

Instructions for the Use and Care of the SousVide Supreme™ Demi

READ AND SAVE THESE INSTRUCTIONS

For additional information please visit our website at SousVideSupreme.com



This appliance is designed to meet cULus standards for 120V~60Hz use.

IMPORTANT SAFEGUARDS

When using this electrical appliance, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully before using the machine.
2. Do not touch hot surfaces. Use handles or knobs. The lid and lid handles may get hot while cooking; use of an oven mitt when handling is advised.
3. To protect against electrical shock, do not immerse cord (power lead), plug, or Sous Vide Supreme™ Demi cooking unit in water or other liquid.
4. Children should not use this appliance. When in use around children, close supervision by an adult is necessary and the appliance should be kept out of their reach.
5. Keep the appliance and cord (power lead) away from hot surfaces, heated ovens, or stove burners. Operate the appliance only on a dry, stable surface, such as a table or countertop and away from any moving parts.
6. Unplug from outlet when not in use and before cleaning. Allow machine to cool before putting in or taking out parts or emptying the water bath. Do not immerse this appliance in water or any other liquid.
7. Do not use this appliance outdoors.
8. Do not use any attachment or accessory not recommended by Eades Appliance Technology, LLC. Use of such attachments or accessories may cause fire, electrical shock, or injury.
9. Do not use this appliance for any purpose other than its intended use.
10. Do not use this appliance if it has been dropped or appears to be damaged. Do not use this appliance if it has a damaged cord or plug, or after it malfunctions in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
11. Do not attempt to operate (heat) the unit without sufficient water in the bath to completely cover the bottom rack and to reach the FILL level mark on the sidewall.
12. Take care not to overfill the water bath; allow sufficient room to accommodate the volume of food pouches when added to water bath. Top off water in bath to no more than the MAX level mark after adding pouches, if necessary, to ensure the food inside the pouches is completely submerged.
13. Extreme caution must be used when moving an appliance containing hot water or other hot liquids, including the SousVide Supreme™ Demi. Always allow bath to cool before emptying unit.

14. Take care when removing the lid when unit is hot, as hot water will collect on the inside during cooking. Use oven mitts to remove lid and tip lid carefully to drain accumulated water into the water bath for safety.

15. To disconnect, press the OFF button for three (3) seconds to turn off, then remove plug from wall outlet.

16. This appliance is not intended for use by people with reduced physical, sensory or mental capabilities or who lack experience with cooking appliances.

ADDITIONAL IMPORTANT INFORMATION CONCERNING CORDS (POWER LEADS) AND PLUGS

1. If the power cord (lead) is damaged, only the manufacturer or its authorized service agent must replace it.

2. Protect the cord (power lead) from damage: do not crush the cord (power lead); do not pull the cord (power lead) around sharp edges or corners; do not immerse the cord (power lead) in water or other liquid or allow it to become wet; do not pull or carry the appliance by its cord (power lead) or use the cord (power lead) as a handle.

3. Do not allow the cord (power lead) to run underneath or be wrapped around the appliance. Do not let the cord hang over the edge of a table or counter, or touch hot surfaces.

4. To disconnect the cord (power lead) from the electric outlet (wall socket) grasp it by the plug, not the cord (power lead), to avoid injury.

5. Use only the short, detachable power-supply cord supplied with this appliance to avoid the risk of becoming entangled in, or tripping over, a longer cord. Do not use an extension cord (power lead) with this appliance.

IMPORTANT: SAVE THESE INSTRUCTIONS. THIS APPLIANCE INTENDED FOR HOUSEHOLD USE ONLY.

Do not attempt to repair this appliance yourself. Only an authorized representative of Eades Appliance Technology, LLC should perform any repairs. Please contact customer service at www.sousvidesupreme.com for more information.

Features and Functions

Your SousVide Supreme™ Demi (patent pending) comes complete with the following items:

Lid: when flipped over converts into a drip tray/basin to provide a stable vessel into which the food pouches, once removed from the bath, can drain and for transport to oven, stovetop, or grill for the finishing step, if desired.

Water bath: approximately 9-liter capacity of food and water when filled to MAX line. (Add water only to FILL line initially.)

Grill: separates food parcels from contact with surface of water bath.

Rack: separates vacuum pouches for even cooking.

Asymmetric (Offset) handles: designed for ease of carrying the SousVide Supreme Demi and to facilitate pouring from the corner to empty the water bath after it has cooled completely.

Power socket: attachment point found at rear of machine, for connecting electrical cord (power lead) into the unit.

Control Panel Display: (see specific discussion that follows).

Insulating lid blanket:

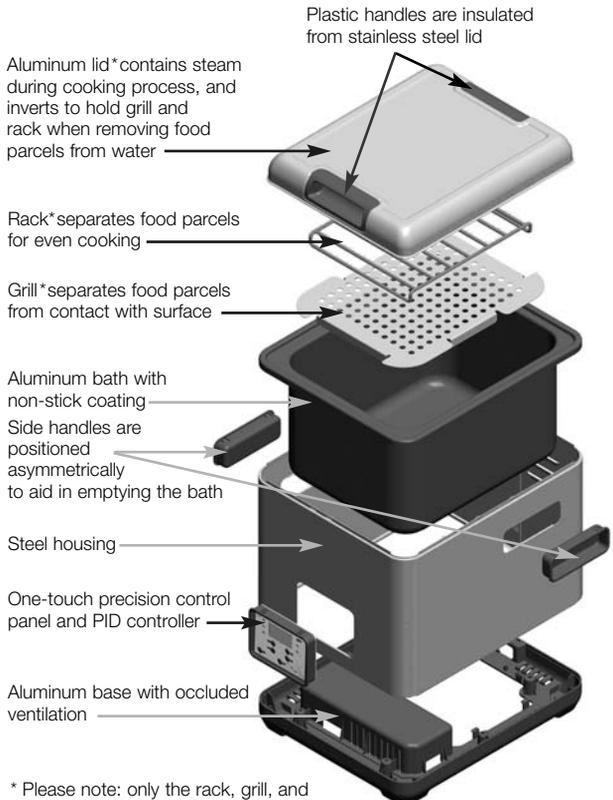
this component helps to minimize heat loss through the lid and can double as an insulating pad to protect counter top from the heat of the lid, once removed.

