



Beef and Pork

Fish and Seafood

Chicken and Duck

Vegetables

Recipe Book

SOUS VIDE RECIPE



Recipe Table

No.	Food Name	Processing temperature (°C / °F)	Processing time (min)
1	Sirloin steak	59.9°C /139.8 °F	47
2	Chicken legs	63°C /145.4 °F	60
3	duck	60°C /140 °F	27
4	Lamb chops	40°C /104 °F	37
5	Streaky pork	45°C /113 °F	30
6	Pork ridge	58°C /136.4 °F	510
7	Trotters	58°C /136.4 °F	480
8	Egg	64°C /147.2 °F	60
9	Mavericks Steak	63°C /145.4 °F	32
10	Foie gras	68°C /154.4 °F	25
11	Abalone	60°C /140 °F	15
12	Tuna	59.5°C /139.1 °F	14
13	Salmon	59.5°C /139.1 °F	11
14	Lobster	59.5°C /139.1 °F	11
15	Ordinary fish	62°C /143.6 °F	12
16	Carrot	60°C /140 °F	20
17	Potato	60°C /140 °F	20
18	Vegetables	45°C /113 °F	5

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Sirloin Steak

Ingredients:

- 4 sirloin steaks
- cup of your favorite steak seasoning, or salt and pepper.
- Salt and Pepper to taste
- Canola or vegetable oil for searing

Directions :

1. Set Omorc Sous Vide Precision Cooker to 129°F / 53.9°C
2. Season steaks with preferred seasoning or salt and pepper.
3. Seal steaks in resealable ziplock bag or vacuum bag. Place in water bath and cook for 1 hour.
4. Remove steaks from bags and pat dry. Re-season if necessary.
5. Heat a heavy bottomed pan over medium-high heat, add oil, and sear steak for 1 minute on each side.
6. Enjoy the delicious steak.



Ribeye Steak

Ingredients:

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| 1 ribeye steak | Salt |
| 1 teaspoon fish sauce | Pepper |
| 1 teaspoon soy sauce | |

Directions :

1. Set Omorc Sous Vide Precision Cooker to 129°F / 53.9°C
2. Season steak with salt, pepper, soy sauce, and fish sauce. Seal steak in vacuum bag or resealable ziplock.
3. Place in pre-heated water bath and cook for 2 hours.
4. When the timer goes off, remove steak from bag. Dry well.
5. Prepare a hot cast-iron skillet and sear steak on both sides for one minute. Near the end, add thyme, garlic, and butter and baste.
6. Enjoy !



Lamb Chops

Ingredients:

Salt and pepper Avocado Oil
 4 lamb shoulder chops or lamb chops
 1 cup firmly packed fresh parsley, finely chopped.
 2 tablespoons fresh oregano
 1 clove garlic, very finely minced
 1 tablespoon champagne vinegar
 1 tablespoon lime juice
 1/4 teaspoon crushed red pepper flakes
 1/3 cup salted butter, softened

Directions :

1. Set Omorc Sous Vide Precision Cooker to 132°F / 55.5°C
2. Season lamb generously with salt and pepper and seal into ziplock or vacuum bags.
3. Submerge in bath and cook two hours.
4. While lamb is cooking, combine parsley, oregano, garlic, champagne vinegar, lime juice, red pepper flakes, salt, pepper, and softened butter. Mix until combined and chill.
5. When the timer goes off, remove lamb from bag. Dry thoroughly, season with salt and pepper, and sear on a hot grill or in a cast-iron skillet with avocado oil.
6. Serve lamb chop with a scoop of chimichurri compound butter.



Pork Loin

Ingredients:

5 pound center cut pork loin
 1 Tablespoon smoky salt seasoning
 2.5 Tablespoons kosher salt
 2 Tablespoons butter
 2 Tablespoons sugar

Directions :

1. Set Omorc Precision Cooker to 137°F / 58.3°C
2. Score fat on pork loin. Season with salt, sugar, and smoke seasoning. Cover with plastic wrap and let dry-brine in refrigerator for 5 hours, up to overnight.
3. Remove from fridge, pat dry, and place in vacuum bag or gallon size freezer bag (You can split roast into two if necessary to accommodate bag size). Cook for 2.5 hours.
4. Preheat oven to 500°F / 260°C.
5. Remove pork from bag, dry off. Place in oven, in pre-heated pan, for 10 minutes. Flip halfway through for perfect sear.
6. Slice and serve! Perfectly cooked pork loin.



