

What to Sous Vide Beyond Meat? 10 Surprising Things You Can Cook Sous Vide (Some Even While You Sleep)

Anyone who has heard of the sous vide cooking technique will likely first think of it as a method for perfectly cooking proteins: tender steaks, moist chicken, delicate fish and seafood, or 48-hour short ribs. Yum. While these are all very good things to cook sous vide, there is a wealth of other things you can prepare using the technique, that will make your sous vide cooker one of the most versatile tools in your kitchen!

Why sous vide? Because it will intensify the flavors, preserve the nutritional quality, and make the process so foolproof and hands-free that you can even do it while you sleep! As *The New York Times* said, “Once you sous vide, you never go back!”

Here are some surprising uses, along with suggested recipes to try.

1. Infused Alcohols and Syrups



Why sous vide?

Sous vide intensifies the natural flavors and the gentle heat speeds up the process. Creating your own flavor-infused liquors or syrups for retro cocktails has never been easier or faster. Make your own Limoncello in hours rather than weeks or months! No need to buy flavored syrups or fruity drinks. Simply create your own flavor combinations and mix into ice tea, lemonade or club soda for non-alcoholic beverages with a bright fresh gourmet twist!

Suggested recipes: [Bacon-Infused Bourbon](#), [Jalapeño Vodka / Spicy Bloody Mary](#), [Limoncello](#), [Raspberry Syrup](#)

2. Ricotta Cheese, Yogurt and Crème Fraîche



Why sous vide?

The precision temperature control of non-stirred water bath, such as a SousVide Supreme water oven, makes cheese and yogurt-making effortless.

Suggested recipes: [Saffron and Cardamom Yogurt](#), [Ricotta Cheese](#), [Crème Fraîche](#)

3. Condiments, Sauces, Fruits Coulis, Compotes



Why sous vide?

Sous vide intensifies natural flavors and allows you to use your imagination to develop your own condiments. No worries about MSG, or other preservatives found in commercially prepared store bought products. You control what you put into your sauces and it is hands-free effortless. Mustard, Salsa, Chutney and more - the possibilities are endless! Make Hollandaise without risk of curdling or separating. Turn fresh fruits into delicious fruits coulis and compotes that are vibrant in color.

Suggested recipes: [Mango Chutney](#), [Cranberry sauce](#), [Hollandaise](#), [Course Grain Mustard with Stout](#), [Strawberry-Blueberry Coulis](#)

4. Stock for Soups and Sauces



Why sous vide?

Make your own beef, chicken, vegetable, or seafood stock right in the water bath. No pouch required. You will need to use a non-stirred, self-contained water oven, not an immersion circulator for this purpose.

Suggested recipes: [Chicken stock](#), [Beef Stock](#)

5. Cheesecake, Bread Pudding, Steamed Pudding, Pot de Crème, or Crème Brûlée



Why sous vide?

An unstirred sous vide bath is a perfect *bain-marie* for cooking those oven recipes requiring a water cushion and constant low temperatures. Eliminates the challenge (and danger) of sloshing hot water onto the floor when filling and removing a pan from a traditional oven.

Suggested recipes: [Lemon Cheesecake](#), [Crème Brûlée](#), [Chocolate and Scotch Pot the Crème](#)

6. The Perfect Egg



Why sous vide?

Eggs come in nature's own "cooking pouch" – the egg shell itself! Simply place the whole eggs in the water bath to cook and you will be treated to perfectly soft poached eggs, exactly the way you like them! Cook 1 or many eggs at once or more and keep them perfectly soft-cooked until serving. Easy for making hard-cooked eggs, too.

Suggested recipes: [Perfect poached eggs](#)

7. Custards, Lemon Curd, Dulce de Leche, Zabaglione, and Ice Cream Base



Why sous vide?

It can be better than a double boiler. No constant stirring and attention or worries about curdling or burning on a stovetop. You will never cook custard any other way, once you try cooking it sous vide

Suggested recipes: [Dulce de Leche](#) (caramel sauce) is as easy as pouring sweetened condensed milk into a zip cooking pouch and cooking it unattended all day or even overnight while you sleep for an easy sweet treat ready whenever you are. Also try [Chocolate Zabaglione](#), [Vanilla Bean Ice Cream](#).

8. Overnight Oatmeal



Why sous vide?

Love a bowl of hot oatmeal for breakfast, but no time to cook it on the stove in the morning? Simply drop it in the night beforehand and it will cook overnight and be ready to eat in the morning. Easier than stovetop and no clean up!

Suggested recipes: [Oatmeal with Stewed Fruit Compote](#)

9. Pickled Vegetables



Why sous vide?

It's as easy as stovetop and no lingering vinegar odors in the kitchen. Quickly pickle green beans or asparagus for killer Bloody Marys. Pickle carrots, cauliflower, or zucchini for instant antipasti trays.

Suggested recipes: [Carrot and Daikon Quick Pickle](#), [Pickled Seasonal Vegetables](#)

10. Infused Vinegars and Oils



Why sous vide?

The gentle precise cooking temperatures speed up the flavor transfer of fresh herbs and berries to make gourmet vinegar without permeating the kitchen with strong vinegar odors. Use your favorite dried spices and seasonings to create flavorful oils for cooking or salads

Suggested recipes: [Blackberry Basil Infused Vinegar](#), [Orange Rosemary Infused Vinegar](#)

SousVide
SUPREME™ the world's finest
water oven



Have questions or need help? Call us at 1-877-787-6836 8am to 4pm MST, Monday to Friday

Email us at customerservice@sousvidesupreme.com