Sousvide turns the humble egg into creamy, indulgent globules of desire. Here’s how you achieve any kind of egg consistency you like!

**THE EGG YOLK SPECTRUM**

**INCREASING THICKNESS**

- **FLOWING ‘CREAM’**
  - Temperature: 61.5°C (143.0°F)
  - Time: 60 mins
  - Perfect for sauces, spaghetti carbonara or the exotic Asian ‘half-boiled egg’.

- **VISCOUS ‘HONEY’**
  - Temperature: 63.0°C (145.5°F)
  - Time: 60 mins

- **THICK ‘MAYONNAISE’**
  - Temperature: 64.0°C (148.0°F)
  - Time: 60 mins

- **PLIABLE ‘CAMEMBERT’**
  - Temperature: 68.0°C (154.4°F)
  - Time: 60 mins

**SAUCES**
- Fully cooked to delicate runniness.
- Perfect for egg-based sauces, spaghetti carbonara or the exotic Asian ‘half-boiled egg’.

**PERFECT FOR**

- **SOFT BOILED EGGS**
  - The perfect softboiled egg. Custardy whites and a thick, honey-like yolk - never settle for less at breakfast!

- **POACHED EGGS**
  - The egg white and yolk are at the same luscious consistency, creating a perfectly poached egg that smoothly slides out of its shell.

- **HARD BOILED EGGS**
  - The yolk forms a rich, golden truffle. Firming the whites (see below) creates a tender, melt-in-your-mouth hard-boiled egg.

**OPTIONAL:** **FIRMING THE WHITES**

- Your eggs - running tap water is perfect
- Your eggs at 100°C for 4 minutes
- Your eggs again to yummy perfection

**BROWN OR WHITE?**
- White hens produce white eggs, brown/red hens produce brown eggs. There’s no difference between the two, but for some reason people generally prefer brown eggs.

**FRANKEN EGGS**
- You can have eggs within eggs, and even multiple-yolked eggs. The largest number of yolks recorded in an egg was 9!

**NOTES:**
- Temperature works for duck and quail eggs too, just halve the time for quail eggs. To pasteurize, cook eggs for 1 hour 15 minutes.

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The back section along both sides of the backbone. Includes the tenderloin, the leanest and most tender cut. Also provides the back ribs.

A very versatile cut. The pork shoulder provides the highest level of marbling, perfect for roasting or braising.

Belly pork is wonderfully rich and value for money! Cooking low and slow reduces the fat and results in luscious and succulent indulgence.

A tougher cut, cooking low and slow makes the meat more tender.

GIVE A FORK ABOUT YOUR PORK

- There are about a billion pigs in the world at any one time.
- Pork tenderloin cuts are almost as lean as skinless chicken breast.
- Weight-wise, pork is by far the most widely consumed meat, with about 100 tonnes eaten annually.

COOKING THIN CUTS OF PORK

<table>
<thead>
<tr>
<th>Temperatures</th>
<th>Pasteurization Time</th>
<th>Recommended Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-65°C</td>
<td>2.5 hours to pasteurize</td>
<td>15.2 hours</td>
</tr>
</tbody>
</table>

COOKING THICK CUTS OF PORK

<table>
<thead>
<tr>
<th>Temperatures</th>
<th>Pasteurization Time</th>
<th>Recommended Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>75°C</td>
<td>2.5 hours to pasteurize</td>
<td>8-12 hours</td>
</tr>
</tbody>
</table>
SOUSVIDE TOOLS GUIDE TO SEAFOOD

THE FRUITS OF THE SEA

THE SEAFOOD SOUS-VIDE RULE OF THUMB:
- 43°C (109°F) rare
- 50°C (122°F) medium rare
- 60°C (140°F) medium

- 20 minutes for 1/2 inch thickness
- 30 minutes for 1 inch thickness

Note that the times above are not pasteurized times and therefore should not be served to immunocompromised individuals.

LOBSTER, SHRIMP & SCALLOPS

Shelled, 52°C, 20-30 minutes at maximum.

LEAN FISH

Examples are cod, haddock, plaice, hake, lemon sole, monk fish, pollock, mullet, red snapper, sea bass, sea bream, turbot, whiting. Great cooked to medium rare at 47°C - 50°C for 20 - 30 minutes, depending on thickness.

