)
- Kosher salt
- Freshly ground black pepper
- 2 tbsp / 30ml extra-virgin olive oil

### ingredients

- --OPTIONAL--
- Aromatics such as fresh thyme, dill, parsley, thinly sliced shallots, and/or citrus zest
- 1/2 c / 60g black or white sesame seeds (if searing)
- 2 tsp / 10ml vegetable oil (if searing)

# shrimp



**20 mins**  
prep



**30 mins**  
cook



**4**  
servings

## ingredients

- 1 1/2 pounds large peeled shrimp (about 700g)
- Kosher salt
- 1/2 teaspoon baking soda
- Extra virgin olive oil or butter (optional)
- Aromatics such as garlic, shallots, tarragon, or parsley (optional)

## method

1. Set your Sous Vide Precision Cooker to desired temp. Multiple options available to choose from in drop down menu.
2. In a large bowl, toss shrimp with 1/2 teaspoon kosher salt and the baking soda. Place shrimp in a heavy duty zipper-lock bag or a vacuum bag. If desired, add 1 to 2 tablespoons (15 to 30ml) olive oil or butter and aromatics. Remove all air from bag using the water displacement method or a vacuum sealer. Press shrimp into a single layer.
3. Add bagged shrimp to preheated water bath and cook for at least 15 minutes and up to 1 hour (the texture should show very little variation within this time frame).

## Finishing Steps

Remove shrimp from bag to a paper towel-lined plates. Serve hot, or chill and serve cold.





# lemon cod



**5 mins**  
prep



**30 mins**  
cook



**2**  
servings

## ingredients

- 2 (6-ounce) cod filets
- Kosher salt and freshly ground black pepper
- 1 tablespoon extra virgin olive oil
- Zest and juice of 1 lemon

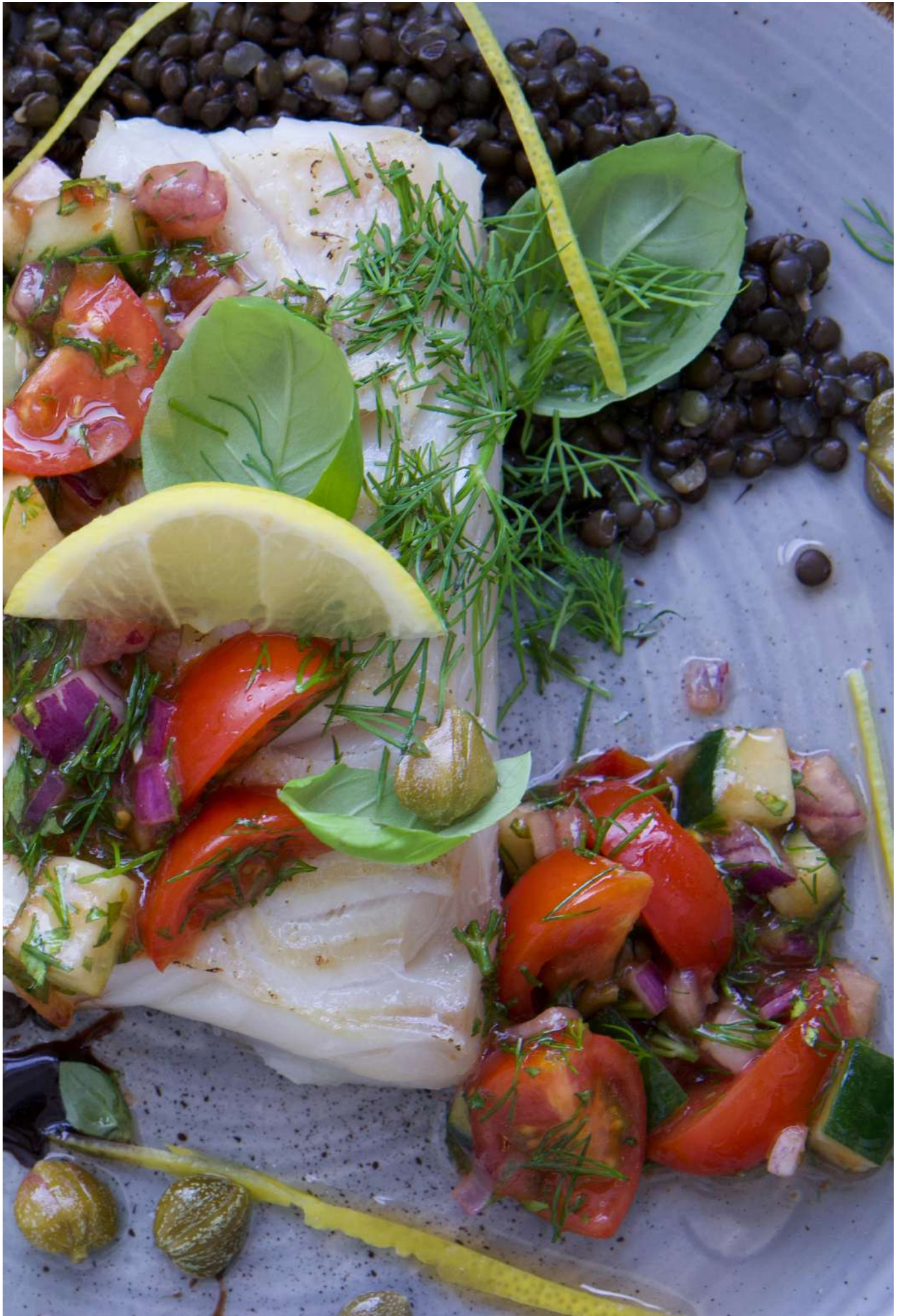
## method

1. Set your Sous Vide Precision Cooker to 132°F (55°C).
2. Season the cod with salt and pepper and place in a large vacuum seal or zipper lock bag. Add the olive oil, lemon zest, and lemon juice, and seal using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 30 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Remove the carefully remove the cod from the bag and pat dry. Serve.