Accessories, sold separately, include:

Universal (Pouch) Rack:

arranges food pouches vertically or stacked in the water bath for even cooking. Be sure that the food within the pouches is underneath the surface of the water in the bath during cooking.

Wire handle: runs under grill and aids in removal of grill and food parcels from the water bath.



* Please note: only the rack, grill, and lid are removable.
Do not attempt to disassemble the unit.

Control Panel Display



1. Power on/off button
2. Celsius /Fahrenheit switch button
3. Mode Indicator lights
 - a. 'Water' temperature indicator light
 - b. 'Set' water temperature indicator light
 - c. Countdown 'Timer' light
 - d. 'Heating' element active indicator light
 - e. Timer active indicator light
4. Set temperature button
5. Set timer button
6. Increase/decrease value toggle (+/-) arrows
7. Start button

Setting the Machine for Use

1. Be sure water bath contains water before starting the machine.
2. Properly insert the electrical cord (power lead) into the power socket on the back of the machine and plug it into the wall socket.
3. Press and hold the 'Power on/off' button for 3 seconds to turn the machine on. You should feel a slight "click" and hear a tone.
4. The water temperature indicator light should illuminate and the display will read the current temperature of the water in the bath. (The machine will be preset to either Celsius or Fahrenheit readings. To change the setting, press the small Celsius/Fahrenheit switch button.)
5. To set the desired temperature, press the 'Set Temp' button. The 'Set' temperature indicator light will illuminate. The default temperature of 140°F/60C should appear. Using the 'Increase/decrease value' toggle arrows, increase (+) the temperature or decrease (-) the temperature to set to your desired target temperature for cooking. When you have reached the target

temperature on the display, press START button to begin heating the water to that temperature. An audible alert sounds as the bath begins to heat. The 'Heating' indicator light will illuminate red until the target temperature is reached, at which time it will turn green. (Audible alarm, a repeating beep at 1-second intervals, will also indicate that the target temperature has been reached.)

6. Setting the Countdown 'Timer' function is not necessary to operate the machine. The heating element will operate regardless of whether the timer function has been set. Except when cooking tender or delicate foods at target temperatures that exceed their normal serving temperature—during which timing the cooking of your food pouch could be critical to prevent overcooking—precise timing of sous vide cooking usually is not necessary. To use the timer:

- a. Wait to set the timer until the water bath in your SousVide Supreme Demi has reached the desired target cooking temperature and you are ready to place the food pouches into the water bath.
- b. To use the timer function, press the 'Set Timer' button. Time value in minutes will appear in the display window.
- c. Increase/decrease timer setting using the +/- arrows. The time displayed will change in 1-minute increments to 30 minutes, then will speed up.
- d. When the desired length of cooking time has been reached, press START button to begin timing. After a few seconds the display will return to display the water bath temperature. To view remaining time at any point in the cooking process, press 'Set Timer' button.

How to Clean the SousVide Supreme Demi

1. Do not leave water sitting in the bath after use. Allow water bath to cool, remove racks, and using the offset handles for stability, pour the bath contents into the sink.
2. Dry interior with a soft, clean cloth.
3. Periodically—or in the event of a cooking pouch rupture—you may need to clean the water bath of your SousVide Supreme Demi. Use a soft cloth or sponge and mild soapy water to wipe out the interior of the bath. Rinse with clear water and, using the offset handles on the unit, pour the water out from the corner.
4. Never immerse the unit in water or other liquid for cleaning or rinsing.
5. Never use abrasives or harsh chemicals to clean your SousVide Supreme Demi.
6. Never put the SousVide Supreme Demi in the dishwasher.
7. Any other servicing should be performed by an authorized SousVide Supreme Demi service representative. For more information, visit our website at SousVideSupreme.com.

Cooking with the SousVide Supreme Demi

As with any new cooking method, there are some differences in technique that you will want to become familiar with. Here are the basic principles you should understand:

Length of cooking time depends on the thickness of the food (meat especially) more than the weight. Doubling the thickness of a steak, for instance, increases the time needed for the meat to reach target temperature at its center by as much as four times. Thus if a 1-inch (2.5 cm) steak requires a minimum of 1 hour to reach the 'medium' target temperature of 140F/60C, a 2-inch (5 cm) steak will require not 2, but 4 hours to reach 140F/60C.

Foods can be cooked at their desired serving temperature and held for extended periods of time (8 hours or more) without significant loss of flavor or appeal or can be cooked at higher temperatures more quickly. When cooking meat at a temperature higher than the desired serving temperature, using the timer function is required to prevent overcooking.

Tougher cuts of lean meat require longer cooking times (6 to 8 hours or more) at desired serving temperature, which will not overcook, but rather tenderize the meat. Typical of this group would be flank steak, eye of round, grass-fed beef, ostrich filets, or bison steaks.

Tough, fatty cuts of meat, such as pot roast, pork ribs, leg of lamb, should be cooked at temperatures hot enough to 'melt' the collagen fibers into gelatin, which means at least 140F/60C and for at least 24 hours. Some very tough cuts, such as beef cheeks or beef spare ribs may require up to 72 hours. The end result is simply succulent, falling-apart-tender meat.

Very tender meats, such as lamb chops, rack of lamb, or tenderloin of beef or pork, need only to be brought to serving temperature throughout, which requires less time. Leaving tender cuts in the water bath for extended periods (over 4 to 6 hours) can cause some loss of textural quality.

Poultry is best cooked as the individual parts. Air trapped in the cavity of a whole bird carcass can cause the bag to float in the water bath and result in uneven cooking. Half chickens, ducks, or game hens or individual breasts, legs, or thighs work best in the SousVide Supreme Demi water oven.

Vegetables and fruits, which contain a significant amount of fiber, require higher temperatures than meats (usually 183F/84C to 190F/87C) for 1 to 2 hours to become tender. Tender vegetables, such as asparagus, broccoli, cauliflower, cabbage, summer and winter squash varieties, as well as most fruits including tomatoes may need only 45 minutes. Root vegetables, such as beets, carrots, potatoes, parsnips, and turnips will usually require 1-2 hours. Longer cooking times will result in very soft fruit and vegetable textures, ideal for soups and purees.

Some foods—those for which poaching is an ideal preparation medium, such as vegetables, fish, shellfish, and skinless poultry—can be plated and served straight from the cooking pouch.

