



User Manual

MY-101 120V

SAFETY INFORMATION | WARNINGS

IMPORTANT SAFEGUARDS

Please read this safety information before operating your My Sous-Vide Immersion Cooker. You'll find additional safety tips on your website at www.mysousvide.com

- When using electrical appliances, basic safety precautions should always be followed including the following:
 - **Read all instructions.**
 - Do not touch hot surface. Use handles or knobs.
 - To protect against electrical shock do not immerse cord, plugs in water or other liquid.
 - Close supervision is necessary when any appliance is used by or near children.
 - Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
 - Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
 - The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
 - Do not use outdoors.
 - Do not let cord hang over edge of table or counter, or touch hot surfaces.
 - Do not place on or near a hot gas or electric burner, or in a heated oven.
 - Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
 - Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to " off ", then remove plug from wall outlet.
 - Do not use appliance for other than intended use.
 - "Intended for counter top use only.
 - **WARNING:** Spilled food can cause serious burns. Keep appliance and cord away from children. Never drape cord over edge of counter, never use outlet below counter, and never use with an extension cord.
 - Indoors Use Only.
 - A short power-supply cord is used to reduce the risk resulting from it being grabbed by children, becoming entangled in, or tripping over a longer cord.
- My Sous-Vide is hot when operational. Use caution to avoid burns and always allow the machine to cool off before emptying water from the cooking container/pot.
- To avoid risk of fire or electric shock, never submerge My Sous-Vide below the Max line of the removable cover.
- When using My Sous-Vide, place your pot on a potholder or on a stove top to protect your counter-top, as My Sous-Vide may damage other surfaces.
- Never use extension cables or a damaged electrical cable or plug with My Sous-Vide. Use securely grounded electrical outlets and unplug the machine when not in use.
- Never place the cooking container/pot in which My Sous-Vide is attached on places such as stoves or hot ovens where the power cable may be damaged.
- Allow My Sous-Vide to cool completely before disassembling parts for cleaning.
- Never disassemble My Sous-Vide for maintenance or cleaning outside of the steps explained in the complete user manual located on www.mysousvide.com
- Never use deionized water (DI water) with My Sous-Vide as it may damage the machine surfaces/parts.
- In the scenario that any other parts accidentally submerge in water, unplug My Sous-Vide immediately and contact us for further assistance.
- Always supervise children when they are nearby My Sous-Vide while in use.
- Always put food in a sealed bag before placing into the water of the pot/container that My Sous-Vide is attached to.
- Never use accessory attachments that are not designed for My Sous-Vide, since they may result in damage to the machine or personal injury.
- Ingesting raw or undercooked meats, poultry, seafood, shellfish or eggs can potentially increase risk of food-borne illness.

SAVE THESE INSTRUCTIONS

EXACT COOKING FOR DELICIOUS MEALS

Cooking can be rather tricky, but you now have a secret to consistently turn out dishes and wow your friends.

My Sous-Vide is a hi-tech way of locking in flavor and keeping your food tender with precision. Make the juiciest steak as well as fish, ribs, chicken, carrots, brussel sprouts or any other meal.

Food made perfectly - it's easy.

Let's take a look at the amazing things My Sous-Vide can do for your mealtime.

SETTING UP MY SOUS-VIDE

To set up My Sous-Vide you'll need a few main things:

- The My Sous-Vide Immersion Cooker.
- A cooking pot.
- A nearby electrical outlet (try to find an empty electrical outlet not being used by another major appliance, such as a refrigerator or oven).
- (Optional) A towel or potholder to keep the pot from sliding.

Now to get started:

- 1** Fill your pot with water and place your pot on a secure surface.
- 2** Unclip and attach My Sous-Vide to the side of the pot. Make sure it is upright and stable. (note: the plastic cap can touch the bottom of the pot)
- 3** Plug My Sous-Vide into an electrical outlet and wait for the display to light up. (USA models input voltage: 120V)
- 4** Use the temperature scroll wheel at the top to set your temperature. Press and hold the "Start/Stop" button for 3 seconds to switch between Fahrenheit & Celsius.