# lobster



**20 mins**  
prep



**20 mins**  
cook



**2**  
servings

## ingredients

- 2 whole live lobsters, about 1 1/2 pounds each
- 2 tablespoons unsalted butter
- 2 sprigs fresh tarragon
- Lemon wedges, for serving
- 1/4 cup clarified butter, for serving



## method

1. If using live lobster: Kill lobster by plunging a knife directly into its head, splitting its carapace in half. If using frozen lobster tails: Proceed immediately to step 3.
2. Twist off the tail and claws. Discard carapace or save for stock. Proceed to step 3.
3. Lay tails flat against cutting board and insert two stiff wooden or metal skewers along the length of the tail, keeping as close to the shell as possible.
4. Prepare an ice bath. Bring a large pot of boiling water or a steamer to a rolling boil. Add lobster tails and claws and cook for 1 minute. Remove tails with tongs and transfer to ice bath. Continue cooking claws for 4 minutes longer, then transfer to ice bath.
5. Shuck lobster tails by first squeezing the sides of the shell inward until they crack.
6. Pull the sides of the shell outwards. The shell should open up easily.
7. Remove tail meat and set aside.
8. To remove claw meat, break off the small pincer, being careful to get the meat out of it. Using kitchen shears or the spine of a heavy knife against the cutting board, crack the bottom of the shell to create an opening large enough to extract the meat. Carefully remove the claw meat by shaking the shell up and down or by using the back of a wooden skewer to prise it out.
9. To remove knuckle meat, snip open the shells with kitchen shears and use the back of a wooden skewer to remove the meat. If the knuckles are especially spiky, use a kitchen towel to help grasp them.
10. Place meat in a heavy duty zipper-lock bag or a vacuum bag. Add 2 tablespoons butter and tarragon sprigs. Remove all air from bag using the water displacement method or a vacuum sealer.
11. Set your Precision Cooker to the desired temperature according to your preferred level of doneness using The Food Lab Lobster Guide in the Anova App. Add meat to the water bath and cook for at least 20 minutes and up to 1 hour.

## Finishing Steps

Remove lobster from bag, discard tarragon, and serve immediately with lemon wedges and hot clarified butter for dipping.



# halibut



**10 mins**

prep



**45 mins**

cook



**4**

servings

## ingredients

- 4 halibut fillets (5 to 6 oz; 140 to 170g each)
- Kosher salt
- 2 tbsp / 30 ml butter
- Aromatics such as fresh thyme, dill, parsley, and/or thinly sliced shallots (optional)
- 2 tsp / 10 ml vegetable oil, if serving seared

## method

1. Season the halibut on all sides generously with salt and pepper.
2. Place the halibut portions in a single layer inside one or more zipper-lock bags. Add a couple teaspoons of olive oil or butter per filet to each bag along with some gentle aromatics. Do not add large chunks of food which can damage the shape of the fish, or acidic ingredients which damage the texture. Once bagged, close the bag and let the halibut rest in the refrigerator for at least 30 minutes and up to overnight for the salt to firm up the flesh.

3. Set the temperature on your Precision Cooker according to the chart and allow it to preheat while the halibut rests.
4. Remove all the air from the bag using the water displacement method, then add the halibut to the preheated water bath and cook for 30 to 45 minutes for one-inch filets, or 45 minutes to an hour for filets up to two inches thick.

## Finishing Steps - Stovetop

Carefully remove the halibut from the bag. Place it on a double layer of paper towels, then use another paper towel to gently blot the surface dry. Discard the aromatics at this point. Halibut cooked to 105°F / 41°C or 130°F / 54°C can be chilled in the refrigerator and served as-is at this point.

Heat a tablespoon of butter in a heavy skillet over medium-high heat until foaming subsides. Carefully add the halibut presentation-side-down and cook without moving lightly browned, 30 to 45 seconds. Add aromatics and continue to cook, tilting the pan and basting the halibut with the hot butter, until the first side is well-browned, about 1 1/2 minutes total. Flip and let second side brown for 15 to 30 seconds. Transfer the halibut to a paper towel to blot off excess oil.



# chilean sea bass



**10 mins**  
prep



**30 mins**  
cook



**2**  
servings

## ingredients

- 2 (8-ounces) skin-on Chilean sea bass filets
- Kosher salt and freshly ground black pepper
- 2 teaspoons extra virgin olive oil



## method

1. Set your Sous Vide Precision Cooker to 134°F (56°C).
2. Lightly season the filets with salt and pepper.
3. Place the filets in a large zipper lock bag. Add the olive oil and seal the bag using the water immersion technique.
4. Place the bag in the water bath and attach it to the side of the pot. Set the timer for 30 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Carefully remove the filets from the bag and transfer to a plate. Serve.



