MODERNIST COOKING TECHNIQUES

ISSUE 3

SIMPLE SOUS VIDE TIPS - TECHNIQUES - RECIPES

HEART WARMING DINNER
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The iVide APP
the perfect partner to any Sous Vide device

The world’s leading supplier of Sous Vide equipment, SousVideTools.com, brings you the most interactive app yet. Simply choose a food you wish to cook and how you would like it cooked and our app will calculate the time and temperature needed. When used with our iVide devices the app will then start cooking and keep you notified of when your food is ready. More than 1 of our iVide devices? Our app is capable of multicooker, so you can control several devices at a time. Rustled up something amazing with a few of your own tweaks but can’t remember what you did? We have cook history so you can recreate things again and again, also handy for our professional chefs who may need to reference back for the filling in of paper work.

Don’t have one of our iVide cookers?
Our app is the perfect partner to any Sous Vide device. Just use the calculator function to find the perfect cooking time and temperature and then input it into your own device and off you go.
Welcome to the third edition of Modernist Cooking Techniques

When cooking first time with SousVide, here's some helpful tips from us to get you started:

- When using the pouches, fold back the sides so where you will seal the pouch, it is clean.
- Double seal both ends for the best result.
- When using a table top sealer, please note that the device will only work with embossed pouches. A smooth boilable/food storage pouch will not work.
- The table top sealer unfortunately cannot pull vacuum with liquids in the pouch. This will suck liquid into the pump, breaking the machine and voiding your warranty.
- If you want liquids in the pouch, freeze the liquid in ice cube trays, then vacuum seal your food with the frozen stock or sauce.
- Use our app! For any times and temperatures on cooking Sous Vide check out our app (iVide) or website. When we give you a time and temperature, it’s been tested through and through so you can be assured your cooking food safely. There are a lot of times and temperatures out there that can be quite confusing and overwhelming, so we’re here to settle the debate.
- Adding a small amount of liquid to the pouch? For example, if you’re putting sweet chilli or hoisin sauce into a pouch with some food. Place the sauce at the bottom of the pouch and put everything on top, this will help prevent the liquid from escaping. After it has vac sealed, move the food in the pouch so it distributes evenly.
- When cooking some fruits and vegetables Sous Vide, some pouches tend to float. This is caused by gases escaping the foods. To avoid them cooking unevenly, use one of our racks to hold them down or just weigh them down with a heat proof plate.

Serving straight away?

- Remove the food from the pouch and pat dry on some paper towel.
- Using a very hot pan, sear the food very quickly until golden then serve.

Cooking it for later?

- After the timer goes off, remove the pouch from the container, (don’t open it).
- Place the pouch into iced water or very cold water and chill down very quickly until the pouch/food is cold enough to go into the fridge (about 4ºC internally).
- Store in your fridge for up to 5 days unopened.
- When you’re ready to cook, pre heat your sous vide thermal circulator to the original temperature it was cooked at.
- Once hot, add the pouch and allow to reheat for about 20 minutes then follow the above heading: serving straight away.

Here at SousVideTools we are all about sharing our knowledge and experience so that our followers and customers can create some amazing dishes. Using modernist techniques such as sous vide, smoking, dehydrating and following the recipes our very own development chefs have created for you, you can further elevate your level of cooking with great consistent results.

Follow us @sousvidetools on Facebook, Instagram, Twitter and share with us your creations using #isousvide

Make sure to subscribe and follow for future issues of modernist cooking techniques from SousVideTools. With all the latest advice and professional tips on all areas of modernist cooking.
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Sous Vide Minted Lamb Shoulder

**INGREDIENTS**

- 2kg of lamb shoulder with bone removed
- 2 tbsp of chopped mint
- 1 clove of garlic chopped
- 2 tbsp of red wine
- 1 tbsp chopped parsley
- 1 tsp of salt
- ½ tsp sugar

**SOUS VIDE EQUIPMENT**

- Thermal Circulator - [Vide WIFI Cooker by SousVideTools®](#)
- Vacuum Sealer - [Vide Vacuum Sealer by SousVideTools®](#)
- Vacuum Pouch - [Embossed Vacuum Sealer Pouches](#)

**METHOD**

In a bowl, mix the mint, garlic, red wine, parsley, salt and sugar to form a paste.

