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## Sous-vide

Cooking with Miele



Sous-vide

**Miele**



# Foreword



Dear Connoisseurs,

There probably is no other place where the family gathers as often as at the dinner table. A happy or festive gathering of friends and acquaintances almost always culminates in a delicious meal. Wherever people enjoy each other's company, food is at the center of the occasion.

We are pleased to be able to contribute to happy get-togethers and gatherings by making it our job to help people around the world enjoy their hobby. Knowledge, curiosity, routine, and the unexpected all converge in our Miele test kitchen everyday.

For all those who enjoy stimulating their senses, we have combined all our experience, passion, and enjoyment of experimenting into this recipe book in order to create recipes that are both guaranteed to be successful and adventurous. We hope you will enjoy the results as much as you will enjoy the sous-vide cooking!

Do you have any questions, suggestions, or requests?

Feel free to get in touch – we would love to hear from you (our telephone number is at the back of this book).

Kind regards,  
The Miele Test Kitchen Team



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# History

Sous-*vide*, French for “under vacuum”, is the term given to a method of food preparation in which vacuum-packed food in plastic bags is gently cooked at low, steadily maintained temperatures over an extended period of time.

## History

The sous-*vide* cooking technique was developed back in the 1970s. Its aim was to both simplify the cooking process and help food to stay fresh for longer. For this reason, it was initially used as a means of making convenience products. Cooking at low, precise temperatures also made it possible to take an almost scientific approach to optimizing the taste and texture of food.

It was a method that was somewhat complicated in its early days, and the appliances developed for it were expensive and rarely suitable for use in the kitchen. Over time, the market has seen the launch of appliances that allow even amateur chefs to prepare meals using the gentle sous-*vide* method in their own homes.

The catering industry also uses this technique to gain more control over timings during preparation and cooking. Meals can be prepared, cooked, stored in cool conditions, and heated up again, or prepared, stored in cool conditions, and then cooked. This leaves more time for creating the perfect presentation on the plate.

The practicality of the sous-*vide* technique and the unique taste experience it delivers explain why it has become an indispensable part of many kitchens nowadays.



# The advantages of this cooking method

## **Extends shelf life thanks to the vacuum conditions**

By evacuating air – and hence oxygen – the vacuuming process prevents food spoilage. Depending on the initial state of the food, reducing the growth of bacteria can significantly extend the food's shelf life.

## **Optimizes cooking results**

Vacuum-sealing food in bags ensures that minerals, vitamins, and flavors are retained as effectively as possible. Additionally, the low temperatures typically used for sous-vide cooking result in very little of the food's moisture escaping, particularly where meat and fish are concerned. This is also aided by the vacuum-packing process, allowing the juices to give the food its own marinade and creating a better taste. At the same time, the food is prevented from drying out.

What is more, the low cooking temperatures achieve very even results. As food is usually cooked at the required core temperature, the possibility of it becoming overcooked is ruled out.

## **Shorter marinating and pickling times**

Thanks to the vacuum and the fact that it stops as much flavor as possible from escaping, far less seasoning needs to be added to the food. Additionally, vacuuming draws as much air as possible out of the food, pushing the marinade deep inside it instead. This reduces marinating and pickling times from days to a matter of hours.

## **Making convenience products**

Making your own convenience products involves preparing, cooking, and cooling dishes, then heating them up again at a later point. This process causes the food to lose practically none of its taste or texture. It is a useful technique if you are cooking for guests, for example. On the day itself, all you need to do is heat up the dishes and serve – leaving you much more time to attend to your guests!

When making convenience products, it is important to ensure that the food is cooled down quickly once it is cooked and is stored at temperatures below 41°F (5°C). Ice water is recommended; this will cool the contents of the bag down to less than 41°F (5°C). Cooling the food through to its center usually takes the same amount of time as it does to heat it up, so you should make sure to give the cooling process as much time as it needs.

When making convenience products, it is important to ensure that the food is cooled down quickly once it is cooked and is stored at temperatures below 41°F (5°C). Ice water is recommended; this will cool the contents of the bag down to less than 41°F (5°C). Cooling the food through to its center usually takes the same amount of time as it does to heat it up, so you should make sure to give the cooling process as much time as it needs.

If the vacuum-sealed food has been frozen, it should be allowed to defrost slowly in the refrigerator or in cold water. It can then be heated back up to the specified temperature in a steam oven, in exactly the same way as vacuum-sealing bags that have been stored in the refrigerator.


# Vacuuming

## Vacuum-sealing bags


Whatever bag you decide to use, you must ensure that it is made from high-quality polyethylene with excellent temperature resistance. You can even store food in bags that have already been opened (chip bags, for example), by resealing them. You will need to adjust the sealing duration according to the thickness of the bag material.

## Using the different vacuum levels


There are 3 levels for vacuum sealing. The higher the vacuum level selected, the greater the vacuum.

 Level 1: This is the lowest vacuum level and is suitable for storing, packing, and portioning food. It is an ideal choice for packing food that is prone to squashing, such as salad or berries.

You can also use it to reseal opened preserving jars as well as jars that have twist-off lids and contain liquids such as stock or pickled vegetables – or even external containers such as the caso@ vacuum-sealed container set.

 Level 2: This level is suitable for marinating, pickling, sous-vide cooking, and freezing food that is prone to squashing, such as delicate fish fillets. It can also be used for sauces and food with a high liquid content ( $\geq 50$  g), including ragout and curry.

Another way in which this level can be used is to reseal opened preserving jars as well as jars that have twist-off lids and relatively solid or dry contents, such as jam, pesto, or cake.

 Level 3: This level is suitable for preparing food to be used in sous-vide cooking, as well as for freezing or storage. It can be used for meat and more solid food, like potatoes, carrots, and hard varieties of cheese. It is also ideally suited to food with a low liquid content ( $\leq 50$  g), such as herb oils. Primarily for hygiene reasons, this level should be selected with long cooking processes.

Vacuum-sealing liquids and marinades can create a visual bubbling effect. This is the result of the air that was previously trapped inside being released. It does not mean that the liquids are starting to cook and does not cause them to heat up.

## Using the sealing levels

There are 3 levels of vacuum-sealing. The higher the sealing level, the longer the duration of the sealing process.

As a rule of thumb, the stronger the material you are using to pack the food, the higher the sealing level you need to select. Use level 2 if you are performing several sealing processes in succession.

# A step-by-step guide to sous-vide

## Preparation



Due to the low cooking temperatures and long cooking durations involved in this method, you need to ensure not only that the food itself meets high standards of hygiene, but also that your equipment and hands are clean. As well as maintaining good hygiene practices, it is essential that you stick to the temperatures specified for each step. This applies to everything from cooling the food before preparing it, to using exactly the right cooking temperature, and rapidly chilling the food to storing it safely in the refrigerator or freezer. You must use fresh produce, as vacuum-sealing will enhance not only the food's pleasant taste, but also any other flavors that might be lingering. As well as this, you should only ever use cold or cool food to get the best results out of vacuum-sealing.

Before preparation, meat and poultry should be trimmed, and fish should be rinsed briefly under cold running water and then patted dry.