Foods in which a caramelized or crisp exterior is preferred—such as roasts,

steaks, and chops—require a brief finishing step (on the grill, under the broiler, in a hot skillet, or using a kitchen torch) to sear the exterior before serving. Poultry is best cooked skinless. For crispy poultry skin, remove skin carefully before sous vide cooking. To crisp the skin, cut the skin into strips about ½-inch wide. Lay the strips in a single layer on a sheet pan lined with parchment paper and season with salt and pepper. Then place another sheet of parchment paper over the skin and another sheet pan atop the parchment paper. Place the sheet pans in a 350F/176C oven and cook until the skin is very crispy; check at about 15 to 20 minutes. Remove from the oven and let the skin cool on a wire rack until needed.

The 5 Basic Steps for Cooking in the SousVide Supreme Demi

Season

The sous vide cooking method locks in the flavor of foods, bringing out their particular character more fully. Vacuum-sealing the food and any seasonings or oils tightly together in the pouch magnifies the flavors of spices and herbs somewhat. Seasoning can be as simple as a sprinkle of salt and pepper, but adding fat or oil to herbs and spices can improve flavor quality. Here are some simple techniques:

Compound butters—mix fresh or dried herbs, spices, salt, and pepper with unsalted butter. Use to coat the inside of the empty cooking pouch, then add the meat or vegetables, and seal.

Herbed broths—mix fresh or dried herbs, spices, salt, and pepper with vegetable, mushroom, beef, seafood, or chicken broth. Freeze in small portions (in an ice cube tray or a zip closure bag) and add the frozen seasoned broth to the cooking pouch with the meat, poultry, fish, or vegetable prior to sealing. The broth will melt and envelope the food.

Chilled herbed oil—mix fresh or dried herbs, spices, salt, and pepper with olive oil (do not use extra virgin olive oil, as it will sometimes develop a bitter metallic flavor.) Chill the oil until it is semi-solid and add by the tablespoon (or more) to the cooking pouch along with the food, then seal.

DO NOT use wine or distilled spirits in the seasoning, without first heating it on the stovetop for a few minutes to drive off the alcohol, leaving only the flavor of the wine or spirit. Alcohol, especially from wine, can impart a peculiar metallic flavor to meals cooked sous vide.

Seal

Use only food-grade plastic vacuum-sealable pouches to package foods for cooking in your SousVide Supreme Demi. Seal according to manufacturer's instructions. Use only pouches certified by the manufacturer as suitable for cooking under vacuum. Do not use standard zip-closure bags meant for food storage.

1. Fold back the opening of the bag before filling to prevent seasonings or debris from becoming trapped in a zip track, if present. This debris can hamper successful sealing of the pouch.

2. Place food and desired seasonings into the bag.
3. Do not overfill the bag. Try to keep food clear of the vacuum membrane area, if present.
4. If using a zip-closure bag, zip the bag closed and check to see that it made a good seal.
5. Vacuum seal the bag.

NOTE: If for any reason, pumping does not evacuate air from the bag, discard bag and begin again, placing food into a new bag.

EADES APPLIANCE TECHNOLOGY, LLC does not recommend using standard or thin zip-closure bags, not designed for evacuating air, in the SousVide Supreme Demi.

Simmer

Place the sealed pouch into the water bath once the water has reached the target temperature for cooking. If using multiple pouches, place them vertically in the pouch rack in the water bath. Be sure the food in all pouches is completely under the water surface for cooking. Do not place large pouches horizontally in the SousVide Supreme Demi, as this will impede the convection circulation of water around the perimeter of the water bath.

Sear

Some foods, such as steak, chops, tenderloin, fish, seafood, or poultry with the skin are commonly served with a caramelized or crisp exterior, which is not possible in the moist environment of the sous vide cooking pouch. After coming to the proper temperature, these foods require a quick finishing sear that can only be provided by a brief exposure to a very hot temperature.

The Sear step can be done by putting the meat, fish, poultry, or seafood into a very hot, lightly oiled skillet (taken to the smoking point) or onto a hot grill, under the broiler of an oven, or by using a kitchen torch to caramelize the surface of the food.

Take care just to caramelize/brown the surface (1 to 2 minutes) to enhance color and flavor.

or Sauce

Another option is to sauce your food. Foods such as fish, seafood, or chicken are quite delicious topped with a favorite sauce.

Serve

You are now on your way to exploring the delightful benefits of sous vide cooking with your SousVide Supreme Demi. For more tips and recipes, visit SousVideSupreme.com.

Note: Raw or unpasteurized food must never be served to highly susceptible immune compromised individuals. The US Food Code recommends that for safety, foods should not be kept between 41F/5C and 130F/54.4C for longer than four hours.

Troubleshooting

If your SousVide Supreme Demi is not operating properly, please follow these recommended checks before contacting customer service. If after following these recommendations, your machine still fails to function properly (or for any malfunction not covered in this Troubleshooting Guide) please contact us at customerservice@sousvidesupreme.com or call the Customer Service Department at 877.787.6836 Monday through Friday between 9:00 a.m. and 4:00 p.m. Mountain Standard Time for assistance.

Machine won't start.

1. Be sure the unit is plugged in and the outlet is working.
2. You should feel/hear a slight click when you depress the On/Off button. If you do not, reposition your finger and press/hold again.
3. Make certain to press and hold the On/Off button for 3 seconds. If the unit fails to start after that time, reposition your finger and press/hold again.

Machine beeps during the cooking process.

1. The machine *should* beep:
 - to signal that it has preheated to its set target cooking temperature.
 - to signal that it has regained its set target after cool food pouches, ice, or additional water have been put into the water bath.
 - to signal the completion of a pre-set cooking time.
2. The machine *should not* beep during the cooking process if it is at the desired/set cooking temperature. If it does:
 - check to be sure cooking pouches have not settled to the bottom, occluding the holes of the perforated bottom grill or impeding circulation around the perimeter of the water bath. If this has occurred, use the pouch rack and reposition the pouches to open the circulation.
 - check to be sure that there is sufficient water in the machine—i.e., that the water level reaches the FILL line on the interior wall of the water bath.

Water is found on the counter under the machine.

Water can accumulate inside the lid (especially when using the machine at temperatures above 175F/80C or for extended periods) and may, on occasion, overflow the lip of the unit and run onto the counter.

