

# Sous Vide Recipe

**Good News!**

**We had a page for sous vide:**

<https://www.facebook.com/Sous-Vide-1734895593201738/>

**You can ask share your cooking experience to all of us, and also please send email to [aprilchena@outlook.com](mailto:aprilchena@outlook.com) if you have any idea about it.**

## Contents

Roast Pork.....	Page 2-4
Sous Vide Shrimp.....	Page5
Sous Vide Canadian Bacon.....	Page6
Super-Simple Pumpkin Seed Pesto.....	Page7-8
Banana Cream Pie in a Jar.....	Page9-11
Sous Vide Maine-Style Lobster Rolls.....	Page11-14

Dear Customer,

Thank you purchase sous vide precision cooker from us, we mainly designed a simple and useful recipe for you, we hope you will like it. Please free to tell us your any idea.

Have a Nice Day!

Aicok

## 1. Roast Pork



### Ingredients

- 1.5 kg: Wild boar shoulder
- 5 g: Kosher salt
- 1 g: Black pepper, Grape-seed or vegetable oil, as needed
- 170 g: Brown ale
- 50 g: Ground mustard
- 5 g: Paprika
- 5 g: Caraway seeds
- 3 g: Ground cloves
- 7: Juniper berries, whole
- 10 g: Cornstarch
- 15 g: Water

### Equipment

Sous vide setup , Butcher's twine, Whisk, Plastic wrap, Timing, 45 min active; 24 hr total

Yield: Serves 4–6

### 1. Preheat Joule to 167 °F / 75 °C

For incredibly moist and tender wild boar, we recommend cooking at 167 °F / 75 °C for 1 day.

### 2. Know your meat



1.4–1.8 kg Wild boar shoulder

Begin with a wild boar shoulder that looks like this. To help it keep its shape as it cooks, you can secure it with a few pieces of butcher's twine.

### 3. Let's talk about salt-n-pepa

5 g: Kosher salt

1 g: Black pepper

Add an even coating of kosher salt to the entire boar shoulder, then sprinkle on plenty of black pepper.



### 4. Brown it

Grape-seed or vegetable oil, as needed.

Presearing the meat before it goes into the bag builds an added layer of flavor. Heat a heavy skillet over medium-high to high heat, and add a bit of grape-seed or vegetable oil. When it just starts to smoke, lay the boar in the pan. Sear all sides for about 1 minute each.



### 5. Time for a beer

170 g: Brown ale

50 g: Ground mustard

5 g: Paprika

5 g: Caraway seeds

3 g: Ground cloves

7: Juniper berries, whole

Pour the brown ale into a small bowl, and whisk in the ground mustard. Add the paprika, caraway, ground cloves, and juniper berries, then stir to combine well.



## 6. Bag it

Add your boar and the sauce to a heavy-duty ziplock-style bag or sous vide bag, and seal.



## 7. See you tomorrow!

Lower the bagged boar into the water with Joule. Now you have a whole day to drink the rest of that six-pack of brown ale and recover before dinnertime tomorrow. Since this is a longer cook, be sure to cover your pot with a lid or plastic wrap to reduce evaporation, and check the level of the water, adding more as needed to keep the roast covered.

## 8. Get on the gravy train

10 g: Cornstarch

15 g: Water

After your cook time is up, remove the boar shoulder from the bag and set aside to rest while you make the gravy. Pour the remaining liquid from the bag into a pot, and set it over medium heat. Whisk in a little bit of cornstarch mixed with water, and simmer until the pan sauce thickens to your liking.

## 9. Pig out!

Time to go hog wild on your plate of wild hog! Smother your boar shoulder with gravy and serve with sides of sauerkraut and boiled potatoes, or whatever else you're craving.



## 2. Sous Vide Shrimp



Ingredients for 4

1 1/2 pounds large peeled shrimp (about 700g)

Kosher salt

1/2 teaspoon baking soda

Extra virgin olive oil or butter (optional)

Aromatics such as garlic, shallots, tarragon, or parsley (optional)

### Directions:

Step 1

Set Anova Sous Vide Precision Cooker to desired temp. Multiple options available to choose from in drop down menu.



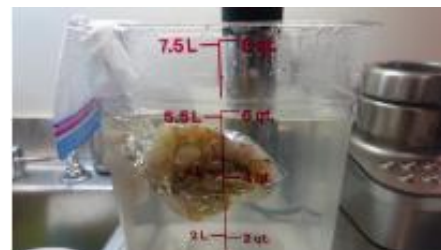
Step 2

In a large bowl, toss shrimp with 1/2 teaspoon kosher salt and the baking soda. Place shrimp in a heavy duty zipper-lock bag or a vacuum bag. If desired, add 1 to 2 tablespoons (15 to 30ml) olive oil or butter and aromatics. Remove all air from bag using the water displacement method or a vacuum sealer. Press shrimp into a single layer.



Step 3

Add bagged shrimp to preheated water bath and cook for at least 15 minutes and up to 1 hour (the texture should show very little variation within this time frame).