SETTING UP MY SOUS-VIDE

Voila! Perfect food.

Delectable food after a simple three step process. Here's a brief outline of what to expect: Prep your food, set your temp, and finish to your liking. Ready?

To make a dish through precision cooking, you'll need:

- The setup portion from the previous page.
- The steak that you'll be cooking (or chicken, salmon, corn, etc.).
- Vacuum-sealable bag (a zipper lock bag works too).
- Water to fill your pot.
- Optional: A gator clip, binder clip, or clothespin (just to keep everything neat and tidy by clipping your bag of food to the pot).

YOUR FIRST SOUS-VIDE MEAL: PREP

STEP 1: Preparing to Cook.

- 1** Fill your pot with enough water so that the level is between the minimum and maximum guide lines.
- 2** Make sure My Sous-Vide is plugged in and has power.
- 3** Press the power button to turn My Sous-Vide on.
- 4** Set the temperature by rotating the temperature scroll wheel on top of My Sous-Vide.
- 5** Press the Start button to begin heating your water.

YOUR FIRST SOUS-VIDE MEAL: PICKUP

STEP 2: Immersion Cooking.

- 1** Season your food and seal it in a bag. You can use either a vacuum-sealable bag or a zipper lock bag. (See our Tips and Tricks section for techniques on removing excess air)
- 2** Submerge your bag of food into the water. Be careful when placing the food into the container as the water may be hot.
- 3** You can clip the sealed bag to the side of the pot to prevent it from moving around.
- 4** Take a break! Come back when your food is ready.

YOUR FIRST SOUS-VIDE MEAL: FINISH

STEP 3: Finishing Touches.

- 1** When your food is ready, press the Start/Stop button to stop the machine.
- 2** Take the sealed bag of food out of the pot. (Make sure to use tongs if the water is hot).
- 3** Remove the food from the sealed bag and finish it off (usually with a sear- see our Tips and Tricks section for techniques on finishing touches).
- 4** Serve your food. Bon Appétit!

MAKING MEALS WITH THE TIMER

Set it and forget it.

With the timer feature, you can now schedule a cook and leave knowing that My Sous-Vide will shut off when your food has reached the right temperature.

Simply hold the timer button and use the scroll wheel to select the desired length of time to cook your meal.

Wait for the beep and the display to flash and you're ready to head out knowing that it will automatically shut off at the right time.

Go for a walk, run some errands, or watch TV and come back to a feast!

TIPS & TRICKS: MAKING IT LOOK APPETIZING

Creating A Flavorful Finish

Searing is one of the most essential methods of presentation. You want your proteins to have a savory appearance and a tasty look of caramelization.

Pat your food dry to take away moisture that can prevent it from browning. You can use paper towels or a clean kitchen towel. When you're ready to sear, it works well to keep a high temperature for a short time. It is especially effective to use a heavy pan or a good cast iron pan when searing.

You can also brown with the broiler in the oven. This is great for steaks or thinner cuts of meat.

Or if you prefer to grill, make sure your grill is turned all the way up and close the lid to fully heat the bars. Brush oil on the meat and cook until you see nice grill marks.

Finally, you can get creative with your finishing by using a torch or deep fryer. A torch can brown the outside of your food quickly and is especially good for unevenly shaped foods. A deep fryer is similar in principal - it crisps the outside while keeping the inside tender and creates a unique crust. Since your My Sous-Vide has already cooked the inside tender and juicy, here's your chance to add your own artistic expression to the outside crust. Feel free to sear away and enjoy the results.