# salmon fish cakes



**30 mins**  
prep



**30 mins**  
cook



**2**  
servings

## ingredients

- 1 (12-ounce) skinless salmon fillet
- 2 tablespoons extra virgin olive oil
- 1 medium potato, peeled and sliced into 1/4-inch-thick rounds
- 1 1/2 teaspoons chopped fresh parsley
- 1 1/2 teaspoons chopped fresh dill
- 1 teaspoon ketchup
- 1 teaspoon English mustard
- Zest of 1/4 lemon, plus 1 lemon, cut into wedges, for serving
- Salt and freshly ground black pepper
- 1/3 cup all-purpose flour
- 1 large egg, beaten
- 1/2 cup dried breadcrumbs
- 4 tablespoons vegetable oil
- Dressed salad, for serving
- Tartar sauce, for serving

## method

1. Set your Sous Vide Precision Cooker to 104°F (40°C).
2. Place the salmon in a large zipper lock bag with the olive oil. Seal

the bag using the water immersion technique.

3. Place the bag in the water bath and set the timer for 30 minutes.
4. While the salmon is cooking, prepare the potato: Place the potato slices in a medium saucepan filled with cold salted water. Bring the water to a boil over high heat. Continue to boil until potato slices are tender, 5 to 10 minutes. Drain well.
5. In a medium bowl, combine the parsley, dill, ketchup, mustard, and lemon zest. Season with salt and pepper. Add the drained potato slices and mash with a fork to combine.
6. Prepare the dredging ingredients: Place the flour, egg, and breadcrumbs each into their own shallow bowl.

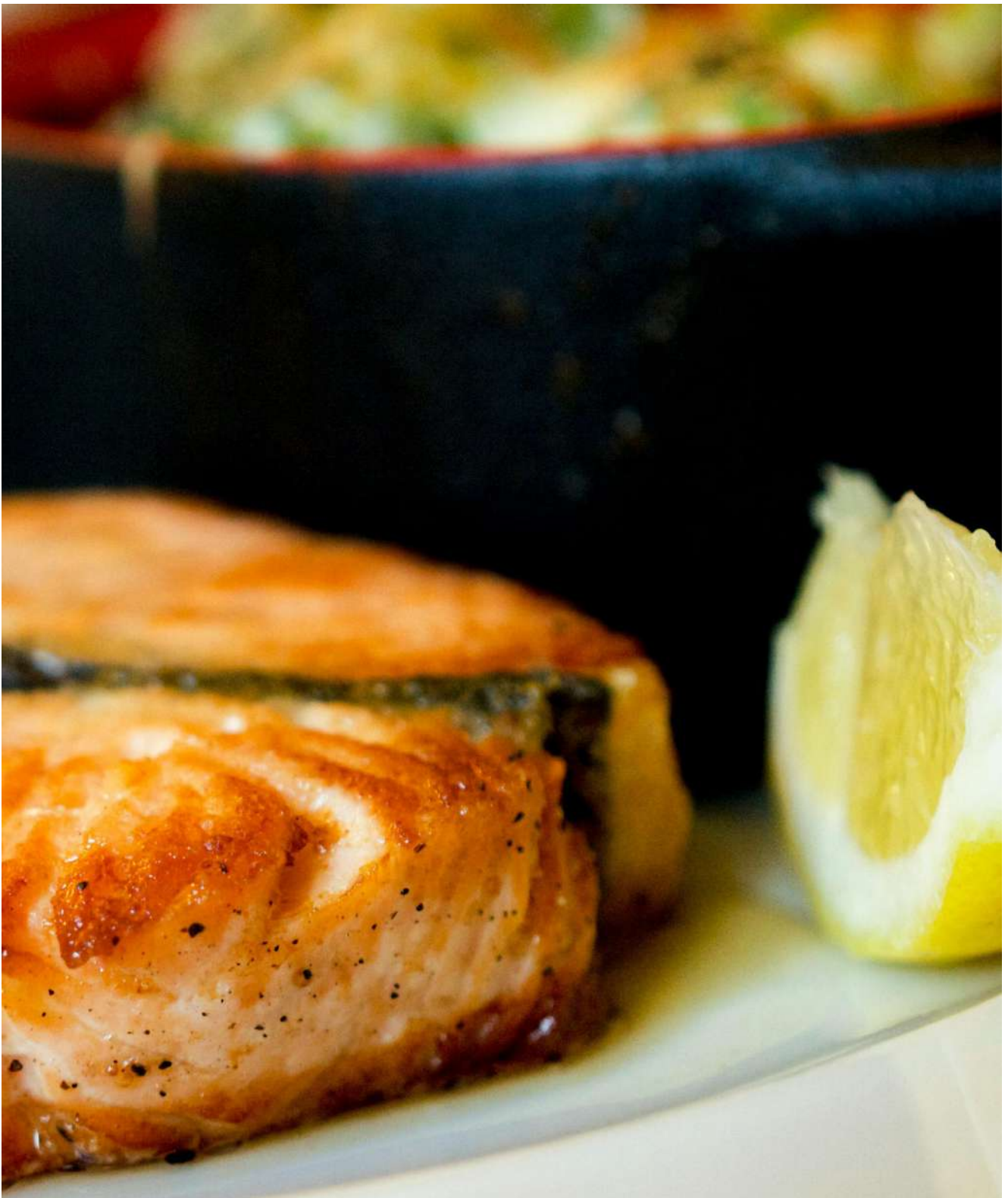
## Finishing Steps

When the timer goes off, remove the bag from the water bath. Gently remove salmon from the bag and flake it into the bowl with the potatoes. Gently mix until well-combined. Leave some larger pieces of salmon intact. Season to taste with salt and pepper.

Divide the mixture into 4 portions and form into patties. Place the patties in the flour and gently turn to coat. Transfer to the egg and gently turn to coat. Transfer to the breadcrumbs and gently turn to coat.