Bacon

Ingredients:

1 pound / 450g thick-cut bacon

Directions:

1. Set the Omorc Sous Vide Precision Cooker to 145°F / 62.8°C.
2. Seal thick-cut bacon in vacuum or zipper-lock bags.
3. Cook bacon at least overnight and up to 8 days. Cooked bacon can seared immediately, or stored in the refrigerator for up to a week or frozen for several months. If refrigerated, continue directly with Step 4. If frozen, defrost overnight in the refrigerator or for 20 minutes in a 145°F / 62.8°C water bath before continuing.
4. Separate the bacon into individual strips.
5. Preheat a skillet or griddle over medium-high heat for five minutes, then add bacon strips to the griddle.
6. Cook on one side only until bacon is crisp, about 2 minutes. Flip bacon and cook briefly on second side, about 15 seconds.
7. Transfer to a paper towel-lined plate to remove excess fat.
8. Serve immediately.



Salmon with Wilted Spinach

Ingredients:

4 salmon filets, skinless	1 large bunch of spinach
½ cup of dijon mustard	1 cup heavy cream
1 tablespoon lemon juice	Salt and pepper to taste

Directions:

1. Set Omorc Sous Vide Precision Cooker to 115°F / 46.1°C
2. Season salmon with salt
3. Place in resealable ziplock bag. Place in water bath and cook for 45 minutes.
4. Heat pan over medium heat and add spinach. Cook until wilted and soft. Add lemon juice, salt, and pepper. Keep over very low heat until serving.
5. Place saucepan over medium heat and add heavy cream and dijon mustard. Bring to a boil, reduce heat, and whisk to combine. Add salt and pepper to taste.
6. Remove salmon from bags and pat dry.
7. Serve on top of spinach, and drizzle dijon sauce over salmon to enjoy!



Tuna

Ingredients:

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| 2½ cups water | ¼ cup granulated sugar |
| 4 tablespoons teriyaki sauce | 2 (5- to 6-ounce) tuna fillets |
| 2 tablespoons extra virgin olive oil | into thin matchsticks |
| 2 tablespoons toasted sesame seeds | 1 tablespoon poppy seeds |
| 1-inch piece fresh ginger, peeled and sliced | ¼ cup salt |

Directions:

1. In a large bowl, whisk together water, salt, and sugar until dissolved. Add the tuna, cover, and refrigerate for 45 minutes.
2. Set the Omorc Sous Vide Precision Cooker to 113°F (45°C).
3. Remove the tuna from the brine and pat dry. Place in a large zipper lock bag with olive oil and seal using the water immersion technique. Place the bag in the water bath and set the timer for 30 minutes.
4. When the timer goes off, remove the bag from the water bath and immediately transfer to an ice bath. Let cool to room temperature.
5. Remove the tuna from the bag and wrap tightly in plastic wrap. Refrigerate for 6 hours.
6. Meanwhile, prepare the dipping sauce: Mix together the teriyaki sauce and ginger together in a small bowl. Set aside for serving. After the 6 hours is up, combine the sesame seeds and poppy seeds on a plate
7. Combine the sesame seeds and poppy seeds in a shallow bowl. Unwrap the tuna and roll in the seed mixture. Slice thin.
8. Serve tuna with the ginger-teriyaki sauce.



Lobster

Ingredients:

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| 1 lobster tail, shell removed | 1 tablespoon extra virgin olive oil |
| Salt and freshly ground black pepper | 1 clove garlic, minced |
| 2 tablespoons unsalted butter | 1 cup baby arugula |
| 3 sprigs thyme | 2 tablespoons pine nuts, toasted |
| 3 sprigs rosemary | 1/2 lemon, sliced into wedges |
| 1 small sweet potato, sliced into 1-inch pieces | |

Directions:

1. Set the Omorc Sous Vide Precision Cooker to 129°F /54°C. Heat the oven to 410°F /210°C.
2. Lightly season the lobster with salt and pepper. Place in a medium zipper lock or vacuum seal bag with 1 tablespoon butter. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 30 minutes.
3. Meanwhile, roast the sweet potatoes: In a medium bowl, toss the sweet potato pieces with the thyme, rosemary, and olive oil. Season with salt and pepper. Transfer to a rimmed baking sheet. Transfer to the oven and roast, stirring halfway through, until the potatoes are browned and tender, about 30 minutes.
4. Melt the remaining tablespoon butter in a small skillet over medium-high heat. Add the garlic and 2 teaspoons water. Season with salt. Bring to a simmer and cook until the garlic is softened, 1 to 3 minutes.
5. When the timer goes off, remove the bag from the water bath. Carefully remove the lobster from the bag and transfer to a cutting board. Slice into thin medallions.
6. In a medium bowl, toss the arugula and roasted potatoes with half of the garlic-butter sauce. Transfer to a serving plate. Top with the lobster.
7. Drizzle the remaining garlic-butter mixture over the lobster. Scatter pine nuts over the lobster and serve with lemon wedges.