# A step-by-step guide to sous-vide



You must ensure that the bag you are filling is large enough to take the contents, especially if you are vacuum-sealing liquids. The area where you are going to seal the bag should be kept dry and free from grease in order to guarantee a clean seal. To make sure of this, keep your hands clean when folding back the edges of the bag.



You are, of course, free to season and marinate the food as you would normally. However, it is important to remember that vacuum-sealing a bag stops any flavors from escaping and means they will be stronger than they would otherwise. Additionally, the vacuum created in the process pushes flavors and seasonings into the food. This particularly affects dried herbs and garlic, so you should use less of these than you normally would. Mix seasonings with a little liquid or add some aromatic oils if you are seasoning meat or fish. This will distribute the seasonings more effectively, creating more even and subtle results.

If you are using alcohol for seasoning – when preparing a ragout or a sauce, for instance – we recommend bringing the liquid briefly to the boil beforehand in order to minimize its alcohol content. Alcohol that has not been boiled can result in the food cooking unevenly in the bag, as parts of the alcohol will change into a gaseous state. Once you have boiled the liquid, however, do not forget that the food still needs to be cooled.

## Vacuuming

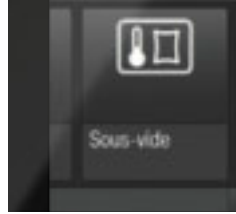


Fold the edges of the bag back up before starting the vacuum-sealing process.



The best way to carry out vacuum-sealing is to use a chamber vacuum sealer. We recommend Miele's built-in vacuum sealing drawer. Chamber vacuum sealers allow you to vacuum-pack liquids, for example – something that is not possible with standard tabletop appliances.

## Sous-vide cooking



Miele steam ovens and steam combination ovens all feature a "Sous-vide" operating mode. You can set the temperature between 115 and 195°F (45 and 90°C), and the maximum cooking duration is 10 hours. This function enables vacuum-sealed food to be cooked at a precisely controlled temperature.

As steam is much better at conducting heat than dry sources, you can use the required core temperature of meat as the cooking temperature. Setting the time for as long as is necessary will then ensure that the food reaches this temperature. However, it is also important to ensure that you stick to the thickness specifications for the food (see the recipe or the cooking chart). The thicker the food, the longer the cooking duration will be. When cooking, the items of food should be placed next to one another on the wire oven rack or in the perforated cooking container.

You can find more information about cooking durations in the steam oven's instructions, as well as in the cooking charts and recipes provided later in this book.

# A step-by-step guide to sous-vide



## Fish

As fish proteins denature even at low temperatures, fish can be cooked at a temperature range between 113 and 149°F (45 and 65°C). Unlike meat, however, the cooking temperature for fish is often set to a higher level than the required core temperature, and the product is then removed before this temperature is reached.



## Meat

Meat requires temperatures between 131 and 158°F (55 and 70°C). The structure of the meat and the amount of connective tissue it contains will determine the duration and temperature of the cooking process. Meat with short fibres – tenderloin, for example, which is generally roasted for just a short time – only needs a low temperature. Classic stewing cuts, such as leg of lamb, should be cooked at 140 to 149°F (60 to 65°C), as the tough collagen in the meat needs to reach this point in order to turn into gelatine.



## Vegetables

Vegetables should be cooked at temperatures between 149 and 194°F (45 and 90°C), as the cellulose and pectin-based cell structure only starts to break down at higher temperatures. Green vegetables such as asparagus are less suitable for sous-vide cooking. If they have been vacuum-sealed fresh, they tend to take on a yellow-brown colour during cooking and develop an unpleasant aftertaste. Green vegetables, or vegetables containing a large amount of bitter substances – such as cabbage – should therefore be blanched and then chilled in ice water first.



## Fruit

In the same way as vegetables, fruit maintains its consistency during sous-vide cooking and in some cases even develops a more intense flavor and color. It should be cooked at temperatures between 140 and 185°F (60 and 85°C).

## After cooking



After cooking the food and removing it from the vacuum-sealing bag, you can serve it immediately, fry it, broil it, or store it.

Fruit and vegetables can be transferred directly from bag to plate. As sous-vide dishes are cooked at low temperatures, however, we recommend warming the plates before placing the food on them and serving with a hot sauce.

Sous-vide cooking does not produce any roasting flavors, so it is also advisable to fry or broil meat and firm-textured fish briefly over a high heat. If you want to create roasting flavors in soft food with a delicate structure, such as fish fillets, you can use a chef's blowtorch. To do this, cut open the bag on all sides after cooking, remove the food carefully using a spatula and transfer it to a warmed plate, then perform this next step.



As well as browning the food and creating a delicious roasting flavor, this technique increases the surface temperature and creates a pleasant sensation on your palate. If you are using an oven or a steam combination oven, you should preheat the broiler for a few minutes before placing the food inside.

If the food is not going to be eaten straight away, you should chill it immediately in ice water for at least 1 hour. You can then store it in the refrigerator or freezer.

# A step-by-step guide to sous-vide



## Reheating

Only reheat brassicas, such as kohlrabi and cauliflower, in combination with a sauce. Without sauce, an unpleasant cabbage-like taste and grey-brown colour may develop.

Food with a short cooking duration or which continues cooking during reheating, such as fish, is not suitable for reheating.

## Preparing to reheat

Immediately after cooking, place the food in ice water for around 1 hour. This rapid chilling process will prevent the food from continuing to cook. As a result, it will stay in its perfectly cooked state. After this, store the food in the refrigerator at no more than 40°F (5°C).

Please note that the quality of the food decreases the longer it is stored. We recommend that you do not store the food in the refrigerator for longer than 5 days before reheating.

## Settings

Operating Modes  | Sous-vide

Temperature: see chart

Time: see chart



# Introducing Marcus Schneider



## Marcus Schneider

- Degree in business management
- 2010 Trained in avant-garde cuisine at the WIHOGA Akademie
- A passionate amateur cook from age 15
- Further training with various top chefs
- Head of the Miele Table Artists cookery school in Reutlingen, Germany

His aim: to cook with good, honest produce, without ready-made products, in a manageable period of time, with delicious results! Through his training in avant-garde cuisine and the new techniques he has learned from this, he possesses more than 7 years of experience in sous-vide cooking and has been demonstrating this technique at the cookery school for a number of years.

In the cooking concept kitchen, Marcus Schneider delivers cooking courses for beginners, more advanced cooks, and aficionados alike. He guides the participants through the events in a relaxed atmosphere and is always on hand to provide handy hints and tips! He also gives courses in sous-vide cooking.

