

# SIMPLE SOUS·VIDE

YOUR GUIDE TO COOKING LIKE A CHEF!



# Introduction



Welcome to the tantalizing world of Sous Vide cooking, a culinary journey that will forever change the way you experience food. Imagine transforming ordinary ingredients into extraordinary dishes with the precision and finesse of a top-notch chef, right in the comfort of your own kitchen. Whether you're a seasoned home cook seeking to elevate your culinary prowess or a complete novice looking to embark on a flavour-packed adventure, "Sous Vide Secrets: Mastering the Art of Precision Cooking" is your ticket to a gastronomic revolution.

Sous Vide, a French term meaning "under vacuum," has quietly revolutionized the culinary landscape, bringing a level of precision and consistency to the kitchen that was once the sole domain of elite chefs. In this book, we unravel the mysteries of this cutting-edge technique, revealing its secrets and demystifying the art of sous vide cooking, all while celebrating the incredible recipes that will soon fill your plate.

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From perfectly cooked steaks with a mouth-watering sear to tender, melt-in-your-mouth poultry, and from luscious, custardy desserts to vibrant, flawlessly cooked vegetables, the possibilities with Sous Vide are as vast as your imagination. But, it's not just the results that make this technique so remarkable – it's the process itself. The magic of Sous Vide lies in the slow, gentle cooking method, where ingredients are vacuum-sealed and submerged in a precisely controlled water bath, allowing flavours to meld, textures to transform, and aromas to reach their zenith.

Through the pages of “Sous Vide Secrets,” you'll embark on an adventure where science meets art, and precision meets passion. You'll learn about the science behind Sous Vide, demystifying the cooking process to give you a deeper understanding of what's happening within your food. You'll gain the confidence to experiment with flavours and ingredients, creating dishes that dance on your taste buds and leave your guests marvelling at your culinary expertise.

This book is your comprehensive guide to mastering Sous Vide cooking, from the essential equipment you'll need to the fundamental techniques required to create restaurant-quality meals. Our journey is packed with a diverse range of recipes, from classic favou-

rites to daring innovations, all meticulously crafted to provide you with step-by-step instructions, detailed timings, and expert tips to ensure your success.

So, whether you're a newcomer to the world of Sous Vide or a seasoned pro, "Sous Vide Secrets" invites you to embrace the magic of precision cooking. Prepare to embark on a flavour-packed expedition that will leave you astonished, inspired, and endlessly excited about the endless culinary possibilities that await. Let's dive into the world of Sous Vide, where extraordinary dishes become your everyday reality, and where precision cooking becomes an art form you master.



# DISCLAIMER

The Sous Vide Secrets: Mastering the Art of Precision Cooking is intended to provide general information and guidance on sous vide cooking techniques, recipes, and the use of KlevaRange products. While we have taken great care to ensure the accuracy and reliability of the information presented, we cannot guarantee that every individual's experience with the provided content and tools will be the same.

The information in this book is for educational and entertainment purposes only and should not be considered a substitute for professional advice, especially in matters concerning health, safety, or dietary requirements. Readers should exercise caution and make informed decisions based on their own judgment, preferences, and dietary needs.

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Always follow safe cooking practices, including proper food handling, cooking safety, and hygiene guidelines. It is recommended to consult with a qualified healthcare professional or culinary expert before making significant changes to your diet or cooking practices.

The mention of specific ingredients, products, brands, or tools in this book does not imply endorsement or guarantee of their effectiveness. Readers are encouraged to exercise their own judgment and discretion when selecting and using products or following recipes.

Sous vide has foreseeable hazards that regulators try to guard against:

- Food held in the temperature danger zone (5°C–60°C) for extended periods being potentially subject to bacterial growth.
- Food stored under refrigeration for extended periods being potentially subject to cold tolerant pathogens.
- Food cooked at low temperatures for short periods that, in essence, remain raw and may allow pathogenic bacteria and parasites to survive.
- Reduce risks by using a water bath temperature of at least 55°C so bacterial growth is prevented and the destruction of the cells begins
- Reduce risks by using commercial equipment with adequate heating capacity and excellent temperature control
- Reduce risks by checking water and/or food temperatures using a calibrated tip-sensitive digital thermometer that is accurate to 0.1°C

New practitioners of sous vide must know how to manage the food safety risks.

By reading and using the information in the Sous Vide Secrets: Mastering the Art of Precision Cooking, you acknowledge and agree to the terms of this disclaimer. Enjoy your sous vide cooking adventures responsibly and make the most of the valuable insights and inspiration provided in this guide.