Duck Breast with Asian Greens

Ingredients:

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| 1 (6- to 8-ounce) duck breast separated from base | 1 head baby bok choy, leaves |
| 1 cup snow peas, trimmed | 1 Thai chile, chopped |
| 2 tablespoons oyster sauce | 1 tablespoon soy sauce |
| 3 tablespoons water | 1 teaspoon black vinegar |
| 4 ounces shimeji mushrooms, separated from base | 1 tablespoon hoisin |
| | Salt |

Directions:

1. Set the Omorc Sous Vide Precision Cooker to 134°F (57°C).
2. Heat a medium skillet over high heat for 3 minutes. Season the duck breast with salt and place in the hot skillet. Sear for 1 minute and transfer to a medium zipper lock or vacuum seal bag. Reserve the rendered fat in the pan.
3. Seal the bag using the water immersion technique or a vacuum sealer on the moist setting. Place in the water bath and set the timer for 1 hour.
4. About 20 minutes before the duck breast is finished, heat the oven to 410°F(210°C).
5. Return the skillet to medium-high heat. When the rendered fat is simmering, add the bok choy, snow peas, mushrooms, oyster sauce, and Thai chile. Until the vegetables have softened, about 5 minutes. Transfer to a plate and keep warm for serving.
6. Return the skillet to medium high heat. Add the water, soy sauce, hoisin, and vinegar. Bring to a simmer and reduce until thickened, 2 to 3 minutes. Set aside.
7. When the timer goes off, remove the bag from the water bath. Remove the duck from the bag and pat dry with paper towels.
8. Heat a second skillet over high heat for 3 minutes. Add the duck, skin side down, and sear for 1 minute. Flip the duck and transfer to the oven. Roast for 4 minutes.
9. Let duck rest for 5 minutes before slicing. Serve alongside the vegetables, with the soy-hoisin sauce drizzled on top.



Chicken Wings

Ingredients:

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| 24 chicken wings | 1/2 cup sugar |
| 10 garlic cloves, crushed | canola oil (for frying) |
| 1/4 cup warm water | 1 cup rice flour |
| 1 tsp kosher salt | 1–2 tsp chili garlic sauce |
| 1/2 cup fish sauce | 1/4 cup water |
| 1/4 cup tempura batter mix | |

Directions:

1. Set the Omorc Sous Vide Precision Cooker to 147.2°F / 64°C.
2. Chop garlic. Add salt and 1/4 cup warm water and let it sit for a few minutes.
3. Add 1/2 cup fish sauce and 1/2 cup sugar to garlic mixture.
4. Place chicken wings in ziplock bag and add 1/2 of the fish sauce mixture (reserve the other 1/2)
5. Seal the bag using the water immersion technique sous vide at 147.2°F / 64°C for 2 hours.
6. Take wings out of the bag and place the wings to dry on a paper towel.
7. Heat oil to 325°F / 163°C degrees.
8. Stir 1 cup rice flour and 1/4 cup tempura batter mix, and dredge wings in this.
9. Fry wings for about 2-3 minutes or until golden brown. Transfer wings to a cooling rack.
10. Heat wok or pan and add the reserved fish sauce mixture plus the sauce from the cooking bag.
11. Add chili garlic sauce. Bring to a full boil and reduce for 45 seconds.
12. Add wings to sauce and toss, until caramelized glaze coats wings!Ginger Marmalade Chicken



Ginger Marmalade Chicken

Ingredients :

- 2 lbs or 4 pieces bone-in & skin-on chicken legs
- 2 Tbsp minced ginger
- Salt & pepper
- 4 Tbsp prepared marmalade of your choosing

Directions :

1. Set the Omorc Sous Vide Precision Cooker to 170°F/ 76.5°C.
2. Season chicken with salt & pepper.
3. Place all of your ingredients in the bag you plan to use and seal after releasing air with immersion method.
4. Place bag into prepared water bath and set timer for 4 hours.
5. Remove from water bath and transfer to a baking tray (I like to line mine with parchment paper for easy cleanup!)
6. Heat your broiler to 500°F/260°C/High setting. Arrange the rack beneath to be 8"/~20cm away from the heat.
7. Place the chicken in the oven and broil for 8 - 10 minutes, until the skin turns golden brown and slightly crisped.
8. Remove from oven, serve, and enjoy!