# Cooking charts

Food	Added in advance			[min]
	Sugar	Salt		
<b>Fish</b>				
Cod fillet, 1" (2.5 cm) thick		x	129/54	35
Salmon fillet, 3/4"-1 1/4" (2-3 cm) thick		x	126/52	30
Monkfish fillet		x	144/62	18
Pikeperch fillet, 3/4" (2 cm) thick		x	131/55	30
<b>Vegetables</b>				
Cauliflower florets, medium to large		x	185/85	40
Hokkaido squash, sliced		x	185/85	15
Kohlrabi, sliced		x	185/85	30
Asparagus, white, whole	x	x	185/85	22-27
Sweet potato, sliced		x	185/85	18
<b>Fruit</b>				
Pineapple, sliced	x		185/85	75
Apples, sliced	x		176/80	20
Baby bananas, whole			144/62	10
Peaches, halved	x		144/62	25-30
Rhubarb pieces			167/75	13
Plums, halved	x		158/70	10-12
<b>Other</b>				
Beans, white, soaked at a 1:2 ratio (beans to liquid)		x	194/90	240
Shrimp, peeled and deveined		x	133/56	19-21
Egg, whole			149-151/65-66	60
Scallops, removed from shell			126/52	25
Shallot, whole	x	x	185/85	45-60

# Cooking charts

Chart for reheating sous-vide-cooked food

Food			[min]
	medium <sup>1</sup>	durch <sup>1</sup>	
<b>Vegetables</b>			
Cauliflower florets, medium to large <sup>2</sup>	185/85		15
Kohlrabi, sliced <sup>2</sup>	185/85		10
<b>Fruit</b>			
Pineapple, sliced	185/85		10
<b>Other</b>			
Beans, white, soaked at a 1:2 ratio (beans to liquid)	194/90		10
Scallion, whole	185/85		10

🔥 Temperature / Cooking duration

<sup>1</sup> The durations apply to vacuum-sealed food with an initial temperature of approx. 41°F (5°C) (refrigerator temperature).

<sup>2</sup> Reheat only in sauce when cooked.

# Fish

## Fishing for compliments

Fish benefits both the mind and body. Salt-water fish is rich in iodine, vitamins, protein, and omega 3 fatty acids, which boost health and physical fitness, concentration levels, powers of observation, and general well-being. Low in calories, versatile and sophisticated, fish dishes will win you compliments every time. It is no wonder that we are recommended to eat at least two portions of fish per week.





# Italian style fillet of sea bream

2 portions

## Ingredients

2 sea bream fillets, approx.  
4 oz each  
1–2 plum tomatoes, sliced thin  
8 large basil leaves  
sea salt, to taste  
freshly ground black pepper,  
to taste

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
25 minutes

**1** Season the sea bream fillets with salt and pepper on both sides. Place tomatoes on top of the fish fillets.

**2** Place the basil leaves on top of this. Season with salt and pepper again. Put in the vacuum-sealing bag and vacuum seal. (See below for settings)

**3** Cook the sea bream fillets. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve with salad or white bread.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 126°F (52°C)  
Duration: 25 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---

### >> Tip:

Flash fry to taste on the skin side in a hot frying pan after cooking sous vide.



# Bourbon vanilla shrimp

2 portions

## Ingredients

½ vanilla pod  
8 raw large size shrimp,  
peeled and deveined  
coarsely crushed pink pepper-  
corns, to taste  
sea salt, to taste  
3 tbsp heavy cream

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
20 minutes

**1** Halve the vanilla pod length-  
ways and scrape out the  
pulp. Place both the pulp and  
the pod with the other ingredi-  
ents in the vacuum-sealing bag  
and vacuum seal.  
(See below for settings)

**2** Cook the shrimp.  
(See below for settings)

**3** Remove from the vacu-  
um-sealing bag and serve as  
an exquisite starter with tagli-  
atelle or fresh bread.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 133°F (56°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the  
bottom

---





# Scallops provençale

2 portions

## Ingredients

1 shallot, peeled and sliced  
2 tbsp olive oil  
2 tbsp Pernod  
1 sprig of thyme  
1 sprig of rosemary  
salt and pepper, to taste  
4 sea scallops, side muscle removed

**Preparation time:**  
approx. 20 minutes

**Cooking duration:**  
30 minutes

**1** In a small saute pan over medium heat, sweat shallot in olive oil and deglaze with Pernod. Add the thyme, rosemary, salt and pepper. Reduce by half.

**2** Briefly cool mixture. Place everything in the vacuum-sealing bag together with the scallops and vacuum seal. (See below for settings)

**3** Cook the scallops. (See below for settings)

**4** Remove from the vacuum-sealing bag and pat dry.

**5** On a cooktop sear scallops on both sides, about 1 minute each side.

**6** Serve immediately with crusty bread as a starter.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 126°F (52°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Cod with citrus zest

2 portions

## Ingredients

1 unwaxed orange  
1 unwaxed lime  
1 tsp fresh dill, coarsely  
chopped  
salt, to taste  
coarsely ground green pepper-  
corns, to taste  
2 fillets of cod, 5 ounces each  
1 tbsp olive oil

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
35 minutes

**1** Rinse the citrus fruit under hot water, grate the zest, and mix with dill, salt, and ground pepper.

**2** Spread the herb mixture over the top of the cod fillets and place in the vacuum-sealing bag. Add the oil and vacuum seal. (See below for settings)

**3** Cook the cod fillets. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve. Delicious served with small roast potatoes.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 130°F (54°C)  
Duration: 35 minutes  
Shelf level:  
Wire oven rack: 2nd from the  
bottom

---



# Salmon with dill

2 portions

## Ingredients

8 ounce salmon fillet, skinned and ready to cook  
2 stems of dill, chopped  
sea salt or Fleur de Sel, to taste  
freshly ground black pepper, to taste  
1 pinch aniseed

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
30 minutes

**1** Rub the salmon fillet with the mixed dill and spices. Place in the vacuum-sealing bag and vacuum seal. (See below for settings)

**2** Cook the salmon fillet. (See below for settings)

**3** Remove from the vacuum-sealing bag and serve. Delicious served with potato gratin.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 3

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 126°F (52°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Rose fish ragout with sun-dried tomatoes

2 portions

## Ingredients

8 ounce Sea Bass or Bass fillet  
3 pieces sun-dried tomatoes, whole, oil removed if stored in oil  
1 shallot, peeled and minced  
1/3 cup creme fraîche  
10 basil leaves, coarsely chopped  
1/4 tsp garlic, very finely minced  
salt, to taste  
freshly ground black pepper, to taste

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
40 minutes

**1** Cut fish into large pieces. Finely dice the sun-dried tomatoes and the shallot.

**2** Mix the creme fraîche with the remaining ingredients, place in the vacuum-sealing bag and vacuum seal. (See below for settings)

**3** Cook the fish. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve. Delicious served with tagliatelle or freshly baked bread.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 126°F (52°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---





# Fillet of sole with bacon

2 portions

## Ingredients

8 ounce sole fillets  
1–2 slices of bacon  
1 tbsp olive oil  
freshly ground pepper, to taste

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
25 minutes

**1** In a small saute pan medium heat, fry the bacon until crispy and drain on a paper towel lined plate then put into the vacuum-sealing bag. Top with the fillets, pour the olive oil over, and vacuum seal. (See below for settings)

**2** Cook the fish. (See below for settings)

**3** Remove from the vacuum-sealing bag and serve with spicy sautéed potatoes.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 126°F (52°C)  
Duration: 25 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Monkfish in herb jus

2 portions

## Ingredients

8 ounce monkfish fillet  
1 unwaxed orange, grated to create 1 tsp of zest  
1 tsp fresh tarragon, coarsely chopped  
salt and ground black pepper, to taste  
1 tbsp olive oil  
1 tsp lemon juice

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
30 minutes

**1** Cut the monkfish into 4 pieces. Rinse the orange under hot water and grate the zest.

**2** Place the monkfish fillet in the vacuum-sealing bag with grated orange zest and all the other ingredients and vacuum seal. (See below for settings)

**3** Cook the monkfish fillet. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve immediately. Delicious served with fresh bread or peeled potatoes.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 140°F (60°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Meat

## Let's eat meat

Meat such as pork, beef, lamb, and game are healthy components of anyone's diet, and add a wealth of variety and enjoyment to it. Poultry is particularly recommended for our well-being. Meat can be prepared in a range of different ways, and by using diverse seasonings and serving them with interesting sauces and side dishes, they can constantly be presented in new guises, uniting cultures – both exotic and traditional – with their versatility.