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# CHAPTER

# 01

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THE FUNDAMENTALS  
OF SOUS VIDE



# UNDERSTANDING THE SCIENCE OF SOUS VIDE

## The Principle of Precision Cooking

Sous Vide cooking is all about precision. It relies on the scientific principles of heat transfer and temperature control. By vacuum-sealing food and immersing it in a precisely heated water bath, you can ensure that the interior of the food reaches the exact desired temperature. This results in a consistency and quality that are difficult to achieve through traditional cooking methods.

## How Temperature Affects Texture

One of the key factors in Sous Vide cooking is temperature control. The temperature at which you cook your food directly impacts its texture and doneness. For example, cooking a steak at 54°C (130°F) will give you a medium-rare result with a perfect edge-to-edge pinkness. At 60°C (140°F), it becomes medium, and at 65°C (150°F), it turns medium-well. The precision of Sous Vide allows you to choose and achieve the exact doneness you desire.



# Advantages of Sous Vide Cooking

Sous Vide cooking offers a multitude of advantages that have earned it a place in both professional kitchens and the homes of passionate food enthusiasts.

## 01 **PRECISION AND CONSISTENCY**

Sous Vide is unparalleled when it comes to precision. You can cook your food to the exact desired doneness, ensuring it's consistently perfect every time. Say goodbye to overcooked or undercooked meals.

## 02 **FLAVOUR RETENTION**

When food is vacuum-sealed, it locks in its natural juices, flavours, and aromas. This results in a more intense and delicious taste.

## 03 **TEXTURE PERFECTION**

Sous Vide allows you to achieve a level of tenderness and succulence that is challenging to replicate through traditional cooking methods. From buttery steaks to delicate custards, the texture is second to none.

## 04 **TIME FLEXIBILITY**

Unlike traditional cooking, Sous Vide is forgiving when it comes to timing. You can leave your food in the water bath for an extended period without the risk of overcooking. This is incredibly convenient for busy cooks.

## 05 **REDUCTION IN FOOD WASTE**

Precise cooking means less food is wasted due to overcooking or undercooking. You'll also find that cheaper cuts of meat can be transformed into gourmet dishes through Sous Vide.

# Safety and Hygiene in Sous Vide Cooking

Sous Vide cooking is a technique celebrated for its precision, flavour retention, and consistent results. However, like any cooking method, it's essential to prioritize safety and food hygiene. In this section, we will explore the key safety measures and hygiene considerations to ensure your Sous Vide experience is not only delicious but also safe.

## Safe Temperature Ranges

One of the most critical aspects of Sous Vide safety is maintaining the proper cooking temperatures. The following temperature guidelines are essential to minimize the risk of foodborne pathogens and ensure safe cooking:

### 01 **MINIMUM PASTEURIZATION TEMPERATURE**

To effectively pasteurize meat and poultry, it's important to cook them at temperatures higher than the minimum pasteurization temperature for the specific type of meat. Refer to reliable sources for recommended temperatures and times.

### 02 **CHILLING AND STORAGE**

After cooking, it's crucial to cool the food quickly to prevent the growth of harmful bacteria. Plunge cooked food into an ice bath or use a blast chiller for rapid cooling. Once chilled, store the food at temperatures below 5°C (41°F) or use it promptly.

### 03 **SAFE HOLDING TEMPERATURES**

When holding or retherming Sous Vide-cooked food, ensure that it remains at a safe temperature (above 57°C or 135°F) to prevent bacterial growth. Food should not remain in the "danger zone" (4°C to 60°C or 40°F to 140°F) for an extended period.

# Safe Handling and Sealing

Proper handling and sealing of food are also critical for safety in Sous Vide cooking:

## 01 VACUUM SEALING

Use a reliable vacuum sealer to remove air from the bag before cooking. This ensures that the food is properly sealed and will not be exposed to water during cooking.

## 02 BAG INTEGRITY

Check the vacuum-sealed bags for any leaks or damage before placing them in the water bath. A properly sealed bag is essential to maintain the integrity of the cooking process.

## 03 CROSS-CONTAMINATION PREVENTION

Be vigilant about cross-contamination. Clean and sanitize surfaces, utensils, and your hands before and after handling food. Avoid reusing bags that have contained raw meat without proper cleaning and sanitation.

# Proper Food Handling and Labelling

For Sous Vide cooking at home, it's vital to implement safe food handling practices:

## 01 LABELLING

Label your Sous Vide bags with the type of food, date of cooking, and cooking time and temperature. This makes it easier to keep track of what's in your refrigerator and ensures you use food before it spoils.

## 02 REFRIGERATION AND STORAGE

Refrigerate or freeze Sous Vide-prepared food promptly. Use airtight containers or resealable bags when storing leftovers. Consume or freeze the food within a reasonable timeframe to maintain quality and safety.

## 03 REHEATING

When reheating Sous Vide-cooked food, ensure it reaches the recommended safe temperature before consumption.