Tips:

*If you have a low profile bottom-of-stove broiler or just a salamander, reduce the cooking time to 4 - 5 minutes, and keep an eye on it to make sure you don't char the skin! Alternately, you are welcome to torch as opposed to using the oven.



Chicken Breast

Ingredients :

- Boneless, skinless chicken breasts
- Pepper
- Salt
- Garlic Powder

Directions :

1. Set the Omorc Sous Vide Precision Cooker to 150°F/68.3°C.
2. Drain your chicken breast if it is in a package, or gently pat dry if from the butcher.
3. Season all over lightly with salt, pepper, and garlic powder.
4. Place into a zip-locking bag and use the immersion method to release as much air as possible before sealing.
5. Drop into the heated bath and set timer for: 1 hour for 1"/2.5cm or less thickness, 2 hours for 2"/5cm thickness. Pro-tip: if you have a range of thicknesses while batch cooking, err on the side of the thicker pieces. Chicken breast texture holds for up to 4 hours in the cooking bath!
6. Remove and chill or consume!



Carrots

Ingredients :

1 pound baby carrots, peeled (tops reserved for pesto)
¼ cup (59 ml) Parmigiano-Reggiano
¼ cup (59 ml) pine nuts, toasted
1 clove garlic, minced
¼ cup (59 ml) extra-virgin olive oil
3 tablespoons (44 ml) fresh lemon juice
Kosher salt and freshly ground black pepper

Directions :

1. Set the Omorc Sous Vide Precision Cooker to 180°F / 82.2°C .
2. Seal carrots in a zip or vacuum bag and cook for 45 minutes, or until tender.
3. In a food processor, pulse the cheese, nuts, garlic, and carrot tops until coarsely ground. Add the olive oil and lemon juice and puree until blended and emulsified. Season with salt and pepper and serve on top of carrots.



Scalloped Potatoes

Ingredients :

Kosher salt and freshly ground black pepper
1½ cups grated Gruyere cheese
1 teaspoon chopped fresh thyme
Unsalted butter, at room temperature, for the pan
4 pounds Russet potatoes
Freshly grated nutmeg
1 cup heavy cream

Directions :

1. Set the Omorc Sous Vide Precision Cooker to 185°F (85°C).
2. Peel the potatoes, reserving a few of the peels. Cut potatoes into 1/8-inch-thick slices.
3. Season potatoes with salt. Divide evenly between two large zipper lock or vacuum seal bags. Place a few potato peels in each bag and seal using the water immersion technique or a vacuum sealer on the dry setting.
4. Place the bags in the water bath and set the timer for 1 hour.
5. About 10 minutes before the potatoes are finished, heat the oven to 400°F / 204.4°C. Butter a 9-by-13-inch glass or ceramic baking dish.
6. When the timer goes off, remove the bags from the water bath. Remove the potato peels from the bags.
7. Arrange 1/3 of the potato slices on the bottom of the baking dish and sprinkle 1/3 of the cheese on top. Top with a little fresh thyme, a light grating of nutmeg, and some ground pepper.
8. Repeat two more times so that you end up with three layers of potatoes. Pour heavy cream in and around the potatoes.
9. Bake until the cheese is thoroughly melted and the top is golden brown, about 25 minutes.
10. Let potatoes rest for 5 minutes before serving.



Honey Miso Butter Corn

Ingredients :

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| 1 tsp toasted sesame seeds | 1 scallion, thinly sliced |
| 6 tbsp butter, at room temperature | Sesame oil to taste |
| 3 tbsp red miso paste | Togarashi to taste |
| 1 tsp honey + more for drizzling when plating | 4 ears corn |

Directions :

1. Set the Omorc Sous Vide Precision Cooker to 183°F / 83.9°C.
2. Remove husks and silk from corn and cut ears in half. Slather 2 tsp of butter on each piece of corn.
3. Vacuum seal corn, or place in resealable ziplock bags. Cook for 30 minutes.
4. While corn is cooking, combine 4 tbsp butter, 2 tbsp miso paste, 1 tsp honey, togarashi and sesame oil in bowl and whisk until thoroughly combined. Rest in fridge for 30 minutes.
5. For finishing, you can finish the corn with a torch, searzall, on the grill or in the broiler to create a nice char. Spread a thin layer of honey miso butter on corn and sprinkle sesame seeds, togarashi, and scallions on top and drizzle with extra honey if desired.

