

# RECIPE



*The recipe pictures are for reference only.*

*The actual time and temperature depend on your personal preference and acceptance.*

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# Beef

Time and temperature for beef bacteria to die: 54.5°C (130.1°F) (2 hours)

Degree of Completion	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
Steak(30mm) - Medium	58°C(136.4°F)	1h 30min	2h 30min	2h 30min
Steak(30mm) - Well Done	59°C(138.2°F)	1h 30min	2h 30min	2h 30min
Roast - Medium	60°C(140°F)	5h 30min	14h	14h
Roast - Well Done	70°C(158°F)	5h	11h	11h
Tough Cut - Medium	65°C(149°F)	16h	24h	24h
Tough Cut - Well Done	85°C(185°F)	7h 30min	16h	16h

## Angus beef with red wine sauce

Recommended cooking temperature: 59°C(138.2°F) time: 2 hours

### Material

Angus beef.....1 slice (350g)

Mushroom.....4

Butter.....as you like

Purple onion.....4

Wheat flour.....1 tablespoon

### Seasoning

Sea salt.....as you like

Black pepper.....as you like

Olive oil.....1 tablespoon

### Sauce

Beef stock.....300ml

Red wine.....150ml

Dry rosemary.....as you like

Honey.....1 tablespoon



### Steps:

1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.
2. Spread the seasoning over the beef. Put it in a vacuum zipper bag and seal it.
3. When the water reaches the set temperature, put a bag of beef in the pot for 2 hours.
4. Put butter; purple onions and wheat flour into another pot, then add prepared mushroom into it. Cook until the sauce thickens.
5. Take the beef out on the pot. Cook it on both sides and drizzle with red wine sauce.

## Lamb

**Time and temperature for lamb bacteria to die: 54.5°C (130.1°F) (2 hours)**

Degree of Completion	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
Chop (25-35mm) - Medium rare	60°C(140°F)	45 min	1h 45min	1 h
Chop (25-35mm)-Medium	62°C(143.6°F)	45 min	1h 45min	1 h
Chop (25-35mm)- Well done	65°C(149°F)	45 min	1h 45min	1 h
Shank - Medium rare	55°C(131°F)	8h	24 h	8h
Shank - Medium	60°C(140°F)	8h	24 h	8h
Shank - Well done	73.9°C(165°F)	8h	24 h	8h

### Lamb Rack

**Recommended cooking temperature: 60°C(140°F) time: 1 hour**

#### Material

**Lamb rack with bone.....1 piece**

**Garlic.....1 clove**

**Olive oil.....100g**

**Thyme.....5g**

#### Seasoning

**Black pepper.....as you like**

**Salt.....as you like**

#### Steps:

- 1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.**
- 2. Heat olive oil in a pan. Add the garlic and thyme until it smokes.**
- 3. Cook them over low heat for 1 minute and then serve them without hesitation.**
- 4. Add olive oil and heat again, then place the lamb there.**
- 5. Grill over high heat for 2~3 minutes until the lamb is golden brown. Then let it cool down.**
- 6. Smear the lamb with the prepared olive oil, then place it in a vacuum zipper bag and seal it.**
- 7. When the water reaches set temperature, put the lamb bag in the pot and cook for about an hour.**
- 8. Remove the rack from the bag and pat water with kitchen paper. Bake again in a hot pan.**



## Fish & Seafood

Category	Optimum TEMP	Maximum Time	Optimum Time
White fish fillet (35mm) - soft	50°C(122°F)	30min	18min
White fish fillet (35mm)- well done	52°C(125.6°F)	30min	18min
Lobster	60°C(140°F)	1 h	1h 45min
Scallop (30mm)	60°C(140°F)	1 h	40min
Shrimp	60°C(140°F)	40min	30min