By following these safety and hygiene practices, you can enjoy the precision and flavour benefits of Sous Vide cooking while minimizing any risks associated with foodborne illnesses. Sous Vide can be a safe and rewarding culinary adventure with the right precautions in place.



# CHAPTER

# 02

ESSENTIAL  
EQUIPMENT

Sous Vide cooking relies on a unique set of equipment to create the perfect cooking environment. Each piece of gear plays a crucial role in achieving the precision and consistency that make Sous Vide cooking so exceptional. In this section, we'll explore the essential equipment needed for Sous Vide cooking, from the core components to additional accessories that can enhance your experience.

## Sous Vide Machine (Immersion Circulator)

The heart of your Sous Vide setup, the immersion circulator, is responsible for maintaining the water bath at the exact temperature you need for your recipes. It's a compact, easy-to-use device that clips onto a container, heats the water, and circulates it to ensure even temperature distribution.

Please note, you can sous vide without the machine—all you need is a digital thermometer and some plastic freezer bags. The key to cooking food successfully with the stove-top method is holding the water at a steady temperature long enough to cook the food.

## Vacuum Sealer and Bags

Vacuum sealing is a fundamental step in Sous Vide cooking. A reliable vacuum sealer removes air from the cooking bags, creating an airtight environment that ensures optimal heat transfer and flavour retention. Choose vacuum-sealable bags designed for Sous Vide cooking or use zip-top bags with the water displacement method. We recommend the Kleva<sup>®</sup> Vac Seal & Save<sup>™</sup>



## Water Container

To create the water bath for Sous Vide cooking, you'll need a container large enough to hold the immersion circulator and accommodate the food you're cooking. Many cooks use a stockpot, a large plastic container, or a dedicated Sous Vide container. Make sure it's heat-resistant and provides ample room for your ingredients.

## Heat-Resistant Weights

To ensure that vacuum-sealed bags stay submerged in the water bath, you may need heat-resistant weights. These weights help prevent floating bags that can lead to uneven cooking. Sous Vide weights come in various forms, from specially designed weights to heat-resistant, food-safe items like ceramic disks.

## Digital Thermometer

A digital thermometer is a handy tool for verifying the accuracy of your Sous Vide machine's temperature readings. While most machines are highly reliable, having a backup thermometer provides an extra layer of confidence in your cooking setup.

## Food-Grade Containers

Aside from your water container, you'll need additional food-grade containers for storing, marinating, and preparing ingredients. These containers should be safe for food storage and easy to clean.

## Sous Vide Racks

Sous Vide racks are optional but can be incredibly helpful. They keep food pouches separated during cooking, ensuring even heat distribution, and preventing them from touching the hot surface of the container.



## Sous Vide Lid

A lid for your water container helps reduce heat loss and evaporation. It's especially useful for long cooking times or when cooking at lower temperatures. If you don't have a specific Sous Vide lid, you can use plastic wrap or a silicone cover to create a seal.

## Searing Tools

Sous Vide cooking doesn't provide the same browning or searing effect as traditional methods. To finish your dishes with a delicious crust or sear, you'll need a searing tool like a culinary torch, a hot skillet, or a griddle.

## Other Useful Kitchen Tools

While the equipment mentioned above is essential, you'll also find the following kitchen tools handy for Sous Vide cooking:

- Tongs for handling hot pouches
- Kitchen timer to keep track of cooking times
- Aluminium foil for wrapping food before searing
- Silicone sous vide weights or clips to secure bags

With the right equipment at your disposal, you'll be well-prepared to embark on your Sous Vide cooking journey and unlock the full potential of this remarkable culinary technique.

# CHAPTER

# 03

PREPARING FOR  
SOUS VIDE

Successful Sous Vide cooking requires careful preparation to ensure that your ingredients are ready for their journey into the precision cooking realm. In this section, we'll walk you through the essential steps to prepare your food for Sous Vide, from selecting ingredients to properly sealing your bags and setting up the water bath.

## 01 PREPARING INGREDIENTS

The foundation of a great Sous Vide dish is high-quality ingredients. Start by selecting fresh and wholesome foods. Trim meats, poultry, and fish to your desired portions, ensuring uniformity to promote even cooking. For vegetables, clean, peel, and cut them into consistent sizes.

## 02 SEASONING AND FLAVOURING

Sous Vide cooking provides an excellent canvas for infusing flavours into your dishes. Consider using marinades, rubs, herbs, spices, and aromatics to add depth to your ingredients. Season your food with salt and pepper to enhance its natural taste. Be mindful of the intensity of seasonings, as they can become more pronounced during the slow cooking process.