# Asian duck breast

2 portions

## Ingredients

12 ounce duck breasts, whole  
2 tsp soy sauce  
1 tbsp and 1 tsp sweet chili sauce  
¼ toasted sesame oil

**Accessories:**  
Ovenproof dish

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
65 minutes

**1** Score the skin on the duck breasts into small diamond shapes, taking care not to damage the meat.

**2** Season duck with pepper before placing it into the bag.

**3** Mix the remaining ingredients to make a marinade, add to the vacuum-sealing bag with the duck breast, and vacuum seal.  
(See below for settings)

**4** Cook the duck breast.  
(See below for settings)

**5** Remove from the vacuum-sealing bag along with the marinade, place in an ovenproof dish, and finish off under the broiler.  
(See below for settings)

**6** Delicious served with stir-fry vegetables.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 150°F (66°C)  
Duration: 65 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

### Step 4 settings

Cooking method: Maxi Broil  
Stage 1: Pre-heating  
Level 3  
Duration: 6 minutes  
Stage 2: Broiling  
Level 3  
Duration: 4 minutes  
Shelf level:  
Wire oven rack: 3rd from the bottom





# Asian chicken legs

2 portions

## Ingredients

2 chicken legs with thighs  
sea salt or Fleur de Sel, to taste  
ground Tasmanian or Szechuan pepper, to taste  
1 tsp ras-el-hanout  
1–2 unwaxed oranges  
6 dates  
4 cherry tomatoes  
2 tbsp Macadamia nuts, chopped roughly  
½ vanilla pod  
1 tbsp raisins

### Accessories:

Ovenproof dish

### Preparation time:

approx. 20 minutes

### Cooking duration:

3 hours

**1** Season the chicken legs with salt, pepper, and ras-el-hanout. Grate the zest from a quarter of 1 orange and scatter over the chicken legs.

**2** Cut the dates and cherry tomatoes into quarters lengthways. Squeeze the oranges, scrape the pulp out of the vanilla pod, and mix with 100 ml of the orange juice.

**3** Place in the vacuum-sealing bag along with all the other ingredients and vacuum seal. (See below for settings)

**4** Cook the chicken thighs. (See below for settings)

**5** Remove from the vacuum-sealing bag, place in an ovenproof dish, and broil. (See below for settings)

**6** Delicious served with cous-cous or rice.

---

### Step 3 settings

Vacuum seal the bag  
Vacuum level 2

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 165°F (74°C)  
Duration: 3 hours  
Shelf level:  
Wire oven rack: 2nd from the bottom

### Step 5 settings

Cooking method: Maxi Broil  
Stage 1: Pre-heating  
Level 3  
Duration: 6 minutes  
Stage 2: Broiling  
Level 3  
Duration: 6–7 minutes  
Shelf level:  
Wire oven rack: 3rd from the bottom

---



# Roulade of veal with Mediterranean filling

2 portions

## Ingredients

4 pieces sun-dried tomatoes, remove excess oil if stored in oil  
2 anchovy filets  
1 tsp capers  
½ cup Parmesan cheese, grated  
8 rosemary needles, finely chopped  
2 veal fillets from the rump (4 ounces each)  
sea salt, to taste  
freshly ground black pepper, to taste  
1 tbsp sunflower oil for frying

**Preparation time:**  
approx. 15 minutes

**Cooking duration:**  
1 hour 10 minutes

### >> Tip:

Wrapping the roulades in plastic wrap prior to vacuum sealing will help them keep their shape.

**1** Pat the sun-dried tomatoes dry. Dice the tomatoes, anchovy fillets, and capers very finely. Finely grate the Parmesan.

**2** Mix all ingredients together and chop again with a large knife so everything is well combined.

**3** Place the veal filets next to one another on a work surface. Garnish with the forcemeat, taking care to avoid the edges. Roll up the slices of meat from the narrow end, put them in the vacuum-sealing bag, and vacuum seal.  
(See below for settings)

**4** Cook the veal roulades.  
(See below for settings)

**5** Remove from the vacuum-sealing bag and flash fry on all sides at a very high temperature in the oil on the cooktop. Delicious served with risotto or tagliatelle with pesto.

### Step 3 settings

Vacuum seal the bag  
Vacuum level 3

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 143°F (62°C)  
Duration: 1 hour 10 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom



# Saddle of lamb in Mediterranean red wine sauce

2 portions

## Ingredients

2 tbsp olive oil  
1 small onion, peeled and diced  
1 small clove of garlic, finely chopped  
5 olives, sliced  
8 cherry tomatoes, quartered  
1 sprig rosemary, needles chopped  
1 sprig thyme, leaves chopped  
1 tsp capers  
½ cup red wine  
8 ounce saddle of lamb (off the bone)  
salt and pepper, to taste

**Preparation time:**  
approx. 15 minutes

**Cooking duration:**  
1 hour

### >> Tip:

The meat can also be flash seared in a saute pan with a small amount of olive oil according to taste and then served with the sauce.

**1** Heat the olive oil in a frying pan over medium heat, add the diced onions, garlic, chopped herbs, capers, olives, and tomatoes, and sweat briefly.

**2** Deglaze with the red wine and allow the alcohol to evaporate, reducing by half.

**3** Cool before removing to vacuum sealed bag.

**4** Season the lamb with salt and pepper, add to the vacuum-sealing bag along with the cooled sauce, and vacuum seal. (See below for settings)

**5** Cook the saddle of lamb. (See below for settings)

**6** Remove from the vacuum-sealing bag and serve. Delicious served with rice.

### Step 3 settings

Vacuum seal the bag  
Vacuum level 2

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 136°F (58°C)  
Duration: 1 hour  
Shelf level:  
Wire oven rack: 2nd from the bottom



# Corn-fed chicken breast with a Parmesan crust

2 portions

## Ingredients

1/3 cup Parmesan, grated  
6 rosemary needles, chopped  
1/4 garlic clove, finely chopped  
salt and freshly ground black pepper, to taste  
1 tbsp capers, chopped  
4 cherry tomatoes, quartered  
2 chicken breasts, boneless (1/2" thick)

## Accessories:

Ovenproof dish

## Preparation time:

approx. 10 minutes

## Cooking duration:

40 minutes

**1** Mix grated parmesan with the chopped herbs, spices, and halved capers. Cut the cherry tomatoes into quarters.

**2** Season chicken with salt and pepper before placing it into the bag.

**3** Place the chicken in the vacuum-sealing bag and spread the cheese mixture under and on top of the meat. Add the tomatoes and vacuum seal everything.  
(See below for settings)

