



THE ESSENTIAL SOUS VIDE RECIPES



Thank you for purchasing our product. We have no doubt that our Sous Vide Start Kit will make your sous vide cooking much more enjoyable!

To extend our gratitude, we included an exclusive list of Sous Vide recipes, and Sous Vide cooking time and temperature reference. Whether you want to make a perfectly seasoned steak, impress your dinner guests with something unusual, or recreate a favorite classic, you will find just the recipe you need in the Cookbook.

Bon Appetit!



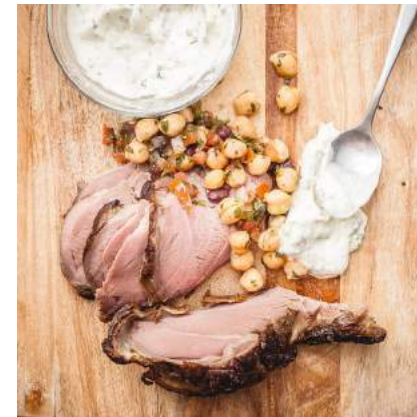
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The recipes and photos in the book were provided by Paul Palop, the author of “that other cooking blog”, and further edited by FoReal Design LLC. Follow him on his instagram, pinterest, and facebook.



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SOUS VIDE COOKING REFERENCE GUIDE

STEAK - RIBEYE, T-BONE AND STRIP:

<i>DONENESS</i>	<i>THICKNESS (INCH)</i>	<i>TEMPERATURE RANGE (°F)</i>	<i>TIMING RANGE (HRS)</i>
Very Rare to Rare	up to 1	120-130	1 to 2 1/2 hours
Medium-rare	up to 1	130-135	1 to 4 hours
Medium	up to 1	135-145	1 to 4 hours
Medium-well	up to 1	145 to 155	1 to 3 1/2 hours
Well done	up to 1	156 and up	1 to 3 hours

Note: 1. add 2-3 hrs of cook time for another 1"

TENDERLOIN - LEAN PARTS:

<i>DONENESS</i>	<i>THICKNESS (INCH)</i>	<i>TEMPERATURE RANGE (°F)</i>	<i>TIMING RANGE (HRS)</i>
Very Rare to Rare	up to 1	120-130	45 minutes to 2 1/2 hrs
Medium-rare	up to 1	130-135	45 minutes to 4 hrs
Medium	up to 1	135-145	45 minutes to 4 hrs
Medium-well	up to 1	145 to 155	45 minutes to 3 1/2 hrs
Well done	up to 1	156 and up	1 to 3 hrs

Note: 1. add 2-3 hrs of cook time for another 1"

PORK CHOPS:

<i>DONENESS</i>	<i>THICKNESS (INCH)</i>	<i>TEMPERATURE RANGE (°F)</i>	<i>TIMING RANGE (HRS)</i>
rare	1	136 F	1-3 hrs
mid	1	145 F	1-3 hrs
welldone	1	160 F	1-3 hrs
Belly	2	170 F	6-9 hrs

Note: 1. add 2-3 hrs of cook time for an additional 1"

CHICKEN:

<i>DONENESS</i>	<i>THICKNESS (INCH)</i>	<i>TEMPERATURE RANGE (°F)</i>	<i>TIMING RANGE (HRS)</i>
Tender	up to 1.5	140 F	1-2 hrs
welldone	up to 1.5	165 F	1-2 hrs

Note: 1. 1 hour cook time based on boneless parts
2. Cook for more than 1-1/2 hrs for "falling off the bone" texture

FISH - SALMON, TUNA, HALIBUT, SNAPPER:

<i>DONENESS</i>	<i>THICKNESS (INCH)</i>	<i>TEMPERATURE RANGE (°F)</i>	<i>TIMING RANGE (HRS)</i>
Tender	up to 1	130 F	0.5 hrs
welldone	up to 1	130 F	1 hrs

Note: 1. Cook time based on 1-1.5 inches Thick
2. Cook longer for thicker fish
3. Cook shorter for thinner fish

SUNNIES EGGS AND STEAK WITH CHIMICHURRI SAUCE

PREP TIME - 30 MIN

SOUS VIDE TEMP/TIME - 130F FOR 1 HOUR

INGREDIENTS :