## 03 VACUUM SEALING

Properly sealing your ingredients in vacuum-sealed bags is a critical step in Sous Vide cooking. We recommend using the Kleva<sup>®</sup> Vac Seal & Save<sup>®</sup> sealer and bags. Here's how to do it:

- Place the seasoned ingredients into a Sous Vide-safe bag. Ensure that the food is arranged in a single layer for even cooking.
- Seal the bag according to your vacuum sealer's instructions. Ensure that you've removed as much air as possible from the bag to create an air-tight seal.
- Some ingredients, like proteins or foods with high moisture content, can be pre-seared to enhance flavour and texture. If pre-searing, ensure the food is cooled to room temperature before vacuum sealing.

## 04 WATER BATH SETUP

Setting up the water bath is crucial to the Sous Vide process:

- Fill a heat-resistant container with enough water to cover your ingredients, ensuring there's room for displacement. The exact amount will depend on your recipe.
- Attach your immersion circulator to the container and set the desired temperature using the machine's controls. It will begin heating the water to your chosen temperature.

## 05 PREHEATING THE WATER BATH

Once your Sous Vide machine indicates that the water has reached the desired temperature, it's time to immerse your vacuum-sealed bags. Gently place the bags into the water bath, ensuring they are fully submerged. The water displacement method can help remove air from the bags as they are lowered into the water.

Now that your ingredients are prepared, sealed, and submerged in the water bath, you're ready to experience the precise magic of Sous Vide cooking. Patience and attention to detail are the keys to achieving exceptional results as you embark on your culinary adventure.

# CHAPTER

# 04

COOKING  
TECHNIQUES

Sous Vide cooking is all about mastering the art of precision, ensuring that your food reaches the perfect level of doneness while retaining its flavour and moisture. In this section, we'll explore the essential cooking techniques and principles that will help you achieve Sous Vide perfection.

## Cooking Temperatures and Times

One of the key aspects of Sous Vide cooking is setting the right temperature and time for your specific recipe. Here's what you need to know:

### 01 TEMPERATURE CONTROL

Precision is at the core of Sous Vide. Cooking at the exact temperature you desire is crucial. Different temperatures yield different results, so understanding the ideal temperature for your chosen ingredient is essential.

### 02 TIME FACTORS

The cooking time depends on the thickness of the food. Thinner cuts generally cook faster than thicker ones. A general guideline is that thicker cuts may require longer cooking times to ensure the interior reaches the desired temperature.

### 03 TIME AND TEMPERATURE CHARTS

Many recipes include time and temperature charts to help you achieve specific results. These charts are valuable references for precision cooking and can be found in cookbooks, online resources, or even provided with your Sous Vide machine.

# Searing and Finishing

While Sous Vide cooking excels in achieving perfect doneness, it doesn't provide the same exterior texture as traditional cooking methods. To address this, you'll often want to finish your Sous Vide dishes with a sear or other finishing techniques. Here are some options:

## 01 SEARING

Searing involves quickly searing the food in a hot skillet, griddle, or with a culinary torch. This adds a delicious, crispy crust to your tender Sous Vide-cooked meat or poultry.

## 02 GRILLING

Grilling can add a smoky and charred flavour to your Sous Vide-prepared dishes. Finish by grilling for a short time after cooking.

## 03 BROILING

A broiler can also give your food that desirable crust. Place your food under the broiler for a brief period to achieve the desired seared effect.

## Pre-Sealing

For specific recipes, pre-sealing before Sous Vide cooking can enhance flavour and texture. This involves quickly searing the food before vacuum-sealing it. Pre-sealing is especially effective with proteins like steak, lamb, or pork, as it creates a Maillard reaction on the surface, adding depth to the flavour.

# Cooking Different Types of Food

Sous Vide cooking can be used for a wide variety of foods, including proteins, vegetables, and even desserts. Each food type has its specific considerations, so understanding how to cook different types of ingredients is essential:

## 01 **PROTEINS**

From steaks and chicken breasts to seafood and eggs, proteins are frequently cooked using Sous Vide. Precision ensures that proteins are cooked to the desired level of doneness, whether it's rare, medium-rare, or well-done.

## 02 **VEGETABLES**

Sous Vide can elevate vegetables to new heights. It helps maintain their vibrant colours, textures, and flavours. Cooking times and temperatures may vary depending on the type of vegetable.

## 03 **DESSERTS**

Sous Vide isn't limited to savory dishes. Custards, panna cotta, and even cheesecake can be perfectly crafted using this technique.

Understanding these Sous Vide cooking techniques and principles will empower you to create culinary masterpieces that consistently impress. It's all about precision and attention to detail, and as you gain experience, you'll develop a deeper appreciation for the art of cooking through Sous Vide.



# CHAPTER

# 05

HELPFUL HINTS  
AND TIPS

Achieving culinary excellence through Sous Vide cooking requires more than just following recipes. To truly master this technique and elevate your dishes, consider the following helpful hints and tips that seasoned Sous Vide chefs use to enhance their cooking experience.