Heat the vegetable oil in a large non-stick skillet over medium heat. When the oil is shimmering, add the breaded patties and cook until golden brown and crisp on both sides, 2 to 3 minutes total. Transfer to a paper towel-lined plate and drain for 1 minute.

Serve fish cakes with salad, tartar sauce, and lemon wedges.



# hake fillets



**15 mins**

prep



**30 mins**

cook



**2**

servings



## ingredients

- 2 (6-ounce) skin-on hake fillets
- Kosher salt and freshly ground black pepper
- Extra virgin olive oil

## method

1. Set your Sous Vide Precision Cooker to 130°F (54°C).
2. Season the fish with salt and pepper and place it in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place the bag in the water bath and set the timer for 30 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Remove the fish from the bag and pat dry. Heat the broiler to high.

Drizzle the skin with olive oil and broil until the skin is crisp, about 1 minute. Serve.







# fruit & vegetables



# butter-poached potatoes



**10 mins**

prep



**60 mins**

cook



**2**

servings



## ingredients

- 1 pound small Yukon gold potatoes, cut in half (or fingerling potatoes)
- 2 tablespoons unsalted butter
- 1 tablespoon extra virgin olive oil
- 1 tablespoon minced fresh thyme or rosemary (optional)
- 2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper

## method

1. Set your Sous Vide Precision Cooker to 190°F (87°C).
2. Combine all ingredients in a large zipper lock or vacuum seal bag. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place the bag in the water bath and set the timer for 1 hour.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Transfer entire contents of the bag to a platter. Serve and enjoy.



# glazed carrots



**10 mins**

prep



**60 mins**

cook



**4**

servings

## ingredients

- 1 pound baby whole baby carrots, peeled or well-scrubbed, or 1 pound medium to large carrots, peeled and cut into 1-inch chunks
- 2 tablespoons (30g) unsalted butter
- 1 tablespoon (12g) granulated sugar
- Kosher salt
- Freshly ground black pepper
- 1 tablespoon (15ml) chopped parsley (optional)

## method

1. Set your Sous Vide Precision Cooker to 183°F / 83.9°C.
2. Place carrots, butter, sugar, and 1/2 teaspoon kosher salt in a vacuum bag or ziplock bag and seal.
3. Cook carrots in the water bath until fully tender, about 1 hour. At this point, carrots can be stored in refrigerator for up to 1 week.

## Finishing Steps

Empty entire contents of bag into a 12-inch, heavy-bottomed skillet and cook over high heat, stirring constantly, until liquid has reduced to a shiny glaze, about 2 minutes

Season to taste with salt and pepper, stir in parsley, and serve. If glaze breaks and turns greasy, add water a teaspoon at a time, shaking pan to re-form glaze.





# brussel sprouts



**5 mins**

prep



**60 mins**

cook



**1**

servings

## ingredients

- 1 pound brussels sprouts, trimmed and cut lengthways
- Salt to taste
- Pepper to taste
- 2 cloves garlic, minced
- 1 teaspoon honey
- 1 tablespoon olive oil
- 1 tablespoon pine nuts

## method

1. Set your Sous Vide Precision Cooker to 185°F / 85.0°C
2. Add brussels sprouts, salt, pepper, and garlic to vacuum sealed bag.
3. Place in water bath and sous vide for 1 hour.
4. Remove sprouts from bag. Dry well. Add honey, olive oil and pine nuts. Toss to combine.
5. Place under broiler for 3-5 minutes until golden and crispy.





# marinated mushrooms



**5 mins**  
prep



**60 mins**  
cook



**4**  
servings

## ingredients

- 10 ounces/283g white mushrooms, cleaned and quartered
- 3 tablespoons/44ml olive oil
- 1 ounce/28g dry sherry
- 1/2 teaspoon/5g dried thyme
- 1 teaspoon/5g Worcestershire sauce
- 1 bay leaf
- 1 strip lemon peel
- Salt and pepper to taste
- Dash garlic powder

## method

1. Use your Precision Cooker to heat water to 185°F/85°C.
2. Place mushrooms into zip-close bag with olive oil, sherry, thyme, Worcestershire, bay leaf, lemon peel, salt and pepper and garlic powder. Seal and shake gently to combine all ingredients. Use water immersion method to seal a second time, creating vacuum. Place in water and cook 1 hour.
3. Remove mushrooms from cooking water and let cool in juices in bag. Store in refrigerator, sealed in bag with juices.

## Finishing Steps To Serve

To serve, drain and bring to room temperature. Pass as part of appetizer course, add to salads or omelettes or serve as a side dish to steak.





# green beans



**5 mins**  
prep



**35 mins**  
cook



**4**  
servings

## ingredients

- 1 lb Green beans (washed and trimmed)
- Salt to taste
- 1 tbsp olive oil
- 4 cloves garlic (thinly sliced)
- Salt and pepper to taste

## method

1. Fill a large container or pot with water. Attach the sous vide precision cooker and set the temperature to 186°F/86°C.
2. Wash the green beans and trim the ends.
3. Add them into a zip-lock bag, spread out into one single layer. Salt to taste.
4. Seal the bag using the “water displacement” technique: seal all but one corner of the bag and slowly place it in the water bath. Make sure everything below the zip-line is covered by water. Then seal the rest of the bag. (Use a vacuum sealer if you have one.)
5. Clip a heavy spoon to the edge of the bag to weigh the bag down. Or use a heavy kitchen item to keep the green beans completely submerged in the water. (Make sure the seams are above the water).
6. Cook for 30 minutes if you prefer a crispy texture and bright green color. (Cook for 45 minutes for a tender and soft texture.)