Chimichurri sauce

- 1 Parsley bunch
- 1 Cilantro bunch
- 1 Garlic clove
- 4 Dried arbol chiles, Snap off the woody bits.
- 1/3 Cup Olive oil
- 1/4 Cup White wine vinegar
- Kosher Salt and Pepper

Steak

- Tenderloin center cut, 10-12 oz.
- Kosher Salt
- Eggs

INSTRUCTION :

Steak

- Steak and a pinch of salt in FoReal Design's Vacuum seal bag
- Sous Vide Water bath as instructed above
- Sear the meat in hot oil at 400F or Pan Sear it

Eggs

- Sous Vide at 165F for 16 minutes for runny finish
- Sous Vide at 180F for 20 minutes for firm finish

Chimichurri sauce

- Add all the ingredients to a food processor
- Store in Refrigerator to give the vinegar time to work its magic to tame the flavor of cilantro and garlic



SWORDFISH TACOS

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 130F FOR 1/2 HOUR

INGREDIENTS :

1. 6 oz swordfish
2. Flour Tortillas
3. 1 tbsp all purpose flour
4. 1/2 tbsp baking soda
5. Salt and Pepper
6. Lime
7. Cilantro
8. Salsa
9. Guacamole
10. Pickled Red Onions

INSTRUCTION :

Fish

1. Fish and a pinch of salt in FoReal Design's Vacuum seal bag
2. Sous Vide Water bath as instructed above
3. Deep fry the fish to add more taste with the following Ingredient and steps:
4. Coat the fish lightly with
 - 1 table spoon of all purpose flour,
 - 1/2 table spoon of baking soda
 - A pinch of salt and pepper
5. Fry at 400F for 40 sec

Pickled red onions

1. Add the vinegar to a small pot. Bring to a simmer.
2. Add the onion
3. Simmer for a couple of mins. Remove from the stove. Chill. Reserve