## Achieving Perfect Texture

### 01 **TIME AND TEMPERATURE PRECISION**

Precision in Sous Vide cooking is paramount. Invest in a high-quality immersion circulator and a digital thermometer to ensure your water bath's accuracy. Small temperature variations can make a significant difference in the final outcome.

### 02 **PATIENCE IS A VIRTUE**

Sous Vide cooking often takes longer than traditional methods, but the results are worth the wait. Don't rush the process and give your ingredients the time they need to reach the perfect level of doneness.

### 03 **THICKNESS MATTERS**

The thickness of your ingredients influences cooking times. Thicker cuts require longer cooking, while thinner cuts cook more quickly. Be mindful of this when planning your meal.



# Flavour Enhancements

## 01 SEASON BEFORE AND AFTER

Season your food before vacuum-sealing for flavour absorption, but also consider adding fresh herbs or aromatic ingredients directly to the bag. You can also season or sauce your food after cooking to enhance the final presentation.

## 02 MARINADES AND FLAVOUR INFUSIONS

Use Sous Vide as a flavour infusion tool. Marinate your proteins before cooking for an added layer of taste. This is particularly effective for meats like chicken and pork.

## 03 SAUCE REDUCTION

Reserve juices and liquids from your Sous Vide bag to create flavourful sauces. Reduce these liquids in a saucepan and pour over your dish for an added burst of flavour.



# Meal Planning and Batch Cooking

## 01 **PLANNING AHEAD**

Sous Vide is an excellent method for meal planning. Cook and vacuum-seal several meals at once, then store them in the refrigerator or freezer. Reheat as needed for convenient, delicious meals.

## 02 **COOKING TIMES**

When preparing multiple items in a single water bath, consider the different cooking times required for each ingredient. Start with the longest cooking time item and add others as needed to ensure everything finishes simultaneously.

# Storing Sous Vide Cooked Food

## 01 **RAPID COOLING**

After cooking, plunge your vacuum-sealed bags into an ice bath to cool them quickly. This minimizes the risk of bacterial growth. Once cooled, store the bags in the refrigerator for short-term use or in the freezer for longer storage.

## 02 **LABEL AND DATE**

Label your vacuum-sealed bags with the contents and cooking date. This makes it easy to identify and use stored items later.

## 03 **SAFE THAWING**

When you're ready to enjoy your Sous Vide-cooked food, thaw it in the refrigerator or use the Sous Vide machine to reheat it to the desired serving temperature.

# Troubleshooting Common Issues

## 01 BAG LEAKS

To prevent bag leaks, ensure that the sealing edge is dry before vacuum-sealing. If you experience a leak, transfer the food to a new bag and reseal it.

## 02 OVERCOOKING

If you've accidentally left your food in the water bath too long, don't worry. While it won't overcook like traditional methods, prolonged cooking can change the texture. Adjust by searing or finishing it more quickly to salvage the dish.