Rub the shoulder in the paste and leave to marinade for 8 hours.

Pre heat your sous vide thermal circulator to 75°C

Wash off the paste thoroughly and pat dry.

Caramelize the shoulder in a hot pan to render some of the fat, be sure to save those fats.

Once cooled, add the lamb shoulder to a pouch, along with the fat and vacuum seal.

Cook for 12 hours.

Once cooked, remove from the pouch and place in the oven at 200°C for 30 minutes to crisp up the fat.
Chef’s Tip: Add some garlic to the roasting tray for extra flavour
Sous Vide Succulent Pork Tenderloin

**INGREDIENTS**

2 (1 pound/.45 kg each) pork tenderloins
1 ½ tbsp salt
Freshly ground black pepper
2 tablespoons unsalted butter

**SOUS VIDE EQUIPMENT**

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**METHOD**

Preheat your sous vide thermal circulator to 58°C.

Once you have rinsed the pork tenderloins, use paper towels to pat dry and season with salt and pepper.

Place the meat in individual cooking pouches along with a tablespoon of butter and vacuum seal.

Submerge each pouch into the water bath and sous vide for two hours.

To serve take the meat from the pouches then use paper towels to pat dry. Heat a pan until hot then quickly sear the meat in oil.
Chef’s Tip: Try adding some Tabil seasoning or a dry rub to give the pork an extra depth of flavour.
Sous Vide Beef Cheeks

INGREDIENTS

1 beef ox cheek trimmed of any sinew
2 tbsp of liquid Bovril
1 tsp garlic powder
½ tsp chopped rosemary
½ tsp maldon sea salt

METHOD

Pre heat your sous vide thermal circulator to 85°C
Rub the ox cheek in the Bovril, garlic, salt, rosemary, place in a pouch and vacuum seal.
Cook for 8 hours.
Carefully remove from the pouch and serve.

SOUS VIDE EQUIPMENT

Thermal Circulator - [iVide WIFI Cooker by SousVideTools](https://www.sousvide.com/)
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Vacuum Pouch - [Embossed Vacuum Sealer Pouches](https://www.sousvide.com/)
Chef’s Tip: Ideal for making the perfect pulled beef sandwich
Sous Vide Chicken Breast with Rosemary & Garlic Butter

**INGREDIENTS**

1. good quality chicken breast wing off. (Skin on, up to you)
2. 1 tbsp of good quality butter
3. ½ a tsp of chopped rosemary
4. 1 tsp of garlic powder (granules work just as good)
5. 1 pinch of salt (to taste)

**SOUS VIDE EQUIPMENT**

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- Vacuum Sealer - [iVide Vacuum Sealer by SousVideTools](#)
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**METHOD**

Pre set your sous vide thermal circulator to 62°C.

Mix the butter, rosemary and garlic in a bowl then season well to taste.

Once happy with the flavours and seasoning, place half of the butter mixture into a vacuum pouch along with the chicken and vacuum seal.

Cook the chicken for 1 ½ hours.

Remove from vacuum pouch and sear in a hot skillet for caramelisation using remaining butter mixture.
Chef’s Tip: Pre searing the chicken enhances the roast chicken flavour further.
Sous Vide Lamb Rump

INGREDIENTS
200g lamb rump
¼ lemon zested
½ tsp chopped rosemary
Salt

SOUS VIDE EQUIPMENT
Thermal Circulator - iVide WIFI Cooker by SousVideTools®
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METHOD
Pre heat your sous vide thermal circulator to 60°C.
Rub the lamb with the zest, rosemary and season well.
Place the lamb into a pouch and vacuum seal.
Cook for 1 hour.
Once cooked, remove the lamb from the pouch, pat dry and carame-lise in a hot pan until golden brown.
Squeeze ¼ of a lemon over the top of the lamb and serve.
Chef’s Tip: Why not add some harissa paste for some added spice
Sous Vide Aromatic Duck Leg

**INGREDIENTS**

- 2 duck legs
- 1 ice cube puck of frozen hoisin sauce
- 1 star anise
- 1 tsp Chinese five spice
- Salt

**METHOD**

Pour some hoisin sauce into an ice cube tray about ¾ of the way up and freeze until solid.