7. When the timer goes off, take the bag out and remove the green beans from the bag.

### Finishing Steps

Add oil to the skillet on medium heat. Once hot, add sliced garlic. Stir fry for a few minutes until golden brown.

Add green beans, and season with salt and pepper. Stir fry for about 30 seconds. Serve warm and enjoy!

Store cooked green beans in an airtight container and they can last up to 3-5 days in the refrigerator.



# saffron pears



**5 mins**  
prep



**60 mins**  
cook



**4**  
servings

## ingredients

- 4 pears, peeled, cored and halved
- ½ tsp (3 mL) saffron
- 100g caster sugar
- 1 vanilla bean, cut in half, then sliced lengthways down the centre
- 1/3 cup (118 mL) white wine

## method

1. Combine all ingredients and put in a bag, seal and cook sous vide for 1 hour at 181.4 F (83 C).

To serve...

Serve the pears with a few spoons of the liquid in the bag.







# pickled grapes



**15 mins**  
prep



**45 mins**  
cook



**4**  
servings

## method

1. Set your Sous Vide Precision Cooker to 180°F (82°C).
2. In a large bowl, whisk together the vinegar, sugar, salt, cinnamon, and coriander. Transfer to a large zipper lock bag and add the grapes and rosemary. Seal the bag using the water immersion technique.
3. Place the bag in the water bath and set the timer for 45 minutes.

## ingredients

- 1 cup red wine vinegar
- 2 tablespoons ultrafine sugar
- 1 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground coriander
- 1 pound red seedless grapes
- 1 sprig fresh rosemary

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Transfer to an ice bath and let cool to room temperature. Refrigerate in an air-tight jar or container for up to one month.



# balsamic strawberry compote



**10 mins**  
prep



**15 mins**  
cook



**4**  
servings



## ingredients

- 200g strawberries, sliced
- 4 tbs icing sugar
- 2 tsp balsamic vinegar
- 2 tsp lemon juice

## method

- 1 Combine the icing sugar, balsamic vinegar and lemon juice in a bowl, then gently combine the sliced strawberries.
2. Seal and cook at 183.2F (84C) for 15 minutes.

### How to Use Your Strawberry Compote

Use as a topping for desserts, ice cream or yoghurt.



# whiskey-poached peaches



**15 mins**

prep



**30 mins**

cook



**4**

servings

## method

1. Set your Sous Vide Precision Cooker to 180°F (82°C).
2. Combine all ingredients in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 30 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Serve immediately, or cool in an ice bath and refrigerate for up to two days.

## ingredients

- 2 peaches, pitted and quartered
- 1/2 cup rye whiskey
- 1/2 cup ultrafine sugar
- 1 teaspoon vanilla extract
- Pinch kosher salt





# tomato confit



**20 mins**  
prep



**45 mins**  
cook



**4**  
servings

## ingredients

- 4 medium on-the-vine tomatoes
- Kosher salt and freshly ground black pepper
- 2 tablespoons extra virgin olive oil
- 2 tablespoons balsamic vinegar, plus more for serving
- 1 sprig fresh rosemary, plus more for serving

## method

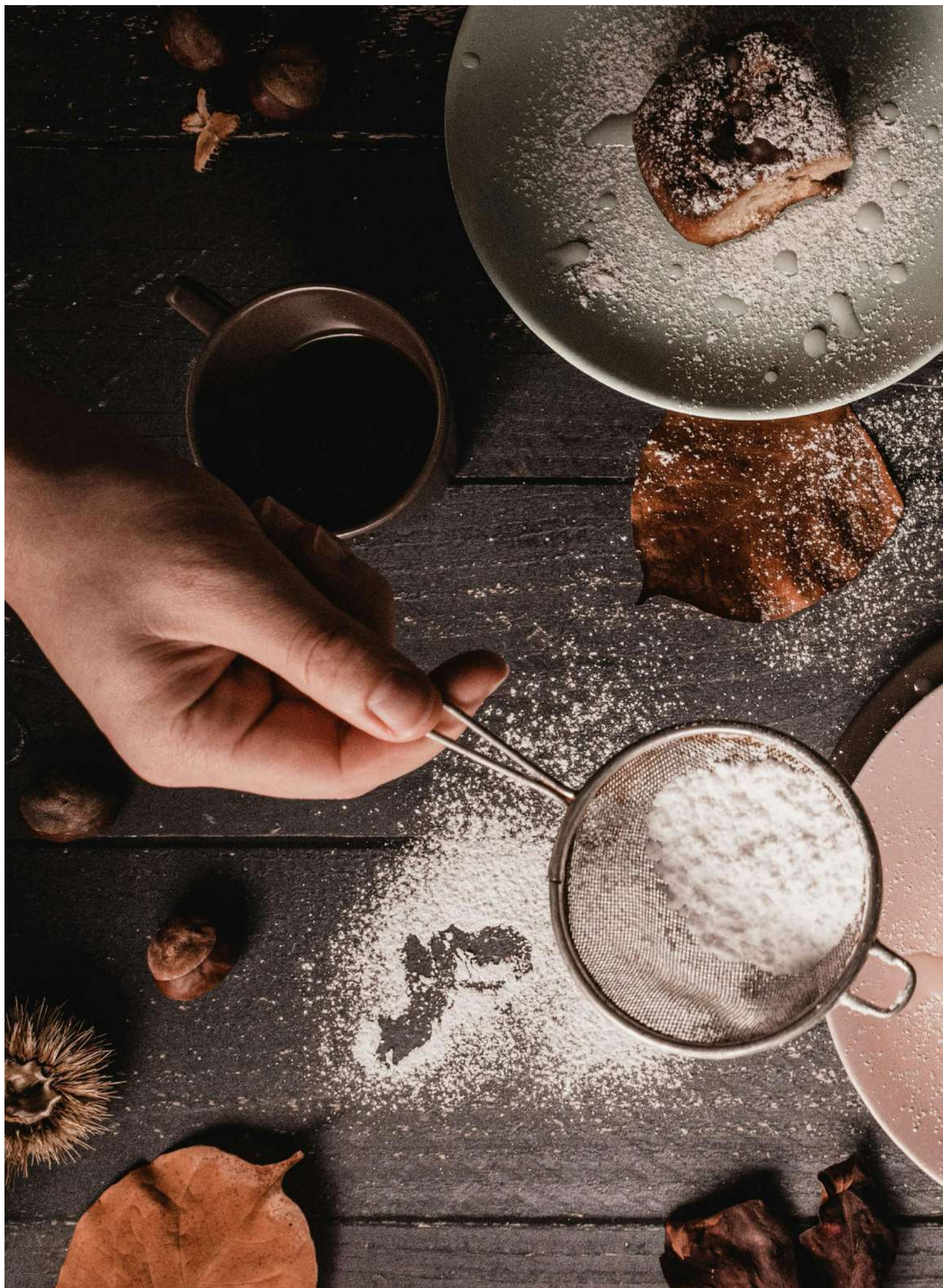
1. Set your Sous Vide Precision Cooker to 140°F (60°C). Bring a large pot of water to a boil over high heat.
2. Cut a thin "x" into the top of the tomatoes and place in the boiling water. Boil until the skin begins to peel back, about 1 minute. Immediately transfer tomatoes to an ice bath.
3. Once tomatoes are cool, remove from the ice bath and peel off the skin. Season with salt and pepper. Place tomatoes in a large zipper lock or vacuum seal bag with the olive oil, vinegar, and rosemary.
4. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place the bag in the water bath and set the timer for 45 minutes.