BISON FLANK STEAK ROULADE

PREP TIME - 20 MIN

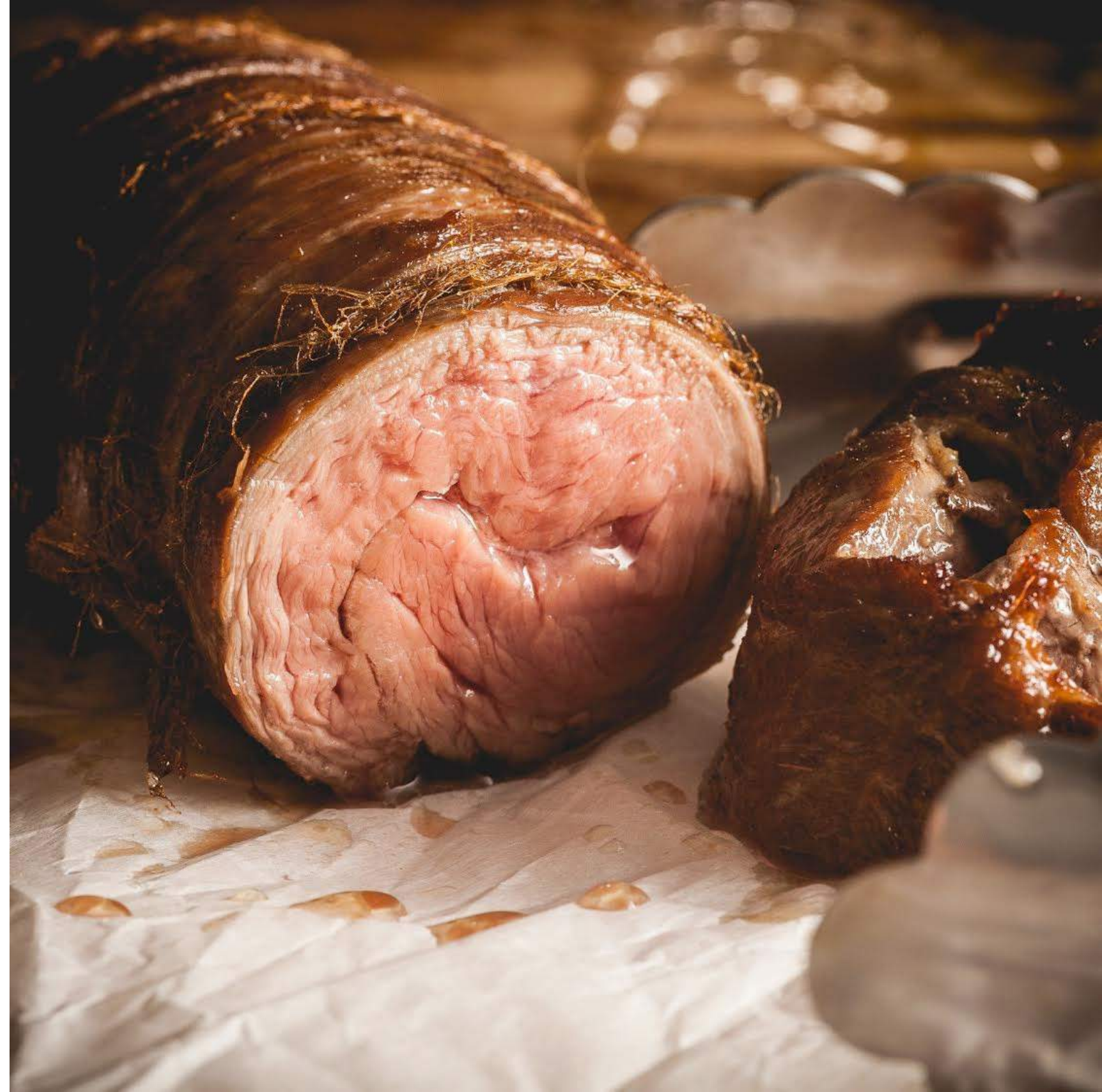
SOUS VIDE TEMP/TIME - 140F FOR 3 HOURS

INGREDIENTS :

1. 8-10 oz. Flank Steak, about 1" thick
2. Kosher Salt
3. Fresh Grounded Pepper
4. 1 tbsp of Extra Virgin Olive Oil

INSTRUCTION :

1. Season the meat with salt and pepper as desired
2. keep it in the refrigerator for 2 days
3. Roll up the flank steak and tie it up like a small roast
4. Sous Vide as indicated above
5. Sous Vide as indicated above
6. Deep Fry it at 375F for about 1 minute.



SIRLOIN STEAK AND SOFT BOILED YOLKS

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 130F FOR 3 HOURS FOR STEAK,
154F FOR 15 MINS FOR EGGS

INGREDIENTS:

1. 8-12 ounce Sirloin Steak
2. Kosher Salt
3. Freshly ground black pepper
4. Tbsp minced garlic
5. Anoramatics (thyme or rosemary)
5. Extra Virgin Olive Oil
6. Butter