Preheat your sous vide thermal circulator to 75°C

Rub the duck with the Chinese five spice, season and place into the embossed pouch. (Be careful not to pierce the pouch with the leg of the duck).

Add the star anise and frozen hoisin puck then vacuum seal.

Cook for 8 hours.

Once cooked remove from pouch, pat dry and crisp in oven at 200°C for 30 minutes.

**SOUS VIDE EQUIPMENT**

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- Vacuum Pouch - [Embossed Vacuum Sealer Pouches](#)
Chef’s Tip: Perfect for the classic crispy duck pancakes
Sous Vide Orange Scented Salmon

INGREDIENTS
2 portions of salmon 170g
Zest of half an orange
Pinch of salt
½ tsp of sugar

SOUS VIDE EQUIPMENT
Thermal Circulator - iVide WIFI Cooker by SousVideTools®
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METHOD
Season Salmon with a good sprinkle of salt and sugar on all sides.
Add salmon and orange zest to vacuum pouch.
Pre heat your sous vide thermal circulator to 45°C.
Cook for 1 hour.
Chef’s Tip: Serve with strips of fennel and freshly squeezed orange
Sous Vide Carrot & Carrot Juice

**INGREDIENTS**

- 2 carrots washed and peeled
- 1 frozen puck of carrot juice
- Pinch of salt

**SOUS VIDE EQUIPMENT**

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**METHOD**

Freeze some carrot juice in an ice cube tray.

Preheat your sous vide thermal circulator to 90°C.

Season the carrots with salt and place into an embossed pouch, add the frozen carrot juice and vacuum seal.

Cook the carrots for 45 minutes.

Once cooked, remove them from the pouch, pat dry and caramelise in a hot pan to colour then serve.
Chef’s Tip: Serve as a salad with walnuts and soft creamy blue cheese
Sous Vide Butternut Squash in Sweet Chilli Sauce

INGREDIENTS
300g of butternut squash cut into pieces
2 tbsp of chopped basil
2 tbsp of chopped coriander
1 tsp chopped ginger
1 tsp of sweet chilli sauce

METHOD
Pre heat your sous vide thermal circulator to 78°C
Place all contents into the pouch, season and vacuum seal.
Cook for 45 minutes.
Remove the squash from the pouch pat dry and caramelise in a hot pan until golden in colour and serve.

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Chef’s Tip: Add coconut milk to give a delicious creamy finish
Simple Sous Vide

**Recipes**

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**Sous Vide Broccoli**

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**INGREDIENTS**

1 head of broccoli cut into florets, stem attached (see picture)
Salt
20g butter

**SOUS VIDE EQUIPMENT**

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**METHOD**

Pre heat your sous vide thermal circulator to 90ºC

Season the broccoli, then place into an embossed pouch along with the butter and vacuum seal.

Cook the broccoli for 10 minutes.

Once cooked, remove from the pouch, pat dry and caramelise in a hot pan and serve.
Chef’s Tip: Add a soft poached free range egg for that perfect healthy brunch dish
Sous Vide Cauliflower

INGREDIENTS
1 head of cauliflower (we like Romanesco)
Salt
20g butter

METHOD
Pre heat your sous vide thermal circulator to 90°C
Season the cauliflower, then place into an embossed pouch along with the butter and vacuum seal.
Cook the cauliflower for 10 minutes.
Once cooked, remove from the pouch, pat dry and caramelise in a hot pan and serve.