## 03 SEALING PROBLEMS

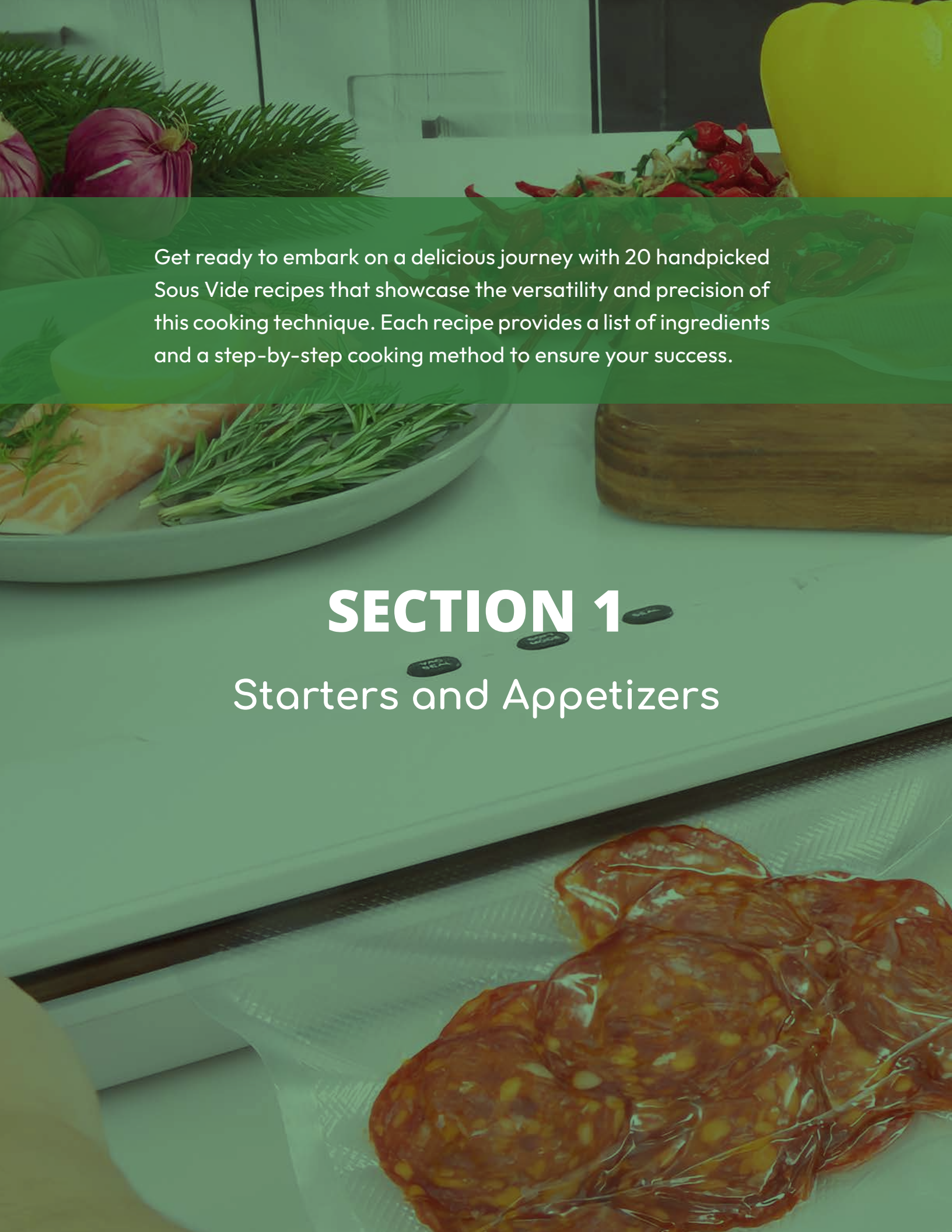
If you encounter issues with your vacuum sealer, consider the bag type, moisture content, or debris on the sealing strip as potential culprits. Regularly maintain your sealer for optimal performance.

By incorporating these helpful hints and tips into your Sous Vide cooking practices, you'll unlock the full potential of this precise and versatile cooking technique. Sous Vide becomes not just a method of cooking but a true culinary art form, allowing you to create dishes that are consistently impressive and bursting with flavour.

# CHAPTER

# 06

20 SOUS VIDE  
RECIPES



Get ready to embark on a delicious journey with 20 handpicked Sous Vide recipes that showcase the versatility and precision of this cooking technique. Each recipe provides a list of ingredients and a step-by-step cooking method to ensure your success.

# SECTION 1

## Starters and Appetizers



# PERFECTLY POACHED EGGS

## Ingredients

- Fresh eggs
- Salt

## Cooking Method

1. Set the Sous Vide machine to 145°F (63°C).
2. Crack the eggs into vacuum-sealed bags, add a pinch of salt, and vacuum-seal.
3. Cook for 45 minutes.
4. Gently remove the eggs from the bag and serve.





# GARLIC-HERB INFUSED MUSHROOMS

## Ingredients

- Button mushrooms
- Garlic
- Fresh thyme
- Olive oil

## Cooking Method

1. Vacuum-seal the mushrooms, minced garlic, thyme, and olive oil in a bag.
2. Cook at 185°F (85°C) for 45 minutes.
3. Finish by sautéing in a hot skillet with butter until golden brown.



# TERIYAKI SALMON BITES

## Ingredients

- Salmon cubes
- Teriyaki sauce

## Cooking Method

1. Vacuum-seal the salmon cubes with teriyaki sauce.
2. Cook at 130°F (54°C) for 30 minutes.
3. Sear quickly in a hot pan for a caramelized exterior.



A top-down view of a white ceramic plate containing a whole roasted chicken. The chicken is golden-brown and sits on a bed of sliced carrots and a sprig of fresh rosemary. To the left of the chicken, a carving knife with a black handle and a carving fork are placed on the plate. The background is a dark, textured surface.

# SECTION 2

## Poultry Delights

# JUICY SOUS VIDE CHICKEN BREASTS

## Ingredients

- Boneless, skinless chicken breasts
- Rosemary
- Garlic
- Olive oil

## Cooking Method

1. Vacuum-seal the chicken breasts with rosemary, garlic, and olive oil.
2. Cook at 145°F (63°C) for 1-4 hours.
3. Finish with a quick sear in a hot skillet for crispy skin.



# CRISPY CHICKEN WINGS WITH BUFFALO SAUCE

## Ingredients

- Chicken wings
- Salt
- Pepper
- Vegetable oil
- Buffalo sauce

## Cooking Method

1. Season the chicken wings with salt and pepper.
2. Cook at 165°F (74°C) for 1.5-4 hours.
3. Deep fry or broil for crispiness, then toss in buffalo sauce.