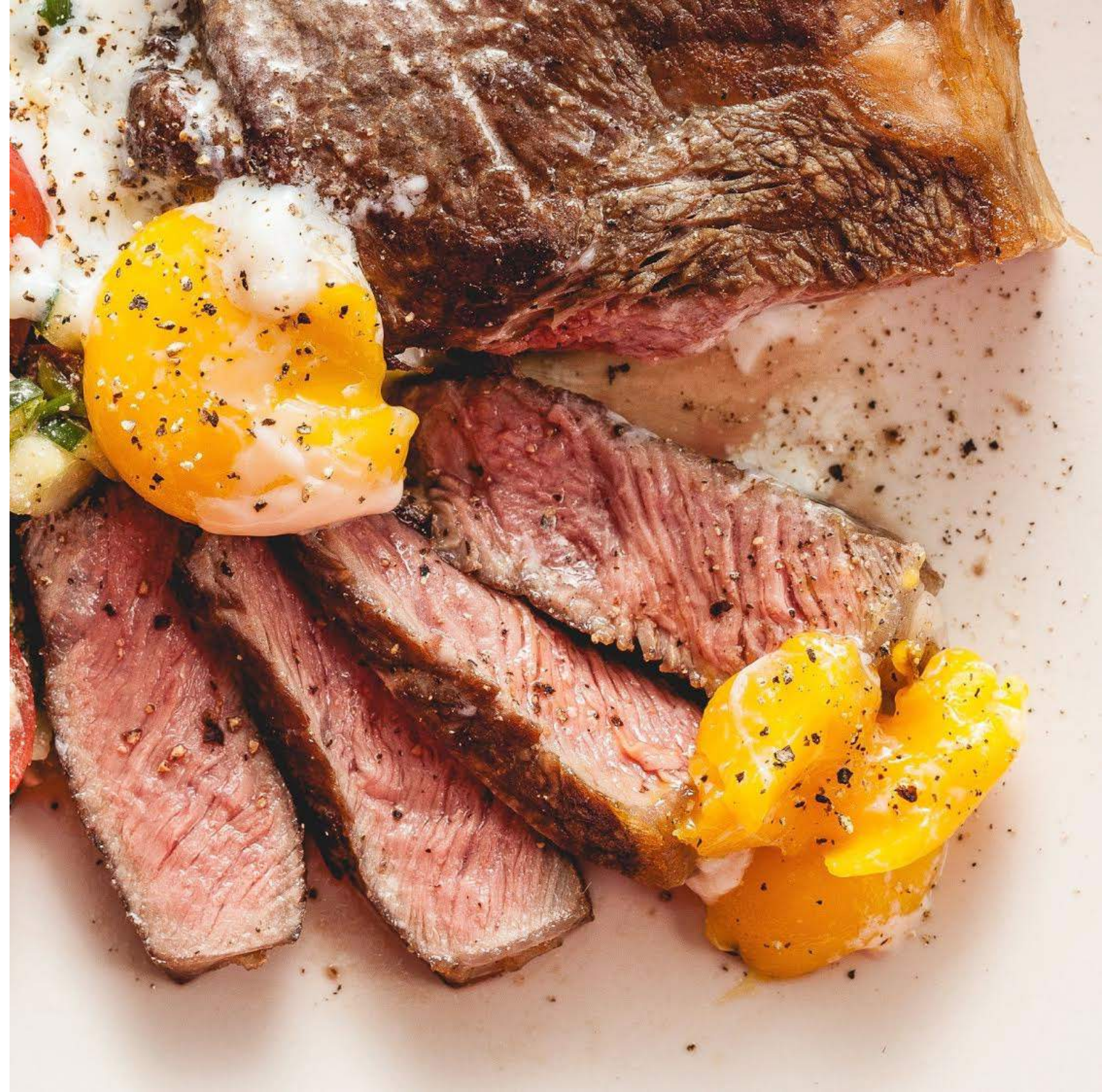
INSTRUCTION:

Steak

1. Season the steak with salt and minced garlic overnight in the refrigerator
2. Sous Vide Water bath as instructed above
3. Finishing Options
4. Deep-fry the steak at 365F for 90 seconds until it turns gold OR
5. Sear until well-browned about 30-45 seconds per side

Egg

1. Sous Vide at 165F for 16 minutes for runny finish
2. Sous Vide at 180F for 10 minutes for firm finish



BONELESS LEG OF LAMB

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 140F FOR 10HOURS

INGREDIENTS :

1. 4-6 lbs of boneless leg of lamb
2. 1 Tbsp garlic
3. 1 Tbsp coffee
4. 1 Tbsp rosemary
5. Salt and Pepper

Optional

6. whole milk Greek yogurt
7. Mint
8. A small pinch of Garlic paste
9. A generous splash of Lemon juice
10. A touch of Dill

INSTRUCTION :

Lamb

1. Pierce the meat (30-40 times) with a paring knife to allow marinade to work quicker
2. Marinate overnight in garlic, coffee, rosemary and salt
3. Cook it sous vide as indicated
4. Rise, pat dry with paper towels
5. Sear in very hot oil at 400F on all sides until the outside meet turns gold brown

Yogurt Sauce

1. Mix all of the Optional ingredients. Or blend them



CHICKEN MARSALA

PREP TIME - 30 MIN

SOUS VIDE TEMP/TIME - 140F FOR 2.5 HOURS

INGREDIENTS :

1. 2 large chicken breasts
2. 1 pound of fresh cremini mushrooms
3. 1 large shallot finely diced
4. 1 cup of AP flour for coating the chicken
5. 1/2 Tsp AP flour to thicken the sauce
6. 1 Tbsp of unsalted butter (to get that sauce silky)
7. 1/2 Tsp crushed/minced garlic
8. 1 cup of chicken stock
9. 1 cup of dry marsala wine
10. 250g long pasta of your choice (that's about half the box)
11. 2 Tbsp chopped garlic (1 for the sauce and 1 for garnishing)
12. Salt and pepper to taste.
13. Mint
14. Garlic paste
15. Lemon juice
16. Dill

INSTRUCTION :