OILY FISH

Examples are tuna, trout, swordfish and salmon**. They can be enjoyed rare at 43°C for a different experience, most people like them medium rare at 47°C-50°C. For those who prefer it more ‘done,’ go for medium at 55°C - 60°C. Again, cook for 20 - 30 minutes, depending on thickness.

** For salmon, an extra brining step is necessary before cooking sous-vide. This prevents the secretion of white protein (albumin) when cooked, firms up the fish for easier handling and preserves the vibrant orange colour even after it’s cooked.

To pasteurize fish and shellfish (up to 1 inch thick), the quickest way is to cook them to medium at 60°C (140°F) for 1.5 hour.

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2 BADASS CRUSTACEANS YOU DIDN’T KNOW ABOUT

THE MANTIS SHRIMP

The mantis shrimp has claws with an incredibly fast and powerful strike, launching with the velocity of a bullet, capable of breaking aquarium glass.

THE PISTOL SHRIMP

The pistol shrimp can deliver an explosive attack hotter than the surface of the sun and loud enough to rupture a human ear drum.
SOUSVIDE TOOLS GUIDE TO BEEF & VEAL

BEEF CUTS, EXPLAINED

Some of the best steak & roast cuts.
- Rib Eye Steak
- Rib Eye Roast
- Short Ribs

Plenty of connective tissue that melts during cooking.
- Flat Iron
- Pot Roast

The best cut for tenderness & flavour.
- Tenderloin Roast
- Tenderloin Steak (Filet Mignon)
- Porterhouse Steak
- T-Bone Steak
- Top Sirloin Steak

Regarded for its leanness, moderately tough.
- Rump Roast
- Rump Steak

Popular with soups, stews & deli cuts.
- Brisket Point

COOKING IT RIGHT

<table>
<thead>
<tr>
<th></th>
<th>TENDER &amp; THIN (1-1.5 INCHES)</th>
<th>TENDER &amp; THICK (2-3 INCHES)</th>
<th>TOUCH &amp; THIN (0.1-1.5 INCHES)</th>
<th>TOUCH &amp; THICK (2-3 INCHES)</th>
<th>Not Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare</td>
<td>50°C / 122°F</td>
<td>1-2 hours</td>
<td>4.5-6.5 hours to pasteurize</td>
<td>24 hours to pasteurize</td>
<td></td>
</tr>
<tr>
<td>Medium Rare</td>
<td>55°C / 131°F</td>
<td>1.5-2 hours to pasteurize</td>
<td>2.5-4 hours to pasteurize</td>
<td>36-72 hours to pasteurize</td>
<td></td>
</tr>
<tr>
<td>Medium</td>
<td>60°C / 140°F</td>
<td>1-1.5 hours to pasteurize</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Done</td>
<td>70°C / 158°F</td>
<td>2-3 hours to pasteurize</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Rare: 50°C / 122°F
1-2 hours

Medium Rare: 55°C / 131°F
1.5-2 hours to pasteurize

Medium: 60°C / 140°F
1-1.5 hours to pasteurize

Done: 70°C / 158°F
2-3 hours to pasteurize

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**SousVide Tools Guide to Lamb**

**Lamb Cuts, Explained**

- **LOIN NECK SHOULDER**
  - **LEG**
  - **BREAST & RACK**

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**Lamb Cuts, Explained**

- **SIRLOIN CHOP**
- **LOIN CHOP**
- **LOIN ROAST**

- **NECK CHOP**
- **NECK FILLET ROAST**

- **SHOULDER ROAST**
- **ARM CHOP**
- **BLADE CHOP**

**Sirloin Chop:**
- The 'jewel of the lamb', very tender & flavourful.

**Loin Chops:**
- Flavoursome & nutritious, a prime cut with very little fat. A lamb shank is the bottom cut of the leg.
- LOIN CHOP
- LOIN ROAST

**Neck Chops:**
- One of the tougher cuts, generally sold for stews or grinding. It also is perfect for low & slow cooking!

**Loin Cuts:**
- One of the tougher cuts, generally sold for stews or grinding. It also is perfect for low & slow cooking!