## Finishing Steps

When the timer goes off, remove the bag from the water bath. Gently remove the tomatoes from the bag and place on a serving platter. Drizzle tomatoes with additional balsamic and sprinkle with rosemary. Serve.









# desserts



# creme brulee



**15 mins**

prep



**60 mins**

cook



**2**

servings

## method

1. Heat your Sous Vide Precision Cooker to 176°F / 80°C.
2. Combine egg yolks, sugar, heavy cream, and salt. Whisk to combine. Pass through strainer to remove air bubbles.
3. Cast into mason jars.
4. Cook for 1 hour.

## Finishing Steps

1. Chill jars for 2 hours.
2. Dust with sugar and use torch to caramelize sugar.
3. Garnish with toppings and enjoy!

## ingredients

- 4 large egg yolks (80g)
- 10 oz heavy cream (300g)
- 1/4 cup sugar (45g)
- Pinch of salt





# lemon cheesecake



**15 mins**  
prep



**90 mins**  
cook



**16**  
servings





## method

1. Preheat your Sous Vide Precision Cooker to 174°F / 78.9°C. Spray 16 125ml (1/2 cup) mason jars lightly with nonstick spray
2. With an electric mixer on medium high speed, beat cream cheese until smooth, scraping down sides of bowl as needed. Gradually add sugar substitute, and beat until combined. Beat in vanilla, lemon juice and rind.
3. Drizzle in eggs, a bit at a time, beating to combine and scraping down the sides of the bowl as needed. Beat in sour cream and salt.
4. Divide batter evenly among 16 jars, filling each not quite to the top. Place lids on FINGER TIGHT! No more than finger tight to slow air to escape and prevent cracking.
5. Place filled jars in a shallow pan or tub with warm water half way up the jar to temper them. Let sit 5 minutes and then carefully place in heated water. Cook sous vide for 90 minutes.
6. Remove when done and let cool at room temperature until you can handle the jars easily. Tighten lids and place in the fridge. Will keep up to 3 weeks.

## Finishing Steps

1. Top with your choice of toppings and enjoy!

## ingredients

- 2 pounds cream cheese, room temperature (4 - 8 ounce blocks)
- 1/2 cup sugar substitute (Splenda, Swerve, etc) or sugar if not low carb
- 1 tsp vanilla extract
- 2 tbsp lemon juice
- 2 tbsp grated lemon rind
- 4 large eggs, room temperature, lightly beaten
- 1 cup sour cream
- Pinch of salt



# chocolate chip cookies



**90 mins**  
prep



**180 mins**  
cook



**24**  
servings

## ingredients

- 1 cup (142 grams) all-purpose flour
- 1 (4.92 mL) teaspoon baking powder
- 1/4 teaspoon (1.23 mL) salt
- 6 tablespoons (3 ounces/84.75 grams) unsalted butter, at room temperature
- 2/3 cup (198 grams) packed dark brown sugar
- 1 large egg
- 2 teaspoons (9.86 mL) vanilla extract
- 1 cup (175 grams) chocolate chip cookies





## Finishing Steps

When the timer goes off, remove the jars from the water bath. Place on a cooling rack. Carefully remove the lids. Let the cookies cool to room temperature.

When the cookies are cool, run a knife around the sides of the jars and carefully un-mold the cookies. Transfer to a plate and refrigerate until chilled, about 1 hour.