1. Salt the chicken breasts generously. Place the meat in FoReal Design's Vacuum seal bag. Cook sous vide for 2.5 hours @ 140F
2. Remove the chicken from the bags. Dry with paper towels. Reserve.
3. Heat some oil over medium high heat. Brown the mushrooms. Work in batches. Reserve.
4. Prepare the flour in a container. Add about 1/2 Tsp of salt and 1/2 Tsp of black pepper.
5. Dust the chicken breasts with the flour mix. Shake off any excess. Sear in the same pan.
6. Reduce the heat to medium. Cook the shallots for 2-3 mins.
7. Deglaze the pan with the chicken stock and the marsala wine.
8. Reduce until about half. Add the mushrooms, garlic and 1 Tsp of parsley.
9. Add the butter. Add the 1/2 Tbsp of flour. Reduce until syrupy.
10. Cook the pasta in salty water until just about al dente. Strain. Reserve.
11. Add the pasta to the mushroom sauce and cook for a couple more minutes.
12. Serve the pasta. Slice the chicken and serve next to the pasta. Top with some chopped garlic.



EASY STEAK, EGGS AND POTATOES

PREP TIME - 30 MIN

SOUS VIDE TEMP/TIME - 140F FOR 2 HOURS

INGREDIENTS :

1. baby Yukon, 5 to 7
2. Hanger steak, 8-12 oz
3. 1 Tsp Fish Sauce
4. Eggs, 2
5. rosemary leaves

INSTRUCTION :

STEAK

1. Overnight. Marinate steak. 12 hours in Fish Sauce
2. Rinse the steak in cold water, and dry it with paper towels
3. Cook steak sous vide as indicated
4. Sear the steak on pan with hot oil at 400F, 2 mins each side

POTATO WITH ROSEMARY

1. Slide the potatoes in half,
2. Microwave them in a container covering them with salty water for about 12 mins
3. Heat up oil, About 400F
4. Fry rosemary, 2 mins to flavor the cooking oil
5. Fry the potatoes. 3 mins and remove.
6. Sprinkle crispy rosemary over your meal for additional flavor

EGG - Sunny Side UP

1. Start the egg on a nonstick pan over low heat
2. Check the eggs. Cover with a lid and turn off the stove.
3. Egg should be ready. Serve immediately.



MARINATED BEEF BRISKET

PREP TIME - 15 MIN

SOUS VIDE TEMP/TIME - 135F FOR 32 HOURS

INGREDIENTS :

1. Beef Brisket, 3 lbs
2. 2 Tsp Hoisin Sauce
3. 2 Tsp Fish Sauce
4. 2 Tsp Kosher Salt
5. 2 Tsp Minced Garlic
6. 2 cups Mirin Wine
7. 3 Tsp vegetable oil

INSTRUCTION :

1. Combine all the ingredients in a plastic container shake well and allow to rest in your fridge for 48 hours undisturbed
2. Discard marinade and add the brisket to a plastic ziplock bag with some vegetable oil, remove all the air and cook at 57C for 32 hours.
3. Remove brisket from the baggie and sear on all side on a really hot skillet
- 4 or deep Fry at 375F for 2 mins



LAMB SHOULDER ASADA TACOS

WITH HOISIN SAUCE AND CHIPOTLE ADOBO SAUCE

PREP TIME - 45 MIN

SOUS VIDE TEMP/TIME - 135F FOR 72 HOURS

INGREDIENTS :

Lamb

1. 1 lb Lamb shoulder bone in.
2. 1/2 Tbsp hoisin sauce
3. 1/2 Tbsp chipotles in adobo sauce
4. 2-3 Tbsp kosher salt.

Pico de Gallo salsa:

1. 1-1/2 C Tomatoes. Seeded. small dice
2. 1/4 C Ted onion. small dice
3. 1 tsp Jalapeños. small dice.
4. 1 tsp minced garlic
5. Juice of 2 limes
6. 2 tablespoons cilantro, plus extra for garnish
7. Salt and pepper to taste

Pickled Red Onions:

1. 1 cup red onion. Small dice.
2. 1/3 cup white wine vinegar.

The rest:

1. 20 dumpling wraps.
2. mayo
3. Some cilantro leaves.

INSTRUCTION :

The lamb shoulder

1. Slat and cure overnight in the refrigerator. Use FoReal Design's bag to Vacuum seal the content
2. Rinse and dry the meet with towels.
3. Sous Vide at 135F for 72 hours
4. Deep fry at 375F for 3 mins or Pan Sear until turn golden brown
5. Mix with Sauces

Pico de gallo.