**4** Cook the chicken.  
(See below for settings)

**5** Remove from the vacuum-sealing bag, place in an ovenproof dish, and broil.  
(See below for settings)

**6** Delicious served with Mediterranean vegetables.

## Step 2 settings

Vacuum seal the bag  
Vacuum level 3

## Step 3 settings

Cooking method: Sous-vide  
Temperature: 165°F (74°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

## Step 4 settings

Cooking method: Maxi Broil  
Stage 1: Pre-heating  
Level 3  
Duration: 6 minutes  
Stage 2: Broiling  
Level 3  
Duration: 6–7 minutes  
Shelf level:  
Wire oven rack: 3rd from the bottom





# Beef tenderloin

2 portions

## Ingredients

2 beef tenderloin filets  
(approx. 1½" thick)  
2 sprigs of thyme, leaves  
chopped  
Fleur de Sel, to taste  
black pepper, to taste  
1 tbsp olive oil

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
2 hours

**1** Season the tenderloin filets with the chopped thyme, add to the vacuum-sealing bag, and vacuum seal.  
(See below for settings)

**2** Cook the filets.  
(See below for settings)

**3** Remove from the vacuum-sealing bag, flash fry in oil on both sides very briefly in a very hot frying pan, and season with salt and pepper. Delicious served with french fries and Dijon Hollandaise sauce, see page 76.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 3

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 132°F (56°C)  
Duration: 2 hours  
Shelf level:  
Wire oven rack: 2nd from the  
bottom

---



# Pork tenderloin with apple slices

2 portions

## Ingredients

1 apple, cored and sliced  
2 tbsp hot coarse-grained mustard  
salt and pepper, to taste  
1 tsp walnut oil  
1 tbsp maple syrup (approx. 15 g)  
9 ounce pork tenderloin  
1 tbsp hot coarse-grained mustard

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
95 minutes

**1** Place the apple slices in a fan shape in the vacuum-sealing bag.

**2** Mix the salt, pepper, walnut oil, and maple syrup, and spread over the apple slices. Coat the pork with the mustard, lay on top of the apple slices, and vacuum seal everything. (See below for settings)

**3** Cook the pork. (See below for settings)

**4** Remove from the vacuum-sealing bag, briefly reduce the jus in a small pan.

**5** In a heavy bottom skillet over medium high heat, sear the pork on all sides. To serve, slice the pork and pour the jus over it. Delicious served with mashed potatoes.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 165°F (74°C)  
Duration: 95 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Lemon chicken

2 portions

## Ingredients

1 unwaxed lemon  
ground Szechuan pepper, to taste  
sea salt, to taste  
½ tsp fresh thyme, chopped  
1 tbsp sunflower oil  
2 boneless chicken breasts  
(½" thick)  
1 tbsp butter

**Preparation time:**  
approx. 55 minutes

**Cooking duration:**  
1 hour and 30 minutes

### >> Tip:

For a more intense aroma, add 1 tbsp lemon oil. Less lemon zest is required in this case.

**1** Rinse the lemon under hot water and grate the zest finely. Mix the grated zest with the pepper, salt, thyme, and sunflower oil.

**2** Rub the chicken with the mixture, place in the vacuum-sealing bag, and vacuum seal. (See below for settings)

**3** Cook the chicken. (See below for settings)

**4** Remove from the vacuum-sealing bag and flash fry in the butter until golden on both sides, approximately 2 minutes per side. Can be cut into strips and used as topping for a mixed salad.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 165°F (74°C)  
Duration: 1 hour 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom



# Vegetables

## Nature at its best

The gentle preparation method of sous-vide cooking helps to bring out the best in your vegetables. Both healthy and tasty, vegetables should be enjoyed every day whether as a side dish or a main meal, or as part of a stew. Along with the traditional types of vegetable, whose popularity never wanes, an increasing number of new varieties are also being used to enhance people's diets. Select vegetables which are in season as much as is possible, as these will contain the most vitamins and minerals and will be at their freshest when served.







# Cauliflower in mustard cream

2–3 portions

## Ingredients

1 medium head of cauliflower  
¼ cup cream  
1 tsp mustard powder  
salt and freshly ground  
pepper, to taste  
1 pinch sugar

### Preparation time:

10 minutes

### Cooking duration:

40 minutes

**1** Split the cauliflower up into florets, discarding the core. Mix the cream with the mustard, salt, pepper, and sugar, add to the vacuum-sealing bag with the vegetables, and vacuum seal. (See below for settings)

**2** Cook the cauliflower. (See below for settings)

**3** Remove from the vacuum-sealing bag and serve while hot. Delicious served with parsley potatoes and fried fish.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 185°F (85°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Kohlrabi in a cream sauce

2 portions

## Ingredients

peeled kohlrabi  
2 tbsp cream  
1 tbsp butter  
Fleur de Sel, to taste  
A little freshly ground white pepper, to taste

### Preparation time:

10 minutes

### Cooking duration:

30 minutes

**1** Cut the kohlrabi into thin batons, add to the vacuum-sealing bag with the other ingredients, and vacuum seal. (See below for settings)

**2** Cook the kohlrabi. (See below for settings)

**3** Remove from the vacuum-sealing bag and serve immediately. Delicious served with roasts and boiled potatoes.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 3

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 185°F (85°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---

### >> Tip:

The sauce can be thickened on the cooktop with a little corn starch and water mixture if required.

It can also be used as an accompaniment to other vegetables.



# Ratatouille

2–3 portions

## Ingredients

1 red sweet pepper, cut into 1 inch pieces  
1 yellow sweet pepper, cut into 1 inch pieces  
½ zucchini, cut into 1 inch pieces  
6 cherry tomatoes, halved  
6 button mushrooms, halved  
1 shallot, peeled and diced  
1 clove of garlic, peeled and minced  
½ tsp thyme leaves, chopped  
1 tsp basil, chopped  
sea salt and freshly ground black pepper, to taste  
2 tbsp olive oil  
2–3 sprigs of rosemary, for garnish

### Preparation time:

10 minutes

### Cooking duration:

40 minutes

**1** Mix the vegetables with the garlic, herbs and olive oil.

**2** Put everything in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**3** Cook the ratatouille.  
(See below for settings)

**4** Remove from the vacuum-sealing bag, place on a plate, and garnish each portion with a sprig of rosemary. Delicious served with strong-flavored meat.

---

### Step 3 settings

Vacuum seal the bag  
Vacuum level 3

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 149°F (65°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# White asparagus

2 portions

## Ingredients

1 large bunch white asparagus, end trimmed (medium thickness)  
1 unwaxed lemon  
2 tbsp butter  
sugar, to taste  
Fleur de Sel, to taste

**Preparation time:**  
10 minutes

**Cooking duration:**  
30 minutes

**1** Peel the asparagus. Rinse the lemon under hot water and pare off a shard of the zest. Add to the vacuum-sealing bag with the asparagus and the other ingredients, and vacuum seal. (See below for settings)

**2** Cook the asparagus. (See below for settings)

**3** Remove from the vacuum-sealing bag and serve with boiled potatoes and Wiener schnitzel.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 3

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 185°F (85°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---





# Spring cabbage with an orange dressing

2 portions

## Ingredients

½ spring cabbage  
2 small oranges  
5 tsp white balsamic cream  
salt, to taste  
1 tsp sugar  
ground black pepper, to taste

### Preparation time:

10 minutes

### Cooking duration:

15 minutes

**1** Remove the outer leaves and the core and cut the cabbage into thin strips. Peel 1 orange and cut out the segments, remove all the white skin in the process. Halve the segments. Juice the 2nd orange.