1. Check the sides of the machine housing for evidence of wetness, indicating that water has trickled down the sides and pooled there. If so, remove the lid periodically during higher temperature or prolonged cooking, and allow the accumulated water to flow back into the bath.
2. If you see no evidence that water has dripped down the outside of the machine, turn off the machine, unplug the unit, move it and wipe up the spill. Make sure everything is dry and turn the machine back on, resetting the desired temperature. If the water re-appears beneath the machine, there could be a gasket leak. Turn off the machine, unplug it, and contact customer service.

The temperature is not holding to within 1F/0.5C.

1. Check to be sure that there is sufficient water in the unit—i.e., the water level at least reaches the FILL line on the interior wall of the water bath.
2. Check to be sure that cooking pouches are not lying on the bottom, occluding all or most of the holes in the perforated bottom grill or impeding circulation around the perimeter of the bath.



Proper Disposal and Environmental Protection

Your appliance contains materials that can be recovered or recycled. Please do not dispose of this product in unsorted general trash. At the end of the life of your product, please dispose of it in a specially adapted waste-recycling center or at a local civic waste collection point in accordance with your community's standards.

SousVide
S U P R E M E™

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Target Temperatures

Meat (Beef, Lamb, Pork)

Rare: 120F/49C; Medium Rare: 134F/56.5C; Medium: 140F/60C;
Medium Well: 150F/65.5C; Well: 160F/71C and up

Poultry (Chicken, Turkey, Duck)

White Meat, Medium Rare (duck only): 134F/56.5C;

White Meat, Medium (all poultry): 140-146F/60-63C; Dark Meat (all poultry): 176F/80C

Fish

Rare: 116F/47C; Medium Rare: 126F/52C; Medium: 140F/60C

Vegetables / Fruits

183-190F/84-87C

Note: Raw or unpasteurized food must never be served to highly susceptible immune compromised individuals. The US Food Code recommends that for safety, foods should not be kept between 41F/5C and 130F/54.5C for longer than four hours.

Recommended Cooking Times and Temperatures

Minimum/maximum cooking times are for foods starting at refrigerator temperature. Thickness measurement refers to thickness of vacuum-sealed pouch.

Food	Thickness inch/mm	Cooking Temperature	Time MIN	Time MAX
MEAT				
Beef or Lamb, tender cuts				
<i>Tenderloin, Sirloin, Ribeye or T-bone Steaks, Lambchops</i>				
Tender Beef, Lamb	1"/25mm	134F/56.5C or higher	1 hr	4 hrs
Tender Beef, Lamb	2"/50mm	134F/56.5C or higher	2 hrs	4 hrs
Beef or Lamb, tougher/leaner cuts				
<i>Roast, Ribs, Brisket, Flat-iron Steak, grass-fed cuts, Leg of Lamb, Bison, Game</i>				
Bison, Game	1"/25mm	134F/56.5C or higher	8-10 hrs	12-24 hrs
Roast, Leg of Lamb	2.75"/70mm	134F/56.5C or higher	10 hrs	24-48 hrs
Spare Ribs	2"/50mm	176F/80C	24 hrs	48-72 hrs
Flank Steak, Brisket	1"/25mm	134F/56.5C or higher	8-10 hrs	24-30 hrs
Pork, tender cuts				
<i>Tenderloin, Baby Back Ribs</i>				
Tenderloin	1.5"/38mm	134F/56.5C or higher	90 min	6-8 hrs
Baby Back Ribs		165F/74C	4-8 hrs	12 hrs
Pork, tougher cuts				
<i>Chops, Roast, Country-style Spare Ribs</i>				
Pork Chops	1"/25mm	134F/56.5C or higher	2-4 hr	6-8 hrs
Pork Chops	2"/50mm	134F/56.5C or higher	4-6 hrs	8-10 hrs
Pork Roast	2.75"/70mm	160-176F/71-80C	12 hrs	30 hrs
Spare Ribs	2.75"/70mm	160-176F/71-80C	12 hrs	30 hrs
POULTRY				
Chicken Breast, bone in	2"/50mm	146F/63.5C or higher	2.5 hrs	4-6 hrs
Chicken Breast, boneless	1"/25mm	146F/63.5C or higher	1 hr	2-4 hrs
Chicken Leg/Thigh		160F/71C or higher	4 hrs	6-8 hrs
Split Game Hen	2.75"/70mm	160F/71C or higher	6 hrs	8 hrs
Turkey/Duck Leg		176F/80C	8 hrs	10 hrs
Confit	2.75"/70mm	176F/80C	8 hrs	18 hrs
Duck Breast	1"/25mm	134F/56.5C or higher	2.5 hrs	6-8 hrs
FISH AND SEAFOOD				
Lean Fish	1/2"/12.5mm	desired serving temp.	30-40 min	*
Fatty Fish	1"/25mm	desired serving temp.	40-50 min	*
Lobster	1"/25mm	140F/60C	45 min	*
Scallops, diver	1"/25mm	140F/60C	40-60 min	*
Shrimp	large or jumbo	140F/60C	30 min	*
VEGETABLES				
Root Vegetables				
<i>Beets, Carrots, Celery Root, Parsnips, Potato, Turnips</i>				
	up to 1"/50mm	183F/84C	1-2 hrs	4 hrs
Tender Vegetables				
<i>Asparagus, Broccoli, Cauliflower, Corn, Eggplant, Fennel, Green Beans, Onions, Peas, Squashes</i>				
	up to 1"/50mm	183F/84C	45 min	1.5 hrs
FRUITS				
Firm Fruits				
<i>Apple, Pear</i>				
	up to 1"/50mm	183F/84C	45 min	2 hrs
Soft Fruits				
<i>Peach, Apricot, Plum, Mango, Papaya, Nectarine, Strawberry</i>				
	up to 1"/50mm	183F/84C	30 min	1 hr
EGGS				
<i>Chicken, large (when cooked in shell, do not vacuum/seal in pouches)</i>				
soft cooked in shell (quick)	1-12	167F/75C	15 min	18 min
soft cooked in shell (slow)	1-12	146F/63.5C	45 min	1.5 hr
hard cooked in shell	1-12	160F/71C	45 min	1.5 hr
scrambled	5	167F/75C	20 min	*
pasteurized in shell	1-12	135F/57C	1.25 hrs	2 hrs

* longer cooking times may result in excessively soft texture

SousVide Supreme
Recipes

SousVide
SUPREME



SousVide Supreme *Recipes*

The selection of recipes that follows has been designed specifically for your SousVide Supreme™ water oven, and will get you well on your way to cooking great chicken, beef, fish, vegetables and even dessert. Whatever your taste, there is something sure to please. Refer to the User Manual for general information and instruction on sous vide cooking, and the enclosed cooking chart for recommended times and temperatures. For more delicious recipes, cookbooks, and sous vide cooking products, visit us at SousVideSupreme.com.