1. Mix all the ingredients together. Allow to rest for 20 mins so the lime has some time to cure the salsa.

Pickled red onions

1. Add the vinegar to a small pot. Bring to a simmer.
2. Add the onion
3. Simmer for a couple of mins. Remove from the stove. Chill. Reserve

Tortillas.

Option 1: Place the tortilla directly on the skillet until it starts to puff on medium heat

Option 2: deep-fry the tortilla until it fully expands and turns a beautiful golden color

Option 3: place the tortilla in boiling water for 15 secs. Then flash fry it for 15 secs.



PORK RIBS

PREP TIME - 30 MIN

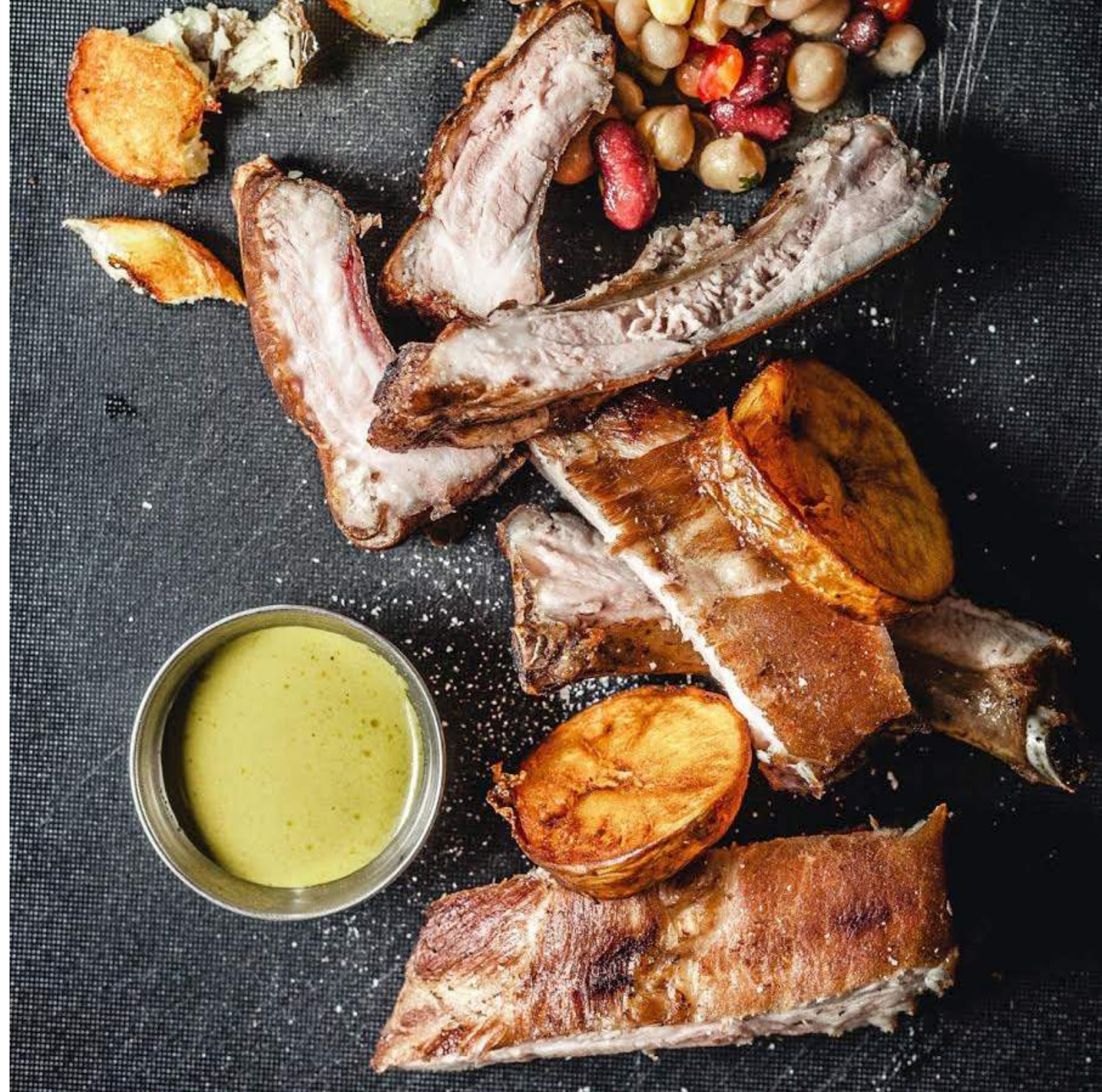
SOUS VIDE TEMP/TIME - 145F FOR 12 HOURS

INGREDIENTS :