**2** Put the spring cabbage and orange segments in the vacuum-sealing bag. Combine freshly squeezed juice with the remaining ingredients, add to the vacuum-sealing bag, and vacuum seal.  
(See below for settings)

**3** Cook the spring cabbage.  
(See below for settings)

**4** Remove from the vacuum-sealing bag and serve slightly warm or cold. Delicious served with poultry or broiled dishes.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 149°F (65°C)  
Duration: 15 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Tomato ragout

2 portions

## Ingredients

1 pint cherry tomatoes  
8 rosemary needles, minced  
1 stem of basil, leaves shredded  
1 clove of garlic, finely diced  
3 tbsp olive oil  
sea salt, to taste  
freshly ground black pepper, to taste

### Preparation time:

10 minutes

### Cooking duration:

40 minutes

**1** Place all ingredients in the vacuum-sealing bag with the other ingredients, and vacuum seal.

(See below for settings)

**2** Cook the tomato ragout.  
(See below for settings)

**3** Remove from the vacuum-sealing bag and serve while hot. Delicious served as an accompaniment to fresh pasta or flash fried meat.

---

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 149°F (65°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Delicious vanilla carrots

2 portions

## Ingredients

2 large carrots  
½–1 vanilla pod  
2 tbsp vegetable stock  
1 tbsp parsley, very finely chopped  
sea salt and freshly ground black pepper, to taste  
2 tbsp butter

### Preparation time:

10 minutes

### Cooking duration:

40 minutes

**1** Peel the carrots and slice thinly. Scrape the pulp out of the vanilla pod and dissolve in the vegetable stock.

**2** Add everything to the vacuum-sealing bag together with the spices and flakes of butter, and vacuum seal. (See below for settings)

**3** Cook the carrots. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve while hot. Delicious served with flash fried meat or veal.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 185°F (85°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---

### >> Tip:

Veal stock can be used instead of vegetable stock.



# Sauces and more

## Good things come from above

Sauces – they're an excellent accompaniment to asparagus, they add another flavor to sweet dishes, and they're delicious poured over meat and fish too. Whether you're using classics such as hollandaise or new, inventive creations, a tasty sauce is the perfect finishing touch to many dishes. Varying which sauce you use can lend a different character to a dish each time you make it. Today it could be a creamy sauce and tomorrow a peppery one, or sometimes it might be fruity and other times it might have a kick. With sauces, creating a sophisticated dining experience is easier than you thought.







# Custard royale

## Ingredients

3 large eggs, yolk only  
¾ cup milk  
½ tsp salt  
A little freshly grated nutmeg

**Preparation time:**  
approx. 5 minutes

**Cooking duration:**  
30 minutes

### >> Tip:

After cooking, the custard royale can be cut using a pastry cutter or a knife.

**1** Mix the eggs with the milk and spices thoroughly in a bowl, place in a vacuum-sealing bag and vacuum seal. (See below for settings)

**2** Cook the egg mixture. (See below for settings)

**3** Cut the vacuum-sealing bag open on 3 sides, cut the custard royale into shape, and serve in a clear beef bouillon.

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 176°F (80°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom



# Mustard Infused Hollandaise sauce

3–4 portions

## Ingredients

3 large eggs, yolks only  
1 cup cream  
salt, to taste  
4 tbsp. white wine  
1–2 tsp dijon mustard  
1 pinch sugar  
1 pinch ground black pepper

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
30 minutes

### >> Tip:

You can flavor the basic recipe according to taste with herbs or tomato purée.

**1** Mix the yolks with the cream and salt in a blender or a bowl with a whisk until combined. Put the mixture in the vacuum-sealing bag and vacuum seal. (See below for settings)

**2** Cook the mixture. (See below for settings)

**3** In the meantime, mix the wine with the mustard in a small pan and reduce by half.

**4** After cooking, knead the vacuum-sealing bag well. Combine the mixture thoroughly with the white wine and mustard reduction in a tall container or in a blender. Season with sugar and pepper to taste.

**5** The sauce can be served with asparagus and other vegetables.

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide  
Temperature: 168°F (76°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom



# Chocolate sauce

3–4 portions

## Ingredients

$\frac{2}{3}$  cup dark chocolate chips

$\frac{2}{3}$  cup cream

1 tbsp butter

### Preparation time:

approx. 5 minutes

### Cooking duration:

30 minutes

**1** Place chocolate in the vacuum-sealing bag with the cream and butter, and vacuum seal. (See below for settings)

**2** Cook the sauce. (See below for settings)

**3** Then knead the vacuum-sealing bag thoroughly and serve the sauce warm. Delicious served with berries, vanilla ice cream, or cakes.

---

### Step 1 settings

Vacuum seal the bag

Vacuum level 2

### Step 2 settings

Cooking method: Sous-vide

Temperature: 143°F (62°C)

Duration: 30 minutes

Shelf level:

Wire oven rack: 2nd from the bottom

---



# Quick vanilla sauce

3–4 portions

## Ingredients

1 vanilla pod  
3 large eggs, yolks only  
1 cup cream  
2 tbsp sugar

**Preparation time:**  
approx. 5 minutes

**Cooking duration:**  
30 minutes

**1** Halve the vanilla pod, scrape out the pulp, and mix thoroughly with the yolks, cream, and sugar in a mixer or with a hand blender.

**2** Put the vanilla mixture in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**3** Cook the mixture.  
(See below for settings)

**4** Then knead the vacuum-sealing bag well and serve immediately, or allow to cool down and serve cool if desired. Delicious served as a sweet addition to red berry compote.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 168°F (76°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---





# Marinating

## Deliciously flavored

Whether you prefer a classic combination of vinegar, oil, and herbs or the more unusual choice of basil and lime juice, there are many different marinades to choose from. Originally, this method was primarily used to preserve food, but today its main purpose is to deliver a harmonious taste experience and refine the texture of meat and fish. Completely new flavors also introduce variation to the taste of fruit and vegetables. So we encourage you to be brave, try out new combinations of flavors, and find inspiration in our recipes. Marinades are a fun experiment – but ultimately, they can improve the taste of your food too!





# Herb oil

## Ingredients

5 ounces mild olive oil  
1 rosemary sprig  
1 thyme sprig  
¼ clove fresh sliced garlic  
coarsely ground black pepper,  
to taste  
salt, to taste

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
48 hours

**1** Put all the ingredients in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**2** Place in refrigerator to marinate for at least 48 hours.

**3** The longer the marinating time, the more intense the aroma of the oil.

### >> Tip:

When mixed, the herb oil can be used for marinades; for example, marinating shrimp for rotisserie dishes.

This aromatic oil is also suitable for drizzling over cooked food.

### Step 1 settings

Vacuum seal the bag  
Vacuum level 2



# Shrimp in garlic chili oil

2 portions

## Ingredients

12 large shrimp, peeled and de-veined  
¼ fresh chili pepper such as jalepeno or serrano  
1 large or 2 small garlic cloves, finely sliced  
sea salt, to taste  
freshly ground black pepper, to taste  
3 tbsp olive oil

**Preparation time:**  
approx. 10 minutes

**Marinating time:**  
2 hours

**1** Pat the shrimp dry, and put in a vacuum-sealing bag. Heat the oil a little. Slice the chili into rings and add to the oil together with the garlic. Leave the oil to cool down again.