Flank Steak Sous Vide

Serves 4

Cooking time: minimum 8 hours

1½ pounds (48 oz/.68 kg) flank steak

**1 packet SousVide Supreme Canadian Steak Seasoning Blend,
or 1 SousVide Supreme Steakhouse Seasoning Sheet**

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare).

Step 1: Season

Sprinkle salt and SousVide Supreme Canadian Steak Season Blend liberally on both sides of the meat, or trim and place a Steakhouse Seasoning Sheet on one or both sides of the meat.

Step 2: Seal

Vacuum seal the meat in a large (1 gallon/3.785 liter) food pouch and refrigerate at least 2 hours or, better, overnight.

Step 3: Simmer

Place food pouch into a 134°F (56.5°C) water bath for 8 to 12 hours. When cooking time has elapsed, remove the pouch from the water bath and allow the meat to cool at room temperature for 10 to 15 minutes.

Step 4: Sear

Just before serving, lightly oil a grill pan, grill, or skillet and heat to nearly the smoking point (very hot). Remove meat from pouch, discard the Seasoning Sheet, if using, pat dry with paper towels, and sear the meat for 60 seconds on each side.

Step 5: Serve

Serve straight from the grill with your favorite steak sauce or with Chimichurri Sauce (see page 15).

Steaks in Browned Butter

Serves 1–4

Cooking time: minimum 30 minutes for 1-inch (2.5 cm);

2 hours for 2-inches (5 cm) or up to 4 hours

1 to 4 tender steaks (rib eye or filet mignon) 1 to 2 inches (2.5–5 cm) thick

Coarse salt

Freshly ground black pepper

Garlic powder

Bacon grease (rendered bacon fat) or unsalted butter (optional)

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare).

Step 1: Season

Sprinkle each steak lightly with salt, pepper, and garlic powder on both sides.

Step 2: Seal

Though no fat is necessary, if desired, place a generous tablespoon (.5 oz/15 g) of bacon grease or butter into the center of the food pouch and press sides together to distribute the fat across the middle of the pouch. (Avoid the area immediately beneath the vacuum valve or membrane if present in the pouch.)

Place each steak into a suitably sized pouch, leaving ample room to seal the pouch. Vacuum the air from the pouch as completely as possible, according to your machine's instructions.

Step 3: Simmer

Place the pouch(es) into the pouch rack slots and then lower the rack into the preheated SousVide Supreme water oven. Be sure the meat is submerged fully throughout the cooking process. At the appropriate time, remove the pouches from the water oven onto the inverted lid and allow them to cool for about 10 minutes at room temperature, or quick chill and refrigerate up to 48 hours. Allow chilled meat to come to room temperature before searing in step 4.

Step 4: Sear

When ready to serve, open the pouches and remove the steaks. Pat the surface dry with a paper towel. Heat 2 tablespoons (1 oz/30 g) of unsalted butter in a skillet (one large enough to hold the steaks comfortably or sear in batches) over medium high heat. When the butter foams and just begins to color (don't let it burn) place the steaks into the skillet and allow them to gently reheat and brown on the surface, no more than 1 minute on each side.

Step 5: Serve

Place each steak on a warmed plate and drizzle the remaining browned butter over the meat.

Succulent Lamb T-Bone Chops

Serves 4

Cooking time: minimum 1 hour for 1-inch (2.5 cm);

3 hours for 2-inches (5 cm) or up to 4 hours

8 lamb T-bone chops

Coarse salt

Freshly ground black pepper

1 packet SousVide Supreme New Zealand Lamb Rub Seasoning Blend

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare)

Step 1: Season

Lightly salt and pepper the chops and generously sprinkle SousVide Supreme New Zealand Lamb Rub on both sides.

Step 2: Seal

Place two seasoned chops into each appropriately sized (1 quart/.95 liter) pouch and seal.

Step 3: Simmer

Place the pouches into the pouch rack, ensuring that the meat is fully submerged beneath the surface of the water bath. Cook chops for at least 1 hour and up to 4 hours. Cooking beyond 4 hours can result in excessive softening of the meat. At the appropriate time, remove the pouches from the water oven into the inverted lid and allow to cool in the pouches for about 10 minutes at room temperature. You may also quick chill in an ice water bath (half ice, half water) for at least one hour and refrigerate for use up to 48 hours. Allow chilled meat to come to room temperature before searing in step 4.

Step 4: Sear

When ready to serve, open the pouches and remove the chops. Pat the surface dry with a paper towel. Heat 2 tablespoons (1 oz/30 g) of unsalted butter in a skillet (one large enough to hold the chops comfortably or sear in batches) over medium high heat. When the butter foams and just begins to color (don't let it burn) place the chops into the skillet and allow them to gently reheat and brown on the surface for 30 seconds to 1 minute on each side.

Step 5: Serve

Place the chops onto warmed plates, pour the browned butter over them, and serve with minted vinegar or mint jelly, if desired.

Tender and Juicy Pork Chops

Serves 1–4

Cooking time: Minimum 4 hours

1 to 4 double thick boneless pork chops (about 2-inches/5cm thick)

Coarse salt (omit if brining chops)

Freshly ground black pepper

Garlic powder

Onion powder

Paprika

Bacon fat and/or butter (optional)

For best results, brine the pork chops overnight in the refrigerator. Make the brining solution by dissolving $\frac{1}{8}$ cup (1 oz/30 g) kosher salt in 1 quart (23 fl oz/.95 liters) of water in a 1 gallon (3.785 liter) zip closure bag or large covered container. Place the chops into the brine, seal or cover, and refrigerate 4 hours or up to overnight. When ready to cook, remove the chops from the brine and discard the brining liquid. Rinse the chops in cold water. Pat dry.

Fill and preheat the SousVide Supreme to desired serving temperature (140°F/60°C for medium).

Step 1: Season

Sprinkle the chops lightly on both sides with each of the seasonings, omitting the salt if you brined the chops beforehand.