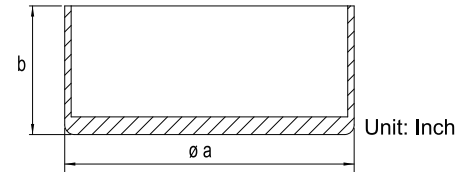
TIPS & TRICKS: CONTAINERS & WATER LEVEL

Choosing What Pot to Use

While choosing which pot to use for your cooking venture, choose the smallest size that still fits whatever you'll be cooking. The amount of water is significant to the cook because with less water, less energy and time is needed to heat the entire pot.

Evaporation doesn't really affect the way you cook chicken or fish since they have such short cooking times. For ribs and other items that may be cooked for 72 hours or more, it is best to limit the amount of evaporation by putting aluminum foil (shiny side up), plastic wrap, or, as mentioned in the previous paragraph, a cover over the top.

**To reduce risk of electric shock - use of sous-vide on recommended pot dimensions only*
- Diameter Length: 7 inches
- Maximum Depth: 4.5 inches



DANGER – RISK OF ELECTRIC SHOCK, NEVER OPERATE UNIT WITHOUT MOUNTING CLIP PROPERLY CLAMPED TO POT.

TIPS & TRICKS: FOOD FLOAT

Prevent Your Food from Surfacing

Keep your food completely submerged underwater in order to ensure that it is actually cooking properly. With foods that stubbornly bubble back up to the surface, here are some tips to keep them in place:

- Gator clips, binder clips, or clothespins can be used to pin the bag to the side of the pot.
- Weigh the bag down with a heavy object (ex: a large spoon or ladle).
- Food-grade stainless steel weights can also be used to keep the bag from floating.

TIPS & TRICKS: SEALING BAGS

Sealing Plastic Zipper Lock Bags With the Water Displacement Method

To get exact results you really want to have all the air out of the bag. Having a vacuum sealer is not a must, here's how to use the water displacement trick to dispel the excess air.

- 1** Place your food in a zipper lock bag and remove as much air as possible.
- 2** Seal most of the bag, but leave a small opening.
- 3** Put your bag of food into the pot of water and as you're lowering it, air will leave the bag as it is being submerged.
- 4** Seal the opening you created earlier and make sure the bag is fully closed.

TIPS & TRICKS: MINDING TEMPERATURE

Temperature control is the essence of Sous-Vide cooking.

The precisely controlled and heated water should evenly surround your food and make it delicious.

Here are a few things to keep in mind about water temperature:

- If you know you'll be using a high temperature, you can heat the water first before attaching My Sous-Vide.
- Keep the temperature within what's directed by the recipe, do not heat the water higher than listed.
- Be sure your plastic bag completely surrounds the food, keeping your food as one layer.

TIPS & TRICKS: TIMING

Here are a few key notes on timing your Sous-Vide cook:

Because the focus of Sous-Vide cooking is precise temperature control, you're left with a very adaptable method of cooking when it comes to time length. Traditionally, timing is very important because leaving your food cooking for a few more minutes means your food will be above the desired temperature and overcooked.

Sous-Vide, however, keeps your food at the desired temperature so you can leave your food in the water bath for minutes or even hours and still have amazingly delectable food!

TIPS & TRICKS: FLAVOR

Making your food flavorful.

My Sous-Vide will handle the temperature and texture of your food, but you're still in control of taste.

Seasoning your food before sealing it in the bag allows My Sous-Vide to really force the flavor deep into your food.

Here are a few tips to flavoring your Sous-Vide dishes:

- Powdered or dried spices work best.
- With the longer cooking time, feel free to season generously with salt, pepper, and garlic powder.

TIPS & TRICKS: RESOURCES

Recipes, guides, and more.

Visit our resources page for more ideas and in-depth information on maximizing your Sous-Vide experience.