1. Pork Rib Rack, 2-3 lbs,
Bone in, Uncut
2. 2 Cups of Water
3. 3 Tbs Kosher Salt
4. 2 Tbs Brown Sugar

INSTRUCTION :

1. Combine the water, the salt and the sugar in a blender. Blend until all is dissolved
2. Cut the ribs in 2 or 3 sections as desire to fit the bag
3. Place the ribs in FoReal Design's Sous Vide Bag
4. Sous vide as indicated
5. Remove the ribs from the sous vide bath. Discard the cooking liquid
6. Dry the ribs with a paper towel, and freeze overnight
7. Deep fry at 375F for 3-4 mins.



LAMB SHANK AND SOUR SPINACH COULIS

PREP TIME - 30 MIN

SOUS VIDE TEMP/TIME - 130F FOR 72 HOURS

INGREDIENTS :

1. Lamb Shank, Bone in ,
1 to 1-1/2 lbs
2. 1 Tbsp Kosher Salt
3. Fresh Baby Spinach, 0.4 lbs
4. White Wine Vinegar,
1/2 cup
5. Extra Virgin Oil, 1/2 cup
6. Pinch of salt and pepper

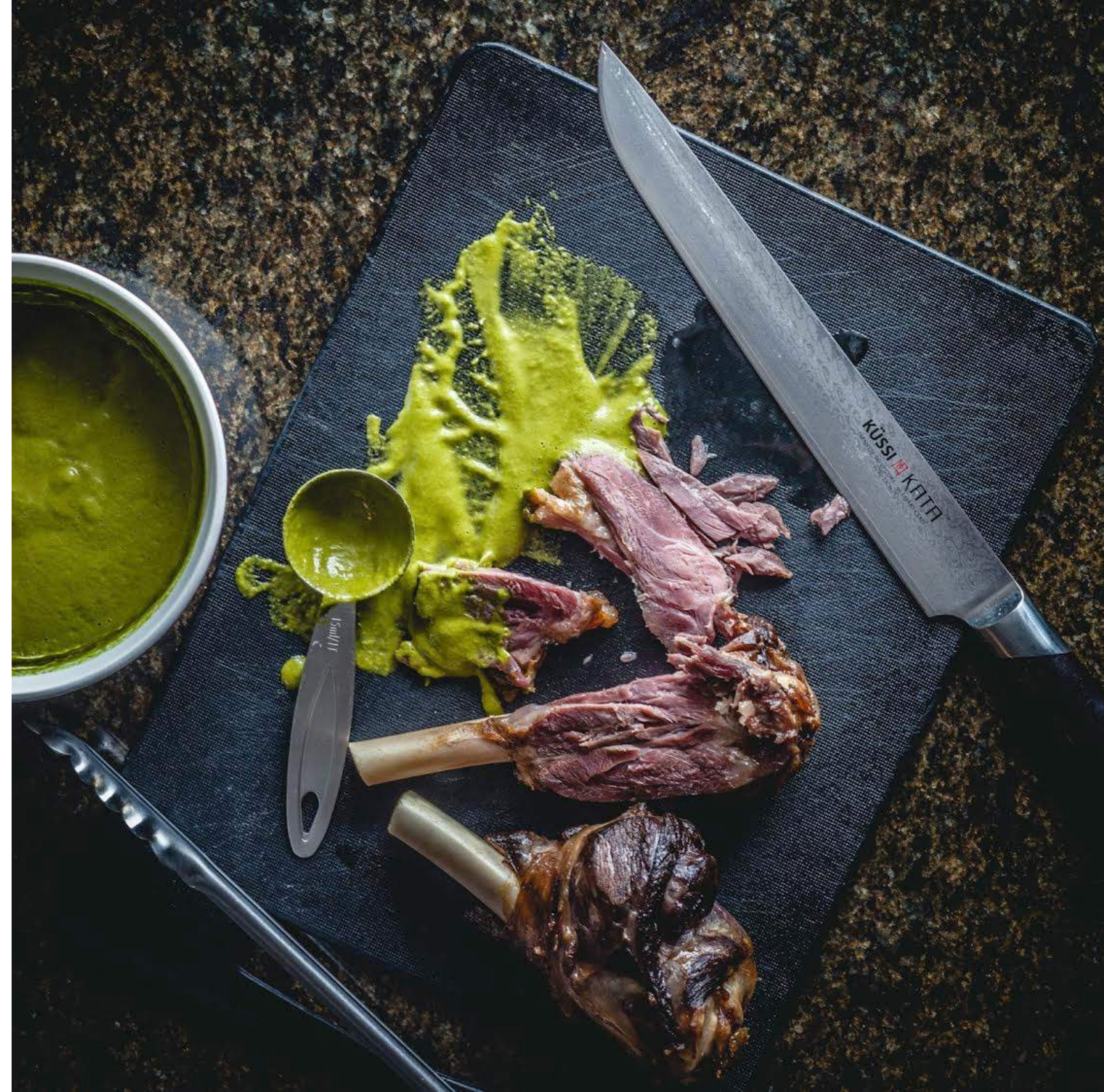
INSTRUCTION :