Using a very sharp knife, slice each cookie into 1/4-inch thick horizontal slices. Serve.

## method

1. Set your Sous Vide Precision Cooker to 195°F (90.6°C). Generously grease 5 half-pint canning jars with non-stick oil spray or butter.
2. In a medium bowl, whisk together flour, baking powder, and salt. Set aside.
3. Combine butter and sugar in the bowl of a stand mixer fitted with a paddle attachment. Beat the mixture on medium-high speed until light and fluffy, 3 to 5 minutes.
4. Beat in the egg, followed by the vanilla. Continue to beat until mixture is very light and fluffy, about 3 more minutes.
5. Remove the bowl from the mixer. Gently fold in the flour mixture until just combined.
6. Fold in the chocolate chips.
7. Divide the dough between the prepared jars. Using lightly greased fingers, pat dough down to the bottom of the jars. Each jar should be no more than half full. Wipe off sides and tops of jars using a damp towel.
8. Place lids and bands on jars and seal until just tight (do not over-tighten jars; air will still need to escape). Place jars in water bath and set the timer for 3 hours.



# flourless chocolate cake



**30 mins**

prep



**60 mins**

cook



**6**

servings

## ingredients

- 4 large eggs, cold
- ½ pound semisweet chocolate (chips or squares, chopped) bittersweet may also be used
- 4 ounces butter
- OPTIONAL INGREDIENTS
- 1/8 cup coffee liqueur or orange liqueur
- 2 tbsp unsweetened cocoa for dusting the cakes

## method

1. Prepare your water bath, set your Sous Vide Precision Cooker to 115°F / 46.1°C. Place chocolate, butter and coffee or liqueur if using, in a ziplock freezer bag and place in the water bath for 15 minutes to melt chocolate. Agitate or massage the bag every 5 minutes to ensure the mixture is well blended.
2. Remove the bag and set your Sous Vide Precision Cooker to 170°F / 76.7°C.
3. Prepare six 4oz (125ml) mason jars by spraying the inside liberally with non stick spray or grease with butter.
4. Beat the eggs in the bowl of a standing mixer at high speed until the volume doubles.
5. Turn the mixer on low, cut the corner off the freezer bag and drizzle the melted chocolate mixture in slowly until the mixture is totally homogeneous.
6. Scrape the batter into the prepared canning jars and smooth the surface by tapping the jar firmly but gently on the palm of your hand.
7. Screw the canning jar lids on FINGER TIGHT ONLY. Place jars carefully into your water bath for 60 minutes.





### Finishing Steps

1. Remove jars carefully from the hot water bath and set on a wire rack; cool to room temperature. Cover and refrigerate at least 6 hours. (The cakes can be covered and refrigerated for up to 10 days.) If you peek you may find the cake looks not quite set while it is warm, it will firm up as it cools.
2. About 30 minutes before serving, run a thin knife around the edge of the cakes (they may just slip out of the cup on their own.) You may garnish with berries, cream, or sieve a light sprinkling of unsweetened cocoa over the cake to decorate.

# tempered chocolate



**5 mins**

prep



**20 mins**

cook



**8**

servings



## ingredients

- 1 pound good chocolate, chopped

## method

1. Heat your Sous Vide Precision Cooker to 115°F/46.1°C.
2. Chop chocolate and seal it into zip-close plastic bag using water immersion method to create vacuum. Place chocolate into water bath and let sit there until it is fully melted, about 5 minutes.
3. Take chocolate out and gently squish it around in the bag. Place bag back into hot water.
4. Reduce temperature setting to 81°F/27.2 °C. Add ice until you reach the cooler temperature, adding a cup or so at a time, then watching the effect so you don't reduce the temperature too much. When water reaches 81°F/27.2°C, increase setting on your Sous Vide Precision Cooker to 90°F/32.2°C. Water will come up to temperature pretty quickly. Let chocolate stay at this temperature for 5 minutes, taking back out every minute and gently squishing contents around (this distributes the crystals that keep the chocolate from getting streaky).



### Finishing Step: Holding

After 5 minutes, remove the bag from the water. Dry bag completely, then snip the tiniest bit off the corner to use for piping or to empty into a bowl so you can dip things (strawberries?) into the chocolate. Clean up is a snap—Use the bags like pastry bags, then toss.

# lemon curd



**180 mins**

prep



**45 mins**

cook



**2**

servings

## ingredients

- 6 tablespoons unsalted butter, melted and cooled slightly
- Juice of 4 lemons
- 6 large egg yolks, at room temperature
- 1 cup granulated sugar

## method

1. Set your Sous Vide Precision Cooker to 179°F (82°C).
2. Whisk together the sugar, butter, and lemon juice. Continue to whisk until the sugar is dissolved. Add the egg yolks and whisk to combine.
3. Transfer the egg mixture to a large zipper lock bag and seal using the water immersion technique. Place in the water bath and set the timer for 45 minutes.

## Finishing Steps

1. A few minutes before the timer goes off, prepare an ice bath. When the timer goes off, remove the bag from the water bath. Shake the bag vigorously to stir the contents and then immediately transfer to the ice bath. Once the curd is completely cool, transfer to the refrigerator and chill overnight.
2. The next day, pour the curd into a bowl and whisk to ensure that the curd is smooth. Use in pastries or as a spread, as desired. To store, cover the surface of the curd with plastic wrap to prevent a skin from forming.





# yogurt



**15 mins**  
prep



**12 hours**  
cook



**16**  
servings



## ingredients

- 1600g whole milk
- 100g active yogurt culture (most popular store bought yogurt works!)