**Breast & Rack:**
- Often sold as two separate joints, blade & arm (knuckle). Besides cooked whole, shoulder can also be trimmed, cubed & cooked in casseroles or curries.
- SHOULDER ROAST
- ARM CHOP
- BLADE CHOP

**Shank:**
- Flavoursome & nutritious, a prime cut with very little fat. A lamb shank is the bottom cut of the leg.

**Leg of Lamb:**
- Often sold as two separate joints, blade & arm (knuckle). Besides cooked whole, shoulder can also be trimmed, cubed & cooked in casseroles or curries.

**Chump:**
- The rack of lamb is a tender, flavoursome & highly prized cut. The breast is cheaper but highly versatile.

**Rolled Shank Roast:**
- The rack of lamb is a tender, flavoursome & highly prized cut. The breast is cheaper but highly versatile.

**Treat Your Lamb Right**

<table>
<thead>
<tr>
<th></th>
<th>TENDER &amp; THIN (0.15 INCHES)</th>
<th>TOUGH &amp; THICK (0.5 - 2.5 INCHES)</th>
<th>TOUGH &amp; EXTRA THICK (UP TO 3 INCHES)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium Rare</td>
<td>55°C / 131°F</td>
<td>2.5 - 3.5 hours to pasteurize</td>
<td>8 - 24 hours to pasteurize</td>
</tr>
<tr>
<td>Medium</td>
<td>60°C / 140°F</td>
<td>1.5 - 2 hours to pasteurize</td>
<td>24 - 48 hours to pasteurize</td>
</tr>
<tr>
<td>Done</td>
<td>70°C / 158°F</td>
<td>1 - 1.5 hours to pasteurize</td>
<td></td>
</tr>
</tbody>
</table>

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sousvide tools.com
## SOUSVIDE TOOLS GUIDE TO VEGETABLES

### COOK YOUR GREENS RIGHT

#### ROOT VEGETABLES
- Beet, carrot, potato, turnip, yam, daikon (Japanese radish), radish, parsnip, celeriac, sweet potato, water chestnut, artichoke.

<table>
<thead>
<tr>
<th>TEMP/TIME</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>84°C (183°F)</td>
<td>Up to 1 inch thick. Chop, dice or split them as needed.</td>
</tr>
<tr>
<td>1 - 4 hours</td>
<td></td>
</tr>
</tbody>
</table>

#### OTHER VEGETABLES
- Corn, eggplant (aubergine), fennel, onions, squashes

<table>
<thead>
<tr>
<th>TEMP/TIME</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>84°C (183°F)</td>
<td>Up to 1 inch thick. Chop, dice or split them as needed.</td>
</tr>
<tr>
<td>45 min - 2 hours</td>
<td></td>
</tr>
</tbody>
</table>

#### LEGUMES
- Beans (borlotti, navy, black, butter, azuki, pinto etc)
- Chick peas
- Lentils

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<tr>
<td>84°C (183°F)</td>
<td>Pre-soak beans for 6 - 8 hours beforehand. Cook with sufficient liquid (water or stock) in the bag as the beans will absorb them.</td>
</tr>
<tr>
<td>6-24 hours</td>
<td></td>
</tr>
<tr>
<td>84°C (183°F)</td>
<td>Pre-soak required, then add flavouring (herbs, oil, salt) in bag before cooking.</td>
</tr>
<tr>
<td>6-9 hours</td>
<td></td>
</tr>
<tr>
<td>84°C (183°F)</td>
<td>Pre-soak required, then add flavouring (herbs, oil, salt) in bag before cooking.</td>
</tr>
<tr>
<td>1-3 hours</td>
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</tbody>
</table>

#### FRUIT
- Melons, apple, pear, mango, peach, nectarine, blueberry, strawberry, plum.
- Rhubarb (tender stem)

<table>
<thead>
<tr>
<th>TEMP/TIME</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>84°C (183°F) for 45 min - 90 min</td>
<td>Amazing cooked with flavoured syrups, juice, tea, vinegar etc.</td>
</tr>
<tr>
<td>60°C (140°F) for 30 min - 1 hour</td>
<td>Great with flavoured syrups (vanilla especially).</td>
</tr>
</tbody>
</table>

### DID YOU KNOW?

- The tomato is botanically a fruit, but was declared a vegetable by the US Supreme Court in 1893.
- Eating garlic can keep mosquitoes away - not just vampires!
- Red and yellow bell peppers have four times as much vitamin C as oranges.