Lamb Shank

1. Brine the Lamb Shank in a plastic container with salt and pepper. Make sure it is coated on all sides.
2. Seal the container, and fridge it for 24 hrs
3. Rinse in cold running water
4. Place the shank in FoReal Design's Sous Vide Bag, with 2 tbs of water or oil
5. Sous Vide at 130F for 72 hours
6. Dry the shank with paper towels
7. Deep fry or Sear it on the pan for 2-3 mins until golden brown.

Spinach Coulis

1. Blend Spinach, oil, vinegar, salt and pepper until they are smooth
2. serve it with Lamb Shank



BEEF BLADE ROAST

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 130F FOR 24 HOURS

INGREDIENTS :

1. Beef Blade for Roasting,
2lbs
2. 1 Tbsp Kosher Salt
3. 1 Cup Mirin Wine
4. 2 Tbsp Fresh Minced
Garlic

INSTRUCTION :

1. Place the Mirin Wine, Salt, and Garlic in FoReal Design's Sous Vide Bag.
Shake the bag until the salt has dissolved.
2. Place the beef cut in the bag
3. Marinate in the Refrigerator for 12 hours
4. Sous vide at 130F for 24 hours
5. Remove the marinade from the bag, Dry the meat with paper towels
6. Deep fry at 400F for 1 min or Pan Sear all sides until it turns golden
brown.
7. Eat now or rest in the refrigerator for a few days to use it as cold roast beef
cut



BONELESS PORK CENTER LOIN CUT

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 136F FOR 6 HOURS

INGREDIENTS :

1. 3-4 pound Boneless Pork Center Loin Cut
2. 1 C Mirin wine
3. 3 Tbsp of garlic.
4. 3 Tbsp kosher salt.

INSTRUCTION :

1. Place all ingredients in FoReal Design's Sous Vide Bag.
2. Marinate in the Refrigerator for 12 hours
3. Rinse the pork well, and remove the marinade from the bag
4. Sous vide at 136F for 6 hours
5. Remove the marinade from the bag, Dry the meat with paper towels
6. Deep fry at 400F for 1 min or Pan Sear all sides until it turns golden brown.



SOY SAUCE AND HONEY GLAZED SALMON

PREP TIME - 20 MIN

SOUS VIDE TEMP/TIME - 130F FOR 40 MINS

INGREDIENTS :

1. Salmon, 6 oz. and 1 inch thick
- 2 2 tbsp of olive oil
3. steam rice
4. 10-15 broccoli
5. salt
6. for glazing sauce
 - 1/2 tbsp of soy sauce
 - 1 tbsp of vinegar
 - 1/2 tbsp of honey
 - 1/2 tbsp of thai chilli paste

INSTRUCTION :

1. Place salmon and 2 table spoon of olive oil and salt in FoReal Design's Sous Vide Bag.
tip: lightly vacuum sealing the bag is desirable to maintain the integrity fo the fish
2. Sous Vide at 130F for 40 min
3. stir all of the glazing sauce ingredients over medium heat on a nonstick pan until the liquid becomes syrupy and darkens.
4. Sear the salmon with glazing sauce evenly
5. microwave the broccoli in a microwave-safe container with a lid for 5-10 min. Add one table spoon of water