### Finishing Steps:

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

### 3. Sous Vide Canadian Bacon



#### Directions:

##### Step 1

Set Aicok Sous Vide Precision Cooker to 145°F /62.8°C

##### Step 2

Place ham in a heavy duty zipper-lock bag or a sous-vide bag (it's okay if the ham slices are stacked) and remove all air from bag using the water displacement method or a vacuum sealer.

##### Step 3

Add bagged ham to preheated water bath and cook for at least 6 and up to 12 hours. Cooked ham can be seared and served immediately, refrigerated for up to 1 week, or frozen for up to several months. If frozen, transfer to refrigerator and allow to thaw overnight before searing.



#### Finishing Step

Heat half the oil in a large skillet or griddle over medium-high heat until shimmering. Add ham and cook, pressing down with a stiff spatula or griddle press, until well-seared and crisp, about 2 minutes. Do not sear second side. Transfer to a warm plate and repeat with remaining oil and ham. Serve immediately.



## 4. Super-Simple Pumpkin Seed Pesto



### Ingredients:

440 g: Pepitas, raw, divided  
- Ice water, for ice bath, as needed  
52 g: Flat-leaf parsley, fresh leaves, picked  
45 g: Dill, fresh  
35 g: Tarragon, fresh leaves, picked  
54 g: Parmesan, grated  
280 g: Olive oil, extra virgin  
90 g: Champagne vinegar  
32 g: Pumpkin seed oil  
5 g: Salt  
3 g: Garlic  
1.5 g: Chili flake  
1 g: Black pepper  
1 g: Lemon zest

### Equipment

Food processor (optional)

### Timing

20 min

### Yield

About 3 cups

### 1. Toast pumpkin seeds

215 g: Pepitas, raw

Add 215 g of the pumpkin seeds to a skillet, and heat on medium-low. Do not add oil or butter to the pan; it should be dry. Toast, tossing every 30 seconds, for about 8–10

minutes, or until lightly browned and popping a little bit. Transfer seeds to a bowl and allow to cool to room temperature.

## **2. Blanch herbs**

- Ice water, for ice bath, as needed

52 g: Flat-leaf parsley, fresh leaves, picked

45 g: Dill, fresh

35 g: Tarragon, fresh leaves, picked

Fill a medium-sized pot with water and bring it to a boil. While your water heats, prepare an ice bath and place it close to the stove.

When the water boils, add the parsley, dill, and tarragon. Blanch for 60 seconds, then immediately transfer to the ice bath. When herbs are cool, remove, squeeze gently or pat dry with papers towels, and chop finely.

## **3. Combine all ingredients in a food processor**

225 g: Pepitas, raw

215 g: Toasted pepitas, from above

52 g: Flat-leaf parsley, from above

45 g: Dill, from above

35 g: Tarragon, from above

54 g: Parmesan, grated

280 g: Olive oil, extra virgin

90 g: Champagne vinegar

32 g: Pumpkin seed oil

5 g: Salt

3 g: Garlic

1.5 g: Chili flake

1 g: Black pepper

1 g: Lemon zest

Add toasted and raw pepitas, blanched herbs, parmesan, oils and vinegar, and spices and aromatics to the bowl of your food processor or blender. Blend until you achieve the mostly uniform consistency you expect of pesto. You may need to pause now and again to scrape down the sides of the bowl with a spatula.

## **4. Serve**

Now get that pesto atop something awesome, like butternut squash!

If you have leftovers, store them in the freezer and whip 'em out whenever you need to add major flavor to a veggie, meat, or pasta dish.

## 5. Banana Cream Pie in a Jar



### Ingredients

120g: Egg yolks, about 8

15g: Cornstarch

75g: Sugar, used in two steps

400g: Whole milk

160g: Light cream (30%)

5g: Salt

5g: Banana extract

-Bananas, for topping, as needed

-Whipped Cream, for topping, as needed

-Crunchy Graham Cracker Streusel, for topping, substitute vanilla wafers for graham crackers, as needed

### Equipment

Sous vide setup

8 oz mason jar (5)

### Timing

9 hr total; 1 hr active

**1. Preheat Joule to 176 °F / 80 °C**

**2. Separate the egg yolks and whites**

120 g: Egg yolks, about 8

Gently crack one egg and separate the two halves over a bowl. Move the yolk back and forth between the two halves until all of the white has slipped into the bowl. Repeat with the remaining eggs.

**3. Combine cornstarch and sugar**

15 g: Cornstarch

25 g: Sugar

Combine the cornstarch and 25 g of the sugar in a small bowl. Whisk thoroughly to smooth out any lumps.

**4. Make the milk mixture**

400 g: Whole milk

160 g: Light cream (30%)

Combine milk, cream, and the cornstarch-sugar mixture in a saucepan. Heat on medium until the mixture comes to a gentle boil—about 5 minutes—stirring frequently to prevent the milk from burning on the bottom of the pan. The mixture should thicken slightly.