**2** Then add it to the shrimp in the vacuum-sealing bag with salt and pepper, and vacuum seal. (See below for settings)

**3** Leave in the refrigerator to marinate for 2 hours.

**4** Take the shrimp out of the vacuum-sealing bag, remove the garlic, and cook under the broiler or in a hot frying pan. Delicious served with a fresh summer salad or crusty bread.

---

**Step 2 settings**  
Vacuum seal the bag  
Vacuum level 3

---



# Asian cucumber salad

2 portions

## Ingredients

1 english cucumber  
1 tbsp maple syrup  
1 tbsp sweet chili sauce  
1 tsp soy sauce  
½ tsp toasted sesame oil

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
30 minutes

**1** Coarsely peel the cucumber so that a few strips of peel remain on it. Now slice it very thinly and place flat in the vacuum-sealing bag.

**2** Mix the remaining ingredients to make a marinade. Pour the marinade over the cucumber slices in the vacuum-sealing bag and vacuum seal. (See below for settings)

**3** Leave to marinate in the refrigerator for 30 minutes.

**4** Remove from the vacuum-sealing bag and serve with sushi or spring rolls.

---

**Step 2 settings**  
Vacuum seal the bag  
Vacuum level 2

---





# Tandoori chicken breast

2–3 portions

## Ingredients

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

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
1 hour

**1** Mix the yogurt with the other ingredients thoroughly in a bowl and rub it into the chicken. Put everything in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**2** Leave to marinate in the refrigerator for 1 hour.

**3** Remove from the vacuum-sealing bag and place onto a hot grill. Delicious served with lentil salad.

### >> Tip:

Marinating in yogurt makes the meat particularly tender when grilled.

### Step 1 settings

Vacuum seal the bag  
Vacuum level 3



# Salmon gravlax in a curry and mustard sauce

2–3 portions

## Ingredients

¾ of a pound or 10 ounces of salmon fillet (skinless)  
2 tbsp coarse sea salt  
2 tbsp brown cane sugar  
2 tbsp mustard seed  
1 tbsp curry powder

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
min. 4 hours

**1** Mix the spices. Rub into the salmon. Now put everything in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**2** Place in the refrigerator to marinate for 4 to a maximum of 6 hours.

**3** Remove from the vacuum-sealing bag, wash off the spice mixture, and pat the fillet dry. Slice very thinly to serve.

## >> Tip:

The classic way to serve gravlax is on blinis or toast points with a dab of sour cream.

Also delicious as a spicy ingredient in a crisp salad.

## Step 1 settings

Vacuum seal the bag  
Vacuum level 3



# Fruit salad with celery

2 portions

## Ingredients

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

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
3 hours

**1** Wash the celery sticks and grapes and cut into thin diagonal slices, place in the vacuum-sealing bag with the other ingredients, and vacuum seal. (See below for settings)

**2** Leave in the refrigerator to marinate for 3 hours.

**3** Remove from the vacuum-sealing bag and serve with fish or flash fried meat.

## >> Tip:

Walnut oil or a flavor-neutral oil can be used as an alternative to truffle oil.

Chopped toasted walnuts or hazelnuts can be scattered over the salad to garnish.

## Step 1 settings

Vacuum seal the bag  
Vacuum level 2



# Exotic carpaccio of pineapple

2 portions

## Ingredients

½ fresh pineapple  
1 ounce whiskey  
2 tbsp brown sugar  
2 tbsp water  
1 stalk of lemongrass  
coarsely ground pink peppercorns, to taste  
coarsely ground green peppercorns, to taste

**Preparation time:**  
approx. 10 minutes

**Marinating time:**  
at least 2 hours

**1** Peel and quarter the pineapple. Remove the stalk and cut the quarters into very thin slices. Distribute these evenly inside the vacuum-sealing bag.

**2** Briefly bring the whiskey to the boil in a small pan, add sugar, and bring to the boil again with the water. Now reduce by half.

**3** Halve the lemongrass lengthways and slice into pieces of approximately 4" in length. Scatter the pink peppercorns together with the green pepper over the pineapple slices in the vacuum-sealing bag, add the liquid, and vacuum seal. (See below for settings)

**4** Leave in the refrigerator to marinate for 2 to 24 hours. Remove from the vacuum-sealing bag and serve as a fruity accompaniment to ice cream, cream, or even chocolate cake.

### >> Tip:

The longer the marinating time, the more intense the aroma.

### Step 3 settings

Vacuum seal the bag  
Vacuum level 3





# Balsamic strawberries

2 portions

## Ingredients

1 pint strawberries  
green pepper, to taste  
1 tbsp old Aceto Balsamico  
1 tsp sugar

**Preparation time:**  
approx. 5 minutes

**Marinating time:**  
2 hours

**1** Clean the strawberries, cut off the stalk, and place them in the vacuum-sealing bag alongside each other with the cut side facing downwards.

**2** Mix together the rest of the ingredients, add to the strawberries in the vacuum-sealing bag, and vacuum seal. (See below for settings)

**3** Leave in the refrigerator to marinate for 2 hours.

**4** Remove from the vacuum-sealing bag and serve either on their own or with a scoop of vanilla ice cream.

### >> Tip:

For a more intense balsamic taste, the strawberries can be halved or sliced prior to marinating.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2



# Orange sugar with mint

## Ingredients

1–2 unwaxed oranges  
1 cup sugar  
5 mint leaves

**Preparation time:**  
approx. 10 minutes

**Marinating time:**  
24 hours

**1** Rinse the orange under hot water, then peel, and cut the peel into very thin strips. Cut the mint leaves into thin strips.

**2** Place everything in the vacuum-sealing bag with the sugar, mix it up, and vacuum seal. (See below for settings)

**3** Leave for at least 24 hours.

**4** Pour the sugar out of the vacuum-sealing bag onto a plate, allow to dry a little, and then briefly mix.

### >> Tip:

This sweet, spicy sugar is excellent added to cream or for topping fruit gratins.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3



# Watermelon with fruity basil pesto

2–3 portions

## Ingredients

2 cups seedless watermelon,  
sliced thin  
1–2 unwaxed limes  
2 tsp brown cane sugar

### For the pesto:

¼ cup grapeseed oil  
1 bunch of basil  
2 heaped tbsp brown cane  
sugar

### In addition:

2 ounces white chocolate

### Preparation time:

approx. 10 minutes

### Marinating time:

at least 1 hour

**1** Lay watermelon slices flat in the vacuum-sealing bag. Rinse the lime under hot water, grate the lime peel, and then squeeze out the juice.

**2** Mix 1 tsp lime zest and 2 tsp lime juice with the sugar. Distribute the mixture over the melon slices and vacuum seal. (See below for settings)

**3** Place in the refrigerator to marinate for at least 1 hour.

**4** For the pesto, process the oil, basil, sugar, and 30 g lime juice to a very fine cream in a mixer or with a hand blender.

