



SOUS VIDE BASKET

Sous Vide Cooking

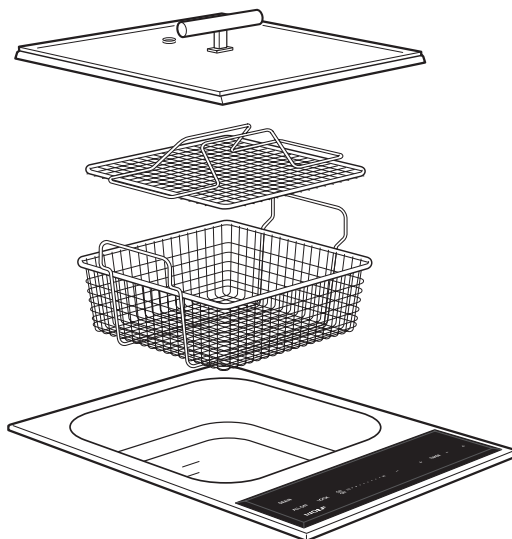
Sous vide is a cooking technique, which in French, translates to “under vacuum.” This gentle technique cooks food slowly at a low, constant temperature in vacuum packaging. While traditional methods can overcook foods quickly, sous vide is more forgiving. The result is evenly cooked food to the exact desired temperature.

Operation

- 1 Remove the solid and perforated pans from the steamer, if installed.
- 2 Add 2 gallons of water to the steamer.
- 3 Turn the steamer on and select the desired power level or temperature setting.
- 4 Place the lid on the steamer.
- 5 Place the food in a vacuum sealed bag suitable for sous vide cooking.
- 6 Place the bag in the sous vide basket, then install the basket lid.
- 7 Once the water is preheated, place the basket into the steamer.
- 8 Install the steamer lid.

Care Recommendations

- Wash the basket after each use.
- The basket is dishwasher safe.
- Do not use scouring agents, pot scouring pads or steel wool on the basket.



Sous vide basket assembly.





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Recommended Cooking Temperatures and Times

Use the following chart as a guideline. Alter the temperatures and times to your personal preferences. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk of food-borne illness.

POULTRY MEATS	THICKNESS	TEMP	TIME
Chicken breast (boneless)	1" (25 mm)	150°F (65°C)	1 hour, 15 min
Chicken thigh (boneless)	1 1/2" (38 mm)	165°F (67°C)	2 hours
Beef tenderloin (filet)*	1" (25 mm)	135°F (59°C)	1 hour, 30 min
Beef tenderloin (filet)*	2" (51 mm)	135°F (59°C)	2 hours
Ribeye steak*	1 1/2" (38 mm)	135°F (59°C)	2 hours
Strip steak*	1 1/2" (38 mm)	135°F (59°C)	2 hours
Porterhouse steak*	1 1/2" (38 mm)	135°F (59°C)	2 hours
Pork chop*	1 3/4" (44 mm)	145°F (63°C)	2 hours
Pork tenderloin*	1 1/2" (38 mm)	140°F (57°C)	2 hours

*Beef and pork recommendations will yield a medium/medium-rare doneness.

FISH SHELLFISH	THICKNESS	TEMP	TIME
Salmon filet	1" (25 mm)	130°F (54°C)	45 min
Cod filet	1" (25 mm)	130°F (54°C)	45 min
Halibut filet	1" (25 mm)	130°F (54°C)	45 min
Shrimp, prawns		140°F (57°C)	30 min
Lobster		140°F (57°C)	45 min

VEGETABLES FRUIT	TEMP	TIME
Diced beets, turnips, carrots, potatoes, etc.	185°F (85°C)	1 hour
Sliced onions, leeks, fennel, shallots, etc.	185°F (85°C)	1 hour
Peach wedges	190°F (88°C)	30 min
Mango slices	190°F (88°C)	30 min
Pear wedges	185°F (85°C)	1 hour
Apple slices	185°F (85°C)	1 hour

EGGS	TEMP	TIME
Soft poached egg (in shell)	145°F (62°C)	1 hour
Hard boiled egg (in shell)	167°F (75°C)	1 hour