**5. Whisk the eggs yolks**

120 g: Egg yolks, about 8

50 g: Sugar

5 g: Salt

Add the egg yolks, salt, and remaining sugar to a bowl. Whisk it all together until smooth.

**6. Temper the milk mixture**

5 g: Banana extract

Begin slowly pouring a small amount of the hot milk mixture into the egg yolks. Stop pouring, and whisk until combined. Incorporating a bit of the hot milk before adding the full amount—a process known as tempering—allows you to combine ingredients without causing the eggs to curdle. Slowly drizzle the rest of the hot milk mixture into the bowl, whisking continuously as you pour.

Stir in the banana extract.

**7. Rest and skim**



Strain the mixture through a fine-mesh sieve into a new container. Let it rest for 30 minutes, then skim off any bubbles that are left on the surface.

### 8. Fill those jars

Fill jars to about 0.5 in (1.25 cm) from the top. If there are any remaining bubbles on the top—and you want an even texture—gently tap the jars on the counter before putting on the lids.

Seal jars “fingertip tight”—until they’re closed but still possible to open with your fingertips. This allows air to escape from the jars when they’re submerged in water. If the jars are closed too tightly, the trapped air will press against the glass and could crack or break the jars.

Here’s how to master the art of closing jars “fingertip tight.” Place the lid on top of the jar. Then, using just your fingertips, twist the band to tighten. When you begin to feel resistance, twist once in the opposite direction to loosen, then once more in the original direction to tighten.

### 9. Cook for one hour

Lower the jars into the water. Cook for 1 hour.

### 10. Chill

Remove the jars from the water and cool them at room temperature for about 30 minutes. Transfer the jars to the refrigerator and chill them overnight.

### 11. Enjoy!

- Bananas, for topping, as needed
- Whipped Cream, for topping, as needed
- Crunchy Graham Cracker Streusel, for topping, substitute vanilla wafers for graham crackers, as needed

Ready for an easy dessert? Serve these pudding cups directly from the refrigerator. Take off the lids and garnish with whipped cream, vanilla wafer streusel, and chopped fresh bananas for a treat you and your guests are going to love.



## 6. Sous Vide Maine-Style Lobster Rolls



### Ingredients

2 whole live lobsters, about 1 1/2 pounds each. If you can't get live lobsters, frozen lobster tails will work as well. Serve 1 1/2 to 2 lobster tails per person, depending on the size of the tails.

4 tablespoons (60g) unsalted butter

2 sprigs fresh tarragon

Lemon wedges, for serving

4 hot dog buns, preferably top-split

Up to 2 tablespoons (30ml) mayonnaise

1 rib celery, finely diced

1 tablespoon (7g) minced fresh chives and/or tarragon

Fresh juice of 1 lemon, to taste

Kosher salt and freshly ground black pepper, to taste (optional)

### Directions:

Step 1

Set Aicok Sous Vide Precision Cooker to desired temp from drop down menu.



### Step 2

Kill each lobster by plunging a knife directly into its head, splitting its carapace in half. Twist off the tail and claws. Discard carapace or save for stock.



### Step 3

Lay tails flat against a cutting board and insert two stiff wooden or metal skewers along the length of the tails, keeping as close to the shell as possible.



### Step 4

Prepare an ice bath. Bring a large pot of water or a steamer to a rolling boil. Add lobster tails and claws and cook for 1 minute. Remove tails with tongs and transfer to ice bath. Continue cooking claws for 4 minutes longer, then transfer to ice bath.



### Step 5

Shuck lobster tails by first squeezing sides of shell inward until they crack. Pull sides of shell outward. The shell should open up easily. Remove tail meat and set aside.



### Step 6

To remove claw meat, break off the small pincer, being careful to get the meat out of it. Using kitchen shears or the spine of a heavy knife, crack bottom of shell to create an opening large enough to extract the meat. Carefully remove claw meat by shaking shell up and down, or by using the back of a wooden skewer to slide it out.



### Step 7

To remove knuckle meat, snip open shells with kitchen shears and use the back of a wooden skewer to remove meat. If knuckles are especially spiky, use a kitchen towel to help grasp them.



### Step 8

Place meat in a heavy-duty zipper-lock bag or a vacuum bag. Add 2 tablespoons (30g) butter and tarragon sprigs. Remove all air from bag using the water displacement method or a vacuum sealer.



### Step 9

Add bagged meat to water bath and cook for at least 20 minutes and up to 1 hour.



### Build Lobster Rolls:

#### Step 1

Heat butter in a large skillet or on a griddle over medium heat until foaming subsides. Add hot dog buns, with exposed crumbs down, and griddle until golden brown. Flip and griddle second side. Transfer to a serving platter.



#### Step 2

Discard any herbs from sous vide lobster bag. Remove lobster meat from bag and chop into large bite-size pieces. Transfer to a large bowl. Add mayonnaise to taste, celery, and chives or tarragon. Add lemon juice to taste and toss to combine. Adjust seasoning with salt and pepper if needed. (Sous vide lobster is typically well seasoned even without additional salt.) Divide mixture evenly between hot dog buns and serve.

