





Tribest[®] sousvant

Starter Recipes





SOUS VIDE SIMPLE CHICKEN BREAST

 Chicken  145°F (63°C)  1-1½ hours  Serves 2

INGREDIENTS

- 2 chicken breasts
- Olive oil (optional)
- Salt & pepper, as needed
- Fresh rosemary (optional)

METHOD

- 1 Season chicken with salt and pepper.
- 2 Place chicken in either a vacuum seal bag or ziplock bag. Add oil and fresh herbs like rosemary to the bag, if you wish. Vacuum seal your bag or use the displacement method for ziplock bags.
- 3 Place your sealed bag in the Sousviant and set your temperature to 145°F (63°C). Press cook to start the machine and wait until your time displays 1 hour.
- 4 When the chicken breasts are done, remove from the bag and serve hot as is, or give it a finishing touch by pan searing. Heat up your pan to medium-high and sear the chicken breasts for 30 seconds on each side. Plate with vegetables or top off your favorite salad!

*Notes

If you don't have access to a vacuum sealer, you can use freezer type ziplock bags (freezer ziplock bags are usually thicker and more durable) and use the displacement method. Place the food in your ziplock bag and close it up only half way. Slowly sink your food into the water and let the water pressure press out all the air out of the bag. Zip it close all the way at the very end. This method is a quick and easy way to get started with the Sousviant without a vacuum sealer, but vacuum sealing is always recommended for best results.



SOUS VIDE HERB BUTTER STEAK



Beef



133°F (63°C)
**recommended*



1 hour
**recommended*



Serves 2

INGREDIENTS

- 2 steaks of choice
- Butter, salted
- Salt & pepper, as needed
- Fresh thyme or rosemary

METHOD

- 1 Season the steak generously with salt and pepper on all sides.
- 2 Place the steaks inside individual bags and add a sprig of thyme or rosemary. Vacuum seal your bag or use the displacement method for ziplock bags.
- 3 Place your sealed bag in the Sousviant and set your desired temperature (look in the temp/time guide below). Press cook and wait until the timer displays your desired time.
- 4 Remove the steaks from the bag and finish off on either the stove or grill. If pan-roasting, add some butter and herb and baste the steak while cooking. Flip the steak every 15-30 seconds and repeat until a nice sear develops. Don't forget the edges!

Steak Temperature/Time Guide

Doneness	Temperature	Time
Rare	120°F (49°C) - 128°F (53°C)	1-2 hours
Medium-rare	129°F (54°C) - 134°F (57°C)	1-3 hours
Medium	135°F (57°C) - 144°F (62°C)	1-4 hours
Medium-well	145°F (63°C) - 155°F (68°C)	1-3 hours
Well done	156°F (69°C) and up	1-3 hours



SOUS VIDE PORK BELLY BUNS



Pork



170°F (77°C)



10-14 hours



Serves 8-12

INGREDIENTS

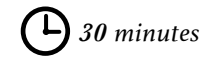
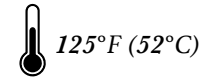
- 2½ lbs. pork belly, 1-2 whole slabs
- ½ cup soy sauce
- ½ cup mirin
- ½ cup brown sugar
- 1 tablespoon fish sauce
- 2 scallions, chopped
- 3 cloves garlic, chopped
- 1 piece of ginger, about 2-inches
- 24 Chinese-style steamed buns, fresh or frozen
- 1 head lettuce, washed

METHOD

- 1 Vacuum seal pork, soy sauce, mirin, brown sugar, scallions, garlic, and ginger. If using a ziplock bag, use displacement method mentioned on page 2. Refrigerate overnight.
- 2 Fill the Sousviant with water and set to 170°F (77°C). Place sealed bag in the water bath and let it cook for 10-14 hours.
- 3 When it reaches your desired time, remove the bag from the water bath and let it rest for 15 minutes.
- 4 Preheat boiler to high. Cut pork belly into ¼-inch thick slices. Place onto foil lined broiler pan and broil pork belly until desired level of crispness.
- 5 Heat buns in a steamer or microwave. Spread mayo sauce on each side of the buns then stuff with a piece of lettuce and slices of pork belly. You can also add pickled vegetables like cucumbers, carrots, or radishes in the buns, if desired.



SOUS VIDE SALMON WITH LEMON & DILL



INGREDIENTS

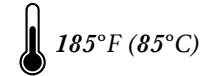
- 2 (6 oz.) salmon filets
- 2 tablespoons dill, chopped
- 2 tablespoons lemon juice
- 3 teaspoons olive oil
- Salt & pepper, as needed

METHOD

- 1** Season salmon with salt and pepper and place in bag. Add dill, lemon juice, and olive oil to the bag and vacuum seal. If using a ziplock bag, use displacement method mentioned on page 2.
- 2** Fill the Sousvant with water and set to 125°F (52°C). Place sealed bag in the water bath and let it cook for 30 minutes.
- 3** Remove bag from the Sousvant and transfer salmon onto a plate.
- 4** The salmon filets are perfectly good to eat right out of the Sousvant, but finish it off on the stove for that subtle crisp. Give it a quick sear on the pan over medium-high heat for about 45 seconds, or until golden brown.



SOUS VIDE HONEY GLAZED CARROTS



INGREDIENTS

- *1 lb. baby whole carrots, washed and peeled*
- *2 tablespoons butter, unsalted*
- *2 tablespoons honey*
- *Salt & pepper, as needed*
- *1 tablespoon parsley, chopped*

METHOD

- 1** Place carrots, butter, and honey into a vacuumed seal bag. If using a ziplock bag, use displacement method mentioned on page 2.
- 2** Fill the Sousviant with water and set to 185°F (85°C). Place sealed bag in the water bath and let it cook for about 1 hour.
- 3** You may store the carrots in the fridge for up to 1 week. To enhance the flavors, cook the carrots and the liquids in the bag on the stove over high heat, until liquid is reduced to a glaze. Season with salt, pepper, and parsley. Plate and serve!

**Notes*

Vegetables are tougher than meat, so they need to be cooked at a higher temperature. Meat are typically cook between 122°F (50°C) and 149°F (65°C), while vegetables require a much higher temperatures between 176°F (80°C) and 190°F (88°C).



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