Step 2: Seal

If desired, place a generous tablespoon (.5 oz/15 g) of bacon fat or butter into each vacuum pouch (suitable to hold 1 to 2 chops) and press the sides of the pouch together to distribute the fat across the interior. Place seasoned chops into the pouch(es).

Step 3: Simmer

Place the pouches into the pouch rack and load into the SousVide Supreme water oven. Be sure that all the meat is fully submerged below the surface of the water in the bath. Cook at the target temperature for at least 4 hours, but no more than 8.

When ready to serve, remove pouch(es) from the water bath and place into inverted lid. Allow chops to cool for 10 to 15 minutes at room temperature before proceeding, or quick chill and store in refrigerator for use within 48 hours. Bring refrigerated chops to room temperature before searing.

Remove the chops from the pouch(es) and pat the surface of the meat dry with a paper towel.

Step 4: Sear (3 methods given)

On the stovetop: Melt 2 tablespoons (1 oz/30 g) of butter or vegetable oil in a skillet over medium high heat. When it foams, place the chops into the skillet to

gently reheat and brown for approximately 1 minute on each side.

On the grill: Oil the grates of the grill. Preheat the grill to hot (450°F/232°C to 500°F/260°C). Sear chops on the grill for 1 minute per side.

With a kitchen torch: Place a pat of soft butter onto each chop. With a slow, gentle motion, sear the surface of the meat (just the top side) with the torch until the meat slightly browns and the butter bubbles.

Step 5: Serve

Place each chop on a warmed plate. If you seared on the stovetop, pour any remaining browned butter over the chops.

Twice Cooked Pork

Serves 4

- 1 pound (16 oz/0.45 kg) sous vide cooked pork (chops or tenderloin)**
- 1 teaspoon (.17 oz/5 g) Chinese Five Spice Powder**
- ¼ teaspoon (.04 oz/1.25 g) garlic powder**
- ¼ teaspoon (.04 oz/1.25 g) black pepper**
- 2 tablespoons (1 fl oz/30 ml) sesame oil**
- 2 cloves garlic, peeled and diced**
- ½ small white onion, peeled and sliced**
- 4 heads baby bok choy, washed and patted dry**
- 4 baby carrots, cut into julienne matchsticks**
- 4 ounces (118 g) fresh mushrooms, sliced**
- 2 tablespoons (1 fl oz/30 ml) soy sauce**
- 1 teaspoon (.17 oz/5 ml) dark (toasted) sesame oil (optional garnish)**
- Salt and pepper to taste (remember the soy sauce is quite salty itself)**
- (Cooked rice or noodles for serving)**

1. Slice the pork into 1–2-inch (2.5–5mm) squares about ¼ inch (6 mm) thick.
2. Sprinkle the pork with the Five Spice powder, garlic powder and black pepper.
3. Heat sesame oil in a wok or large skillet over high heat until nearly smoking.
4. Add the garlic, onions and stir fry briefly (about 30 seconds to 1 minute).
5. Add the bok choy and carrots and a few grinds of black pepper; stir fry about 2 minutes.
6. Add the mushrooms, and soy sauce and stir fry another 2 minutes until the mushrooms begin to soften.
7. Add the pork and cook just sufficiently to heat it through, about 1 minute.
8. Remove from heat and, if using, drizzle the dark sesame oil over the surface and toss to coat. Taste; adjust salt/pepper, if needed.
9. Serve immediately over cooked white or brown rice, cellophane noodles, or soba noodles.

Cajun Chicken Sous Vide

Serves 1 to 4

Cooking time: Minimum 2 hours

1 to 4 boneless, skinless chicken breasts or thighs

1 to 4 tablespoons (.5–2oz/15–60 g) unsalted butter, softened

1 to 4 teaspoons (.17–.68 oz/5–20 g) SousVide Supreme Tangy Cajun Spice Blend

Coarse salt (omit if brining chicken)

For best results, brine the chicken overnight in the refrigerator. Make the brining solution by dissolving $\frac{1}{8}$ cup (1 oz/30 g) kosher salt in 1 quart (23 fl oz/.95 liters) of water in a 1 gallon (3.785 liter) zip closure bag or large covered container. Place the chicken into the brine, seal or cover, and refrigerate 4 hours or up to overnight. When ready to cook, remove the chicken pieces from the brine and discard the brining liquid; rinse the chicken in cold water. Pat dry.

Fill and preheat the SousVide Supreme to desired serving temperature (white meat: 140–146°F/60–63°C for medium; dark meat: 176°F/80°C).

Step 1: Season

Sprinkle the chicken pieces lightly on both sides with coarse salt (if you did not brine the chicken.) Although added fat is not necessary, if desired you may make a compound butter by mixing 1 tablespoon (.5 oz/30 g) softened butter per piece of chicken with 1 teaspoon (.17 oz/5 g) of the SousVide Supreme Tangy Cajun Spice Blend.

Step 2: Seal

If using, place a generous tablespoon (.5 oz/15 g) of compound butter into each food pouch, suitably sized to hold 1 or at most 2 breasts or thighs. Place the chicken into the food pouch and vacuum seal.

Step 3: Simmer

Place the sealed food pouches into the water bath, using the universal pouch rack to position them below the surface of the water. Cook at target temperature for at least 2 hours or up to 4 hours.

Step 4 / 5: Sauce / Serve

Remove cooked chicken from pouch and serve immediately straight from the pouch or topped with Spicy Peach Salsa (see page 15) or your favorite sauce.

Bonus Step: Save

You may also quick cool the pouch in ice water (half ice, half water) for 1 hour and refrigerate to reheat, or use in chicken salad or quick soups for up to two to three days.

Pan-Seared Chicken Breast

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: Minimum 2 hours

4 (6 oz/170 g) boneless, skinless chicken breasts

2–3 tablespoons (1–1.4 fl oz/30–40 ml) high smoke point oil, such as grapeseed, peanut, safflower, or vegetable

Salt and black pepper to taste

Fill and preheat the SousVide Supreme to 146°F/63.5°C.

Step 1: Season

Not required until finishing

Step 2: Seal

Place each chicken breast into a separate food pouch and vacuum seal.

Step 3: Simmer

Place the sealed pouches into the pouch rack of the SousVide Supreme and cook for at least 2 hours.

Step 4: Sear

Remove the chicken breasts from their pouches and pat them dry with paper towels. Heat the oil in a large skillet over high heat, watching carefully, until the oil just begins to smoke.