## method

1. Set your Sous Vide Precision Cooker to 110°F / 43.3°C
2. Add milk to large saucepan. Take your milk and heat it up slowly to 180F. Make sure you're stirring, scraping the bottom, constantly. Heating it to this temperature helps to denature the protein strands which will help to thicken your yogurt. If you want to add a flavoring to your yogurt, such as vanilla bean or extracts, this is the time to do it. Just steep it in the warm milk.
3. Remove milk from heat and place it in an ice bath. Chill until milk is below 110°F / 43.3°C.
4. Take yogurt starter and add to milk. Whisk to combine.
5. Pour into 4 oz mason jars, and tighten lids until met with resistance. Do not over-tighten.
6. Place in preheated water bath and cook for 12 hours.

### Finishing Steps

1. When your timer goes off, transfer to refrigerator and rest overnight.
2. When yogurt is chilled, top with your favorite toppings and enjoy!



# strawberry mouse



**15 mins**

prep



**45 mins**

cook



**8**

servings



## ingredients

- 1 pound (0.45 kg) strawberries, stemmed and halved
- 1/4 cup (59 ml) packed light brown sugar
- 3 tablespoons (30 ml) freshly squeezed lemon juice
- 1/2 teaspoon (2.5 ml) kosher salt
- 1/4 teaspoon (1.23 ml) ground cinnamon
- 1 cup (237 ml) heavy cream
- 1 teaspoon (5 ml) vanilla extract
- 1 cup (237 ml) creme fraiche or sour cream

## method

1. Set your Sous Vide Precision Cooker to 180°F (82.2°C).
2. Combine the strawberries, sugar, lemon juice, salt, and cinnamon in a large zipper lock bag. Seal the bag using the water immersion technique and place in the water bath. Set the timer for 45 minutes.

### Finishing Steps

When the timer goes off, remove the bag from the water bath. Carefully transfer the entire contents of the bag to a blender or food processor. Puree until smooth. Let cool to room temperature.

In a large chilled mixing bowl, whisk the cream and vanilla until stiff peaks form. Gently fold in strawberry puree and creme fraiche until fully incorporated. Be careful to not over-mix. Divide between 8 serving bowls and let chill before serving.



# caramelized honey ice-cream



**4 hours**  
prep



**24 hours**  
cook



**8**  
servings

## ingredients

- 1 cup honey
- 1 3/4 cups heavy cream
- 1 1/4 cups 2% milk
- 1 vanilla bean, split and seeds scraped
- 1/2 teaspoon salt
- 4 large egg yolks
- Fleur de sel or other flaky salt, for serving



## method

1. Attach your Precision Cooker to a vessel of water and set the temperature to 181°F (83°C).
2. Seal the honey in a vacuum seal bag. Transfer to the water bath and cover the vessel with a container lid or plastic wrap. Cook for 24 hours. Remove from the water bath.

### Finishing Steps

1. Transfer 1/2 cup of the caramelized honey to a 2-quart saucepan. (Reserve the remaining honey for serving.) Add the cream, milk, vanilla bean, vanilla bean seeds, and salt. Bring the mixture to a simmer over medium heat.
2. In a medium heatproof bowl whisk the yolks. While whisking, slowly pour in the hot cream until combined.
3. Place the bowl over a second saucepan of simmering water. Slowly heat, stirring constantly, until the mixture registers 165 to 170°F (74 to 77°C). (Because of the honey, the ice cream base won't thicken to the point where it will coat the back of a spoon like a typical recipe.)
4. Strain the ice cream base into a 1-quart container and cover with plastic wrap. Place in the fridge until completely cool, at least 4 hours.
5. Churn in an ice cream machine according to the manufacturer's instructions.
6. Serve, drizzled with extra caramelized honey and sprinkled with fleur de sel, right away or store in the freezer until needed.



# pecan pies



**25 mins**  
prep



**120 mins**  
cook



**8**  
servings



## ingredients

- 2 cups (227 grams) whole pecans
- 1 cup (237 mL) maple syrup
- 1 cup (213 grams) light brown sugar
- 1/2 cup (118 mL) heavy cream
- 1 tablespoon (15 mL) molasses
- 4 tablespoons (56.5 grams) unsalted butter
- 1/2 teaspoon (3 grams) salt
- 6 large egg yolks
- Freshly whipped cream, for serving

## method

1. Set your Sous Vide Precision Cooker to 195°F (90.6°C). Generously grease 8 half-pint canning jars with non-stick oil spray or butter. Heat oven to 350°F (176.7°C).
2. Spread pecans in a single layer on a rimmed baking sheet. Toast until fragrant, 7 to 10 minutes. Remove from heat and let cool. Roughly chop.
3. Meanwhile, combine the maple syrup, sugar, cream, and molasses in a medium saucepan. Place over medium heat and stir occasionally until the sugar melts, about 5 minutes. Remove from the heat and let cool for 5 minutes.
4. Whisk butter and salt into the sugar mixture until melted. Whisk in egg yolks until smooth. Stir in chopped pecans.
5. Divide the filling between the prepared jars. Each jar should be no more than half full. Wipe off sides and tops of jars using a

damp towel.

6. Place lids and bands on jars and seal until just tight (do not over-tighten jars; air will still need to escape). Place jars in water bath and set the timer for 2 hours.

## Finishing Steps

1. When the timer goes off, remove the jars from the water bath. Place on a cooling rack. Carefully remove the lids. Let the pies cool to room temperature. Serve topped with whipped cream.



# Thank You

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