# LEMON-ROSEMARY TURKEY BREAST

## Ingredients

- Turkey breast
- Lemon zest
- Rosemary
- Olive oil

## Cooking Method

1. Vacuum-seal the turkey breast with lemon zest, rosemary, and olive oil.
2. Cook at 145°F (63°C) for 4-8 hours.
3. Finish with a quick sear in a hot pan.





# SECTION 3

Beef and Lamb Creations

# SOUS VIDE FILET MIGNON WITH RED WINE REDUCTION

## Ingredients

- Beef filet mignon
- Salt
- Pepper
- Garlic
- Fresh thyme
- Red wine

## Cooking Method

1. Season the filet with salt, pepper, garlic, and thyme.
2. Cook at 132°F (56°C) for 1-4 hours.
3. Sear and create a red wine reduction sauce for a gourmet finish.





# FLAVOURFUL LAMB CHOPS WITH MINT GREMOLATA

## Ingredients

- Lamb chops
- Olive oil
- Garlic
- Fresh mint
- Lemon zest

## Cooking Method

1. Vacuum-seal lamb chops with olive oil, garlic, and lemon zest.
2. Cook at 140°F (60°C) for 1-4 hours.
3. Finish with a fresh mint gremolata.



# BALSAMIC GLAZED SHORT RIBS

## Ingredients

- Beef short ribs
- Balsamic vinegar
- Brown sugar
- Garlic
- Thyme

## Cooking Method

1. Vacuum-seal short ribs with balsamic glaze ingredients.
2. Cook at 160°F (71°C) for 24-48 hours.
3. Glaze and broil for a rich caramelized finish.





# SECTION 4

## Seafood Sensations

# BUTTER-POACHED LOBSTER TAILS

## Ingredients

- Lobster tails
- Butter
- Garlic
- Fresh tarragon

## Cooking Method

1. Vacuum-seal lobster tails with butter, garlic, and tarragon.
2. Cook at 140°F (60°C) for 30-45 minutes.
3. Finish by searing in a hot skillet.



# CITRUS HERB SALMON

## Ingredients

- Salmon fillets
- Lemon slices
- Fresh dill
- Butter

## Cooking Method

1. Vacuum-seal salmon with lemon slices, dill, and butter.
2. Cook at 130°F (54°C) for 30-60 minutes.
3. Finish by searing for a crispy skin.



# SHRIMP SCAMPI PASTA

## Ingredients

- Shrimp
- Garlic
- White wine
- Lemon zest
- Parsley
- Linguine

## Cooking Method

1. Vacuum-seal shrimp with garlic, white wine, lemon zest, and parsley.
2. Cook at 135°F (57°C) for 20-30 minutes.
3. Serve over cooked linguine.



A top-down view of a white bowl filled with a colorful, meatless salad. The salad features several stalks of roasted asparagus in the center, surrounded by fresh blackberries, chickpeas, sliced avocado, cucumber, and leafy greens. The background is softly blurred, showing a person's hands holding the bowl. The overall lighting is warm and natural.

# SECTION 5

Meatless Marvels

# SOUS VIDE RATATOUILLE

## Ingredients

- Zucchini
- Eggplant
- Bell peppers
- Tomatoes
- Onion
- Garlic
- Fresh basil

## Cooking Method

1. Vacuum-seal chopped vegetables with garlic and basil.
2. Cook at 185°F (85°C) for 1-2 hours.
3. Serve as a side or over pasta.





# TRUFFLE-INFUSED CAULIFLOWER PUREE

## Ingredients

- Cauliflower
- Truffle oil
- Cream
- Butter
- Nutmeg

## Cooking Method

1. Vacuum-seal cauliflower florets with truffle oil, cream, butter, and nutmeg.
2. Cook at 185°F (85°C) for 45 minutes.
3. Blend to a creamy puree.



# ARTICHOKE AND ASPARAGUS RISOTTO

## Ingredients

- Arborio rice
- Artichoke hearts
- Asparagus
- Onion
- Vegetable broth
- White wine
- Parmesan cheese

## Cooking Method

1. Vacuum-seal artichoke hearts, asparagus, and onion with rice.
2. Cook at 185°F (85°C) for 30-45 minutes.
3. Finish the risotto traditionally with wine, broth, and cheese.



A stack of several chocolate brownies is shown, with a thick, dark chocolate sauce being poured over them from above. The sauce is dripping down the sides of the stack. The brownies are dark and appear moist. The background is dark and out of focus, with some blurred shapes that could be other brownies or a plate. The overall lighting is dramatic, highlighting the texture of the brownies and the glossy sheen of the chocolate sauce.