Working in batches if needed to prevent overcrowding the pan, place chicken breasts in the skillet and sear until golden brown.

Remove the chicken from the pan and season with salt and pepper. Wipe out the skillet and repeat with remaining chicken breasts.

Step 5: Sauce / Serve

If desired, top with Creamy Spinach and Bacon Sauce (see page 16) or your favorite sauce. Serve immediately.

Pan Seared Diver Scallops

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 40 minutes

1½ pounds (24 oz/0.7 kg) large fresh scallops (diver caught)

**2-3 tablespoons (1–1.4oz/30–40 ml) high-smoke-point oil
(peanut, safflower or vegetable)**

Salt and black pepper to taste

Fill and preheat the SousVide Supreme to 140°F/60°C.

Wash the scallops in clear water and pat dry with paper towels. If it remains, remove the tough “tendon” attachment with a sharp knife.

Step 1: Season

Sprinkle lightly with salt and black pepper.

Step 2: Seal

Place 1 or 2 scallops per food pouch and vacuum seal.

Step 3: Simmer

Place the pouches into the pouch rack of the SousVide Supreme and cook for 30 to 40 minutes. Set the timer for 40 minutes, as cooking for an extended time could result in a loss of textural quality.

Step 4: Sear

Remove the scallops from their pouches and pat them dry with paper towels. Heat the oil in a large skillet over high heat, watching carefully, until the oil just begins to smoke. Place scallops in the skillet (do not crowd them and work in batches if needed, wiping out the skillet with paper towels and replacing the oil between batches.) Quickly sear the scallops to a golden brown on top and bottom, about 30 seconds to 1 minute at most per side.

Step 5: Serve

Immediately with vegetables or over pasta dressed simply with butter, freshly grated Parmesan cheese, garlic and chopped parsley.

Salmon Sous Vide

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 50 minutes

1 pound (16 oz/0.5 kg) salmon, with skin removed

Salt and pepper to taste

Fill and preheat SousVide Supreme to 140°F/60°C.

Check salmon and remove any pin bones from the fillet using clean needle-nosed pliers or tweezers. Divide the salmon fillet into 4 pieces.

Step 1: Season

Sprinkle lightly with salt and pepper

Step 2: Seal

Place each piece of fish into a food pouch and vacuum seal.

Step 3: Simmer

Place the sealed food pouches into the pouch rack in the water bath of the SousVide Supreme and cook for 40 to 50 minutes. Set timer for 50 minutes as longer cooking times can result in loss of textural quality. You may continue to Sauce/Serve steps, or at this point, you may quick chill the fish in the food pouch in ice water (half ice, half water) for 1 hour and refrigerate for chilled use.

Step 4: Sauce (optional)

Remove the cooked salmon from the pouches, pat the fillets dry with paper towels and top with Teriyaki Sauce or Cucumber Dill Sauce (see page 11) or your favorite sauce for fish.

Step 5: Serve

Serve immediately hot or chill (before saucing) and use to make salmon salad or as cold poached salmon to serve with a garlic mayonnaise.

Salmon with Cucumber Dill Sauce

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 50 minutes

1½ pounds ((24 oz/0.7 kg) skinless salmon fillets

2 tablespoons (1 oz/30 g) butter

½ small onion, peeled and chopped

1 rib celery, chopped

4 whole cloves

1 bay leaf

Juice of 1 lemon

Fill and preheat the SousVide Supreme to 140°F/60°C.

Remove any pin bones from the salmon using clean tweezers or needle-nosed pliers and divide the fish into 4 equal pieces.

Step 1: Season

Melt butter in a skillet over medium heat. Add onion and celery and cook, stirring occasionally, until mixture is softened and the onion is translucent. Add the cloves and bay leaf and cook until fragrant, another minute or so. Transfer the onion mixture to a bowl and stir in the lemon juice.

Step 2: Seal

Place one piece of fish into each of four food pouches. Divide the onion mixture evenly among the pouches and vacuum seal each bag. If using a hand pump vacuum device, take care to keep the onion mixture clear of the vacuum membrane area to prevent clogging.

Step 3: Simmer

Place the pouches into the pouch rack of the SousVide Supreme and cook for 40 to 50 minutes. Set the timer for 50 minutes, as cooking for longer periods can result in a loss of textural quality.

Step 4: Sauce

Prepare one recipe of **Cucumber Dill Sauce** for Salmon as follows:

1 cucumber, peeled, seeded, and shredded—you will need about ½ cup (4.4 oz/130 g)

1 cup (8.5 oz/242 g) sour cream

2 tablespoons (1 oz/30 g) mayonnaise

1 tablespoon (.3 oz/8 g) minced fresh parsley

1 scant teaspoon (.07 oz/2 g) dill weed

Salt and black pepper to taste

In a small bowl, stir together the cucumber, sour cream, mayonnaise, parsley and dill. Season with salt and pepper. Cover with plastic wrap, and refrigerate

until needed.

Step 5: Serve

Remove cooked salmon from pouch. Discard the onion mixture. Top with chilled Cucumber Dill Sauce.

Buttered Baby Beets Sous Vide

Serves 4 to 6

Cooking time: Minimum 1½ hours

12 to 16 small fresh beets, about 1½ to 2-inch (37–50 mm) diameter

2 tablespoons (1 oz/30 g) softened butter

½ teaspoon (.1 oz/3 g) salt (or to taste)

¼ teaspoon (.03 oz/1 g) freshly ground black pepper (or to taste)

Fill and preheat SousVide Supreme to 183°F/83°C.

Trim the root and tops of the beets, if necessary, and scrub them thoroughly with a brush under running water. Pat dry. Slice the beets in half.

Step 1: Season

Place beets into an appropriately sized food pouch, taking care that they are in a single layer. Add the butter, salt and pepper.

Step 2: Seal

Vacuum seal the food pouch according to the manufacturer's directions.

Step 3: Simmer

Place the pouch into the universal pouch rack and be sure the beets are fully below the surface of the water bath. Cook for at least 2 hours, but up to 4 hours will not significantly affect their texture.

Step 4: Serve

When cooking time has elapsed, remove pouch from water oven, open and serve straight from the pouch.

Bonus Step: Save

You may also quick chill the beets in ice water (half ice, half water) for 1 hour and refrigerate for use for up to 3 days.