SOUS VIDE EQUIPMENT
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Vacuum Sealer - [iVide Vacuum Sealer by SousVideTools](#)
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Chef’s Tip To add a bit of finesse to this dish use Romanesco
Sous Vide Spring Onions with Sesame

**INGREDIENTS**
- 1 bunch of spring onions
- 1 tsp of sesame oil
- Sesame seeds to garnish

**SOUS VIDE EQUIPMENT**
- Thermal Circulator - iVide WIFI Cooker by SousVideTools®
- Vacuum Sealer - iVide Vacuum Sealer by SousVideTools®
- Vacuum Pouch - Embossed Vacuum Sealer Pouches

**METHOD**
- Preheat your sous vide thermal circulator to 90°C
- Peel back the dead leaves off the spring onion, brush with sesame oil and season.
- Add the spring onions to the pouch and vacuum seal.
- Cook the spring onions for 15 minutes.
- Remove the spring onions from the pouch and pat dry.
- Place in a hot dry pan to char the skin until dark and garnish with the sesame seeds.
Chef’s Tip: Serve with a chicken salad
Sous Vide Green Beans in Peanut Oil

**INGREDIENTS**

200g green beans (stalks removed)
1 tsp of peanut oil
1 tsp peanuts for garnish

**SOUS VIDE EQUIPMENT**

- Thermal Circulator - [iVide WIFI Cooker by SousVideTools®](#)
- Vacuum Sealer - [iVide Vacuum Sealer by SousVideTools®](#)
- Vacuum Pouch - [Embossed Vacuum Sealer Pouches](#)

**METHOD**

Pre heat your sous vide thermal circulator to 90°C

Season the green beans, brush with peanut oil and place into an embossed pouch then vacuum seal.

Cook for 10 minutes until firm, then remove the green beans from the pouch, char off in a very hot pan and garnish with roasted peanuts.
Chef’s Tip: Serve with a dipping sauce of satay mayonnaise
**Sous Vide Fragrant Pear**

**INGREDIENTS**
- 2 pears peeled, cut in half and core removed
- Zest 1 Lime
- 2 tbsp icing sugar
- 2 tsp honey
- 1 star anise

**SOUS VIDE EQUIPMENT**
- Thermal Circulator - [iVide WIFI Cooker by SousVideTools](#)
- Vacuum Sealer - [iVide Vacuum Sealer by SousVideTools](#)
- Vacuum Pouch - [Embossed Vacuum Sealer Pouches](#)

**METHOD**
- Pre heat your sous vide thermal circulator to 75°C
- Dust the pears with the icing sugar, then season with the zest and brush with honey with the anise.
- Place the dusted pears into a pouch and vacuum seal.
- Cook for 45 minutes.
- Remove from the pouch once cooked and serve.
Chef’s Tip: For a savoury twist to this dish serve with some cheese
Sous Vide Strawberries Infused with Balsamic Vinegar

**INGREDIENTS**
200g strawberries cut into 1/4s - washed & tops removed
2 tbsp white balsamic vinegar
1 tbsp icing sugar

**SOUS VIDE EQUIPMENT**
Thermal Circulator - [iVide WIFI Cooker by SousVideTools®](#)

**METHOD**
Pre heat your sous vide thermal circulator to 58°C
Mix the strawberries with the vinegar and icing sugar then put into a heat proof kilner jar, close the lid making sure the lid is tight fitting.
Carefully submerge the jar into the bath and cook for 2 hours.
Once cooked, carefully remove from the water bath and allow to cool completely.
Serve with vanilla ice cream.
Chef’s Tip: Save the liquor and use to top up some prosecco for a delicious Strawberry cocktail
Sous Vide Apple, Elderflower & Mint Punch

**INGREDIENTS**

2 apples roughly cut up  
¼ of bunch of grapes  
4 mint leaves  
50mls of elderflower cordial  
750mls of water  
50g sugar (optional)

**METHOD**

Pre heat your sous vide thermal circulator to 64°C  
Place all the ingredients into a tall heat proof kilner jar or zip lock bag.  
Carefully submerge the jar into the bath and cook for 6 hours.  
Once cooked, carefully remove from the bath and allow to cool completely.  
Strain off the mixture and serve cold.

**SOUS VIDE EQUIPMENT**

Thermal Circulator - [Vide WIFI Cooker by SousVideTools®](#)
Chef’s Tip Add a cheeky bit of vodka or gin for a more floral cocktail. Also if the mix is not sweet enough increase the sugar.
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