Recipes & Dish Ideas: recipes.mysousvide.com

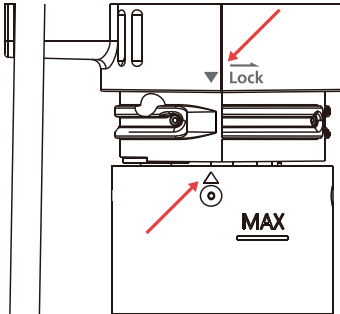
Community Chatter: community.mysousvide.com

Frequently Asked Questions,
Troubleshooting, and Support: support.mysousvide.com

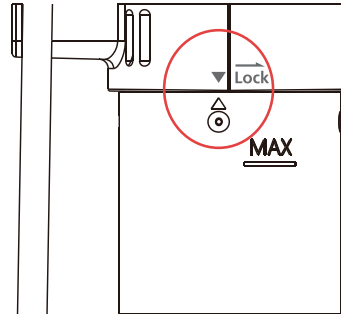
MAINTENANCE

METAL COVER INSTALLATION

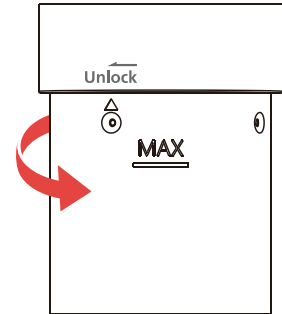
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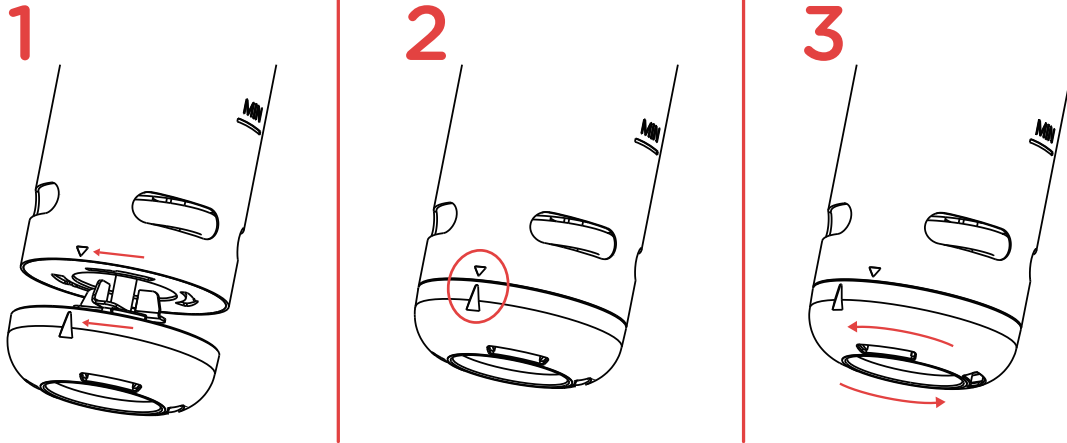
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- 1 Align the triangle markings on the main body and the metal cover
- 2 Slide the metal cover upwards towards the main body
- 3 Tighten the metal cover by rotating counter-clockwise

MAINTENANCE

BOTTOM COVER INSTALLATION



- 1** Align the triangle markings on the metal cover and the bottom cap
- 2** Push the bottom cap upwards towards the metal cover
- 3** Tighten the bottom cap by rotating counter-clockwise

PRODUCT WARRANTY



My Sous-Vide
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Phone: 650-952-2257
Email: service@mysousvide.com

LIMITED WARRANTY

My Sous-Vide warrants to the Buyer that the product is free from defects in material and workmanship for a period of one (1) year from the date the product is purchased.

EXCLUSIONS

This Limited Warranty does not cover damage to the product resulting from accident, misuse, improper installation or operation, failure to provide proper maintenance, unreasonable use or abuse of the product, or failure to follow written installation or operating instructions. Water damage generally and damage arising from the use of deionized water is not covered. Use of the product in a commercial environment voids this Limited Warranty. Service, repair or alteration of the product by the Buyer or any person or entity not authorized by My Sous-Vide voids this Limited Warranty.