# SECTION 6

Delectable Desserts

# DECADENT CHOCOLATE LAVA CAKE

## Ingredients

- Dark chocolate
- Butter
- Eggs
- Sugar
- Flour

## Cooking Method

1. Whisk ingredients in a bowl until combined.
2. Vacuum-seal the cake batter.
3. Cook at 140°F (60°C) for 45 minutes.
4. Serve warm for a gooey, chocolatey centre.



# CRÈME BRULÉ WITH BERRIES

## Ingredients

- Cream
- Egg yolks
- Sugar
- Vanilla
- Mixed berries

## Cooking Method

1. Whisk ingredients in a bowl until combined and place in jars.
2. Vacuum-seal Crème Brulé in jars.
3. Cook at 176°F (80°C) for 1 hour.
4. Chill and caramelize the sugar topping.
5. Serve with mixed berries.



# VANILLA BEAN PANNA COTTA

## Ingredients

- Cream
- Sugar
- Gelatine
- Vanilla bean

## Cooking Method

1. Prepare gelatine as per packet instructions.
2. Whisk ingredients in a bowl until combined.
3. Vacuum-seal the Panna Cotta mixture.
4. Cook at 176°F (80°C) for 1 hour.
5. Chill and serve with a fruit compote.





# SECTION 7

Sides and Vegetables

# GLAZED CARROTS WITH THYME

## Ingredients

- Carrots
- Butter
- Honey
- Fresh thyme

## Cooking Method

1. Vacuum-seal carrots with honey, butter, and thyme.
2. Cook at 183°F (84°C ) for 45 minutes. Sauté for a caramelized glaze.





# PERFECTLY COOKED ASPARAGUS SPEARS

## Ingredients

- Asparagus spears
- Olive oil
- Garlic
- Lemon zest

## Cooking Method

1. Vacuum-seal asparagus with olive oil, garlic, and lemon zest.
2. Cook at 183°F (84°C) for 15-20 minutes.
3. Finish with a quick sear or grill for added flavour.



Please note, some of the above recipe's require extra cooking of the ingredients, for example, pasta. Please refer to packet instructions where necessary.

These 20 Sous Vide recipes are just the beginning of your culinary adventure. Each recipe showcases the precision, versatility, and incredible results you can achieve with this remarkable cooking technique. Bon appétit!

In closing, this sous vide recipe book is your passport to a world of culinary excellence. Whether you're a seasoned chef or just beginning your journey into the art of sous vide cooking, these recipes will elevate your skills and delight your taste buds. From perfectly tender steaks to succulent seafood, vibrant vegetables, and luscious desserts, sous vide allows you to achieve restaurant-quality results in the comfort of your own kitchen. So, fire up your immersion circulator, explore these recipes, and embark on a culinary adventure that will leave you and your guests craving more. Happy cooking!



# DISCLAIMER

The Sous Vide Secrets: Mastering the Art of Precision Cooking is intended to provide general information and guidance on sous vide cooking techniques, recipes, and the use of KlevaRange products. While we have taken great care to ensure the accuracy and reliability of the information presented, we cannot guarantee that every individual's experience with the provided content and tools will be the same.

The information in this book is for educational and entertainment purposes only and should not be considered a substitute for professional advice, especially in matters concerning health, safety, or dietary requirements. Readers should exercise caution and make informed decisions based on their own judgment, preferences, and dietary needs.

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Always follow safe cooking practices, including proper food handling, cooking safety, and hygiene guidelines. It is recommended to consult with a qualified healthcare professional or culinary expert before making significant changes to your diet or cooking practices.

The mention of specific ingredients, products, brands, or tools in this book does not imply endorsement or guarantee of their effectiveness. Readers are encouraged to exercise their own judgment and discretion when selecting and using products or following recipes.

Sous vide has foreseeable hazards that regulators try to guard against:

- Food held in the temperature danger zone (5°C–60°C) for extended periods being potentially subject to bacterial growth.
- Food stored under refrigeration for extended periods being potentially subject to cold tolerant pathogens.
- Food cooked at low temperatures for short periods that, in essence, remain raw and may allow pathogenic bacteria and parasites to survive.
- Reduce risks by using a water bath temperature of at least 55°C so bacterial growth is prevented and the destruction of the cells begins
- Reduce risks by using commercial equipment with adequate heating capacity and excellent temperature control
- Reduce risks by checking water and/or food temperatures using a calibrated tip-sensitive digital thermometer that is accurate to 0.1°C

New practitioners of sous vide must know how to manage the food safety risks.

By reading and using the information in the Sous Vide Secrets: Mastering the Art of Precision Cooking, you acknowledge and agree to the terms of this disclaimer. Enjoy your sous vide cooking adventures responsibly and make the most of the valuable insights and inspiration provided in this guide.