Rosemary and Garlic New Potatoes

Serves 4

Cooking time: Minimum 1½ hours

8 to 10 red skinned new potatoes

Coarse salt

Freshly ground black pepper

Garlic powder

2 teaspoons (.34 oz/10 g) fresh rosemary, finely minced

1 tablespoon bacon (.5 fl oz/15 ml) grease (rendered bacon fat) or unsalted butter, or olive oil

Fill and preheat SousVide Supreme to 183°F/83°C.

Scrub and rinse the potatoes and pat dry. Leaving on the skins, cut each potato into quarters.

Step 1: Season

Drizzle the potatoes with a scant bit of olive oil and toss to coat evenly. Season the potatoes with a sprinkling of salt, pepper, and garlic powder. Finely mince the rosemary and sprinkle it onto the potatoes.

Step 2: Seal

If desired, put a tablespoon (.5 fl oz/15 ml) of bacon grease (rendered bacon fat) or butter into an appropriately sized food pouch, add the seasoned potatoes and distribute them into a single layer and seal. Remove as much air as possible; do not overfill the pouch.

Step 3: Simmer

Place the pouch into the pouch rack and cook for a minimum of 1½ to 2 hours. Be sure that the food is entirely submerged below the surface of the water bath.

Step 4: Sauce / Sear

Not necessary

Step 5: Serve / Save

Open pouch and serve immediately or quick chill in ice water (half ice, half water) for 1 hour and refrigerate for up to 3 days. Reheat¹ as a side dish or use in soups, or use directly from the refrigerator in potato salad or wraps.

¹ You may reheat in the bag in your SousVide Supreme at 183°F (83°C) for at least 30 minutes, or open the bag to reheat in the microwave for 1 minute on high, stir contents and heat again in 30 second bursts until heated through. To reheat on the stovetop, open pouch and pour potatoes into a skillet or saucepan over low to medium heat until just heated through.

Spiced Whole Apples

Serves 4

Cooking time: Minimum 1½ hours

4 small tart apples, peeled and cored

4 tablespoons (2 oz/60 g) unsalted butter, softened

1 lemon, juice and zest

½ teaspoon (.1 oz/3 g) salt

½ teaspoon (.07 oz/2 g) ground cinnamon

¼ teaspoon (.03 oz/1 g) ground nutmeg

1 teaspoon (.17 oz/5 g) brown sugar

1 tablespoon (.5 oz/15 g) raisins

½ cup (4.2 oz/ 125 ml) whipped cream, sweetened

Ground cinnamon and fresh mint leaves for garnish, optional

Fill and preheat SousVide Supreme to 183°F/83°C.

Zest the lemon and reserve zest. Juice the lemon over the apples.

Step 1: Season

In a small bowl, mix together the butter, lemon zest, salt, cinnamon, nutmeg, and brown sugar. Stir in the raisins. Divide the butter mixture among the apples, packing it well into the center core area.

Step 2: Seal

Place apples, 2 per pouch, into 1 quart (.95 liter) sized pouches. Evacuate as much air as possible from the pouches and seal.

Step 3: Simmer

Place pouches into the slots of the pouch rack and invert the rack in the SousVide Supreme water bath to hold them in place, beneath the water surface, during cooking.

Step 4: Sear / Sauce

Not necessary, although delightful with a caramel sauce.

Step 5: Serve

Serve these delicious apples straight from the pouch, topped with a dollop of sweetened whipped cream, a sprig of fresh mint, and a sprinkle of cinnamon.

Chimichurri Sauce

Serves 4

- 4 garlic cloves
- 2 cups (500 g) fresh parsley leaves
- 1 cup (250 g) fresh cilantro leaves
- 1 or 2 Serrano peppers, as desired, stemmed and seeded
- $\frac{3}{4}$ cup (6.26 oz/185 ml) extra-virgin olive oil
- 2 tablespoons (1 fl oz/30 ml) sherry vinegar
- 2 tablespoons (1 fl oz/30 ml) lemon juice
- 2 teaspoons (.34 oz/10 g) ground cumin
- 2 teaspoons (.34 oz/10 g) dried oregano
- $\frac{1}{2}$ teaspoon (.1 oz/3 g) salt (or to taste)
- $\frac{1}{2}$ teaspoon (.06 oz/2 g) black pepper (or to taste)

1. Put the garlic, parsley, cilantro and jalapeno into the bowl of a food processor and pulse to mince.
2. Add the seasonings, vinegar, and lemon juice and pulse 3 or 4 times to mix.
3. With the motor running, stream in olive oil until the mixture is pureed.
4. Transfer to a bowl, cover, and set aside. To hold longer than half an hour, cover tightly and refrigerate.

Spicy Peach Salsa

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

- 1 cup (150 g) fresh peaches, peeled and diced
- $\frac{1}{4}$ cup (40 g) chopped yellow onion
- 1–2 jalapeño chiles, seeded and chopped
- 1 tablespoon (.17 oz/5 g) grated fresh ginger
- 1 tablespoon (.5 fl oz/15 ml) lime juice
- 1 teaspoon (.17 fl oz/5 ml) balsamic vinegar
- Salt and black pepper to taste**

1. In a bowl, stir together the peaches, onion, peppers, ginger, lime and vinegar.
2. Season with salt and pepper to taste.
3. Cover and refrigerate until needed.
4. Delicious on chicken breasts, shrimp, scallops, or fish.

Creamy Spinach and Bacon Sauce

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

8 ounces (225 g) frozen chopped spinach, cooked and drained

½ cup (4.2 fl oz/125 ml) half-and-half

2 slices bacon, chopped

2 cloves garlic, put through a garlic press

¼ cup (2 fl oz/60 ml) chicken broth

2 teaspoon (.3 oz/10 ml) white vinegar

Salt and black pepper to taste

Pinch freshly ground nutmeg

1. Put the cooked spinach and half-and-half in a blender and process until smooth.
2. In a skillet over medium heat, cook the bacon until crispy; remove the bacon with a slotted spoon and reserve.
3. Add the garlic and cook until fragrant and golden brown.
4. Add ¼ cup (2 fl oz/60 ml) chicken broth and the vinegar and stir.
5. Stir in the spinach mixture; cook, stirring constantly, until it comes to a boil.
6. Stir in the reserved bacon and season with salt and pepper. Reduce heat to low and cover until ready to serve.

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