**5** Finely grate the chocolate.

**6** Remove the watermelon from the vacuum-sealing bag and serve with the grated chocolate and the pesto.

### >> Tip:

A perfect, light summer dessert and also a visually stunning finale to a meal.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3



# Desserts

## Sweet temptations

What would a menu be without an enticing finale? A dessert is a way of saying thank you to your guests, showing love to your family – and giving a little reward to the chef. Whether you're serving something healthy containing fresh fruit, something with a kick of alcohol, or something sweet that includes sugar and cream, a dessert is a real indulgence; a flight of fancy that stirs up the senses. And the more creative and decorative its serving style, the more delighted your guests will be when it reaches the table. So take a little time to enjoy the finer things in life!







# Apple ragout with fresh figs

2–3 portions

## Ingredients

1 large, tart apple (e.g.,  
Granny Smith)  
2 cups fresh figs  
1/3 cup cranberries  
1/3 cup pine nuts  
2 tbsp honey  
1/3 stalk of lemongrass

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
40 minutes

**1** Cut the apple into quarters and remove the core. Halve the quarters again lengthways and then slice them, ensuring that the slices are not too thin. Peel and slice the figs.

**2** Now mix all the ingredients, put them in the vacuum-sealing bag, and vacuum seal. (See below for settings)

**3** Cook the ragout. (See below for settings)

**4** Remove from the vacuum-sealing bag. The ragout can be served with ice cream or mousse. It is also excellent as a fruity-spicy complement to a cheese board.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 176°F (80°C)  
Duration: 40 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Baked apple

2–3 portions

## Ingredients

2–3 large, tart apples (e.g.,  
Granny Smith)  
¼ cup almonds, chopped  
1 unwaxed lemon  
⅔ cup marzipan  
A pinch of cinnamon  
1 tbsp flaked almonds  
1 tbsp rum  
2 tbsp confectioners,  
powdered sugar

### Accessories:

Ovenproof dish

### Preparation time:

approx. 10 minutes

### Cooking duration:

1 hour 15 minutes

**1** Core the apples. Toast the chopped almonds in a frying pan over medium heat until golden. Rinse the lemon under hot water, and grate 1 tsp zest from it.

**2** Mix the toasted almonds and the lemon zest with the other ingredients and press the mixture into the apples.

**3** Place each apple in its own vacuum-sealing bag and vacuum seal.  
(See below for settings)

**4** Cook the apples.  
(See below for settings)

**5** Remove from the vacuum-sealing bag, place in an ovenproof dish, and place under the broiler.  
(See below for settings)  
Vanilla sauce is an excellent accompaniment to this dish. (See page 80)

---

### Step 3 settings

Vacuum seal the bag  
Vacuum level 3

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 185°F (85°C)  
Duration: 1 hour 15 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

### Step 5 settings

Cooking method: Maxi Broil  
Level 3  
Duration: 8 minutes  
Shelf level:  
Wire oven rack: 3rd from the bottom

---



# Nectarines with cranberries

2 portions

## Ingredients

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

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
30 minutes

**1** Halve the nectarines and remove the stones. Top with a little vanilla sugar and the cranberries.

**2** Place the halves in the vacuum-sealing bag. Pour in the syrup and vacuum seal. (See below for settings)

**3** Cook the nectarines. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve. Delicious served as a fruity accompaniment to crispy semolina slices.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 143°F (62°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Peaches in port

2 portions

## Ingredients

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

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
30 minutes

**1** Halve the peaches and remove the stones. Put a little vanilla sugar in the hollows and place the peach halves in the vacuum-sealing bag.

**2** Bring the port to the boil then allow to cool down. Add it to the vacuum-sealing bag, and vacuum seal. (See below for settings)

**3** Cook the peaches. (See below for settings)

**4** Remove from the vacuum-sealing bag and serve with a scoop of ice cream.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 143°F (62°C)  
Duration: 30 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---





# Plums in amaretto and orange sauce

2 portions

## Ingredients

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

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
20 minutes

**1** Halve the plums, remove the stones, and put the plum halves in the vacuum-sealing bag. Rinse the orange under hot water and remove one inch of the peel. Then juice the orange.

**2** In a small saute pan melt sugar over medium heat. Allow it to melt undisturbed until it turns golden. Caramelize the sugar on the cooktop and deglaze with the amaretto and orange juice.

**3** Add the remaining ingredients and bring briefly to the boil. Allow liquid to cool. Add the liquid to the plums in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**4** Cook the plums.  
(See below for settings)

**5** Remove from the vacuum-sealing bag and serve. Delicious served with a scoop of vanilla ice cream.

---

### Step 3 settings

Vacuum seal the bag  
Vacuum level 2

### Step 4 settings

Cooking method: Sous-vide  
Temperature: 158°F (70°C)  
Duration: 20 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---

### >> Tip:

For a more intense flavor, place the plums in the refrigerator to marinate for several hours.



# Rhubarb with vanilla

2 portions

## Ingredients

2 cups fresh rhubarb  
1 vanilla pod  
½ cup agave syrup

**Preparation time:**  
approx. 10 minutes

**Cooking duration:**  
13 minutes

**1** Peel the rhubarb, remove the woody fibres, and cut into bite-sized pieces. Cut open the vanilla pod lengthways, scrape out the pulp, and mix with the agave syrup.

**2** Place the rhubarb pieces side-by-side in the vacuum-sealing bag, add the agave syrup, and vacuum seal. (See below for settings)

**3** Cook the rhubarb. (See below for settings)

**4** Then pour the syrup from the vacuum-sealing bag into a small pan and reduce on the cooktop. Serve the rhubarb with the syrup. Delicious served with vanilla ice cream or waffles.

---

### Step 2 settings

Vacuum seal the bag  
Vacuum level 3

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 167°F (75°C)  
Duration: 13 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom

---



# Basic recipe for ice cream

2–3 portions

## Ingredients

½ vanilla pod  
3 large egg yolks  
½ cup + 1 tbsp heavy cream  
½ cup + 1 tbsp milk  
¼ cup sugar

**Preparation time:**  
approx. 10 minutes  
(+ refrigeration time overnight + time for ice cream making depending on ice cream maker)

**Cooking duration:**  
25 minutes

**1** Halve and scrape the pulp out of the vanilla pod and mix well with the yolk, heavy cream, milk, and sugar in a mixer or with a hand blender.

**2** Put the mixture in the vacuum-sealing bag and vacuum seal.  
(See below for settings)

**3** Cook the mixture.  
(See below for settings)

**4** Knead the vacuum-sealing bag well after cooking and place in the refrigerator overnight.

**5** Depending on taste preferences, other ingredients can be added to the basic recipe before placing in the ice cream maker.

## >> Tip:

### Variations

1. Chocolate ice cream: Add ⅛ cup chocolate before cooking and 40 g grated chocolate before freezing.
2. Fruit ice cream: Stir in up to 1 cup fruit purée or ½ cup coarsely chopped fruit before freezing.
3. Espresso brittle ice cream: Add 2 tsp instant coffee powder dissolved in a very small amount of hot water and ¼ cup brittle before freezing.

### Step 2 settings

Vacuum seal the bag  
Vacuum level 2

### Step 3 settings

Cooking method: Sous-vide  
Temperature: 165°F (74°C)  
Duration: 25 minutes  
Shelf level:  
Wire oven rack: 2nd from the bottom



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