### Cod With Yellow Pepper Sauce

**Recommended cooking temperature:50°C(122°F) time:1 hour**

#### Material

**Cod fillet.....1 piece (120g)**

**Olive oil.....as you like**

#### Sauce

**Yellow pepper (in big pieces).....1**

**Bacon.....100g**

**Onion (in big pieces).....50g**

**Olive oil.....1 tablespoon**

**Chicken soup.....1 cup**



#### Seasoning

**Salt.....as you like**

**Mixed herb.....as you like**

#### Steps:

- 1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.**
- 2. Spread all the seasonings evenly on both sides of the fish, and then coat with olive oil.**
- 3. Place the fish in the vacuum bag and seal it.**
- 4. When water reaches the set temperature, put the fish bag in the pot and cook for about 18 minutes.**
- 5. Add the sauce and olive oil to the pan. Cook until the sauce thickens.**
- 6. Place the cooked fish to a plate. Top it with the yellow pepper sauce and done!**

# Chicken

**Time and temperature for chicken bacteria to die: 57°C (134.6°F) (2 hours)**

Degree of Completion	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
White meat (150g)- very soft & juicy (hot provided)	60°C(140°F)	1h	1h 30min	1h
White meat(150g)- soft & juicy (cold provided)	61°C(141.8°F)	1h	1h 30min	1h
Dark meat - soft	65°C(149°F)	1h	4h 30min	1h 30min
Dark meat - simply fall of the bone	75°C(167°F)	1h	3h	1h 30min

## Drunken Chicken

**Recommended cooking temperature: 75°C(167°F) time: 2 hours**

### Material

**Rinsed chicken.....half**

### Seasoning

**Shaoxing wine.....250ml**

**Chopped shallots.....50g**

**Sugar.....as you like**

**Salt.....as you like**

### Sauce

**Chicken soup.....250ml**

**Goji berries (soak & steam).....1 tbsp**

**Red dates (soak & steam).....4**



### Steps:

- 1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.**
- 2. Put all the seasonings into the chicken. Place it in a vacuum zipper bag, seal with vacuum glue, and refrigerate overnight.**
- 3. When the water reaches the set temperature, put the bag containing the chicken in the pan. Then cook for another 2 hours.**
- 4. Remove the chicken from the bag and the sauce from the chicken. Mix with the seasoning and bring the mixed sauce to a boil.**
- 5. Cut chicken to your liking and place it on a plate. Pour the sauce over the chicken.**

## Pork

**Time and temperature for lamb bacteria to die: 54.5°C (130.1°F) (2 hours)**

Degree of Completion	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
Pork chop (15mm)- well done	61°C(141.8°F)	1h 30min	2h 30min	2h
Pork chop (30mm)- well done	62°C(143.6°F)	1h 30min	2h 30min	2h
Roast - medium	62°C(143.6°F)	2h 45min	4h	3h
Roast - well done	70°C(158.6°F)	2h 45min	3h 30min	3h
Tough cut - medium	68°C(154.4°F)	8h	24 h	12h
Tough cut - well done	85°C(185°F)	7h	16h	8h

### Pork Chop With Apple & Cinnamon Sauce

**Recommended cooking temperature: 61°C(141.8°F) time:2h**

#### Material

**Boneless pork chop.....1 slice**

**Green apple.....2**

**Garlic.....2 cloves**

**Ginger (grated).....1 tablespoon**

#### Seasoning

**Salt.....as you like**

**Mix herb.....as you like**

#### Sauce

**White wine.....1/2 cup**

**Orange juice.....1 tablespoon**

**Cinnamon.....1/2 tablespoon**

**Honey.....4 tablespoon**

**Wheat flour.....2 tablespoon**



#### Steps:

- 1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.**
- 2. Bake the pork chop for about 30 minutes, then put it into a vacuum bag and seal with vacuum sealant.**
- 3. When the water reaches the set temperature, put the pork bag in the pot and cook for 2 hours. Fry apples, garlic and ginger in a pan.**
- 4. Add seasonings and cook for 10 minutes until soft. Take the pork chop out and put it in the pan and heat on both sides. Pour the apple sauce on top.**

## Egg

Degree of Completion	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
Soft boiled egg - thick yolk	63°C(145.4°F)	40 min	2h	1 h
Soft boiled egg - creamy yolk	65°C(149°F)	40 min	2h	1h
Soft boiled egg - stiffer yolk	68°C(154.4°F)	40 min	2h	1h

### Perfect Hot Spring Egg (soft boiled egg)

Recommended cooking temperature: 62°C(143.6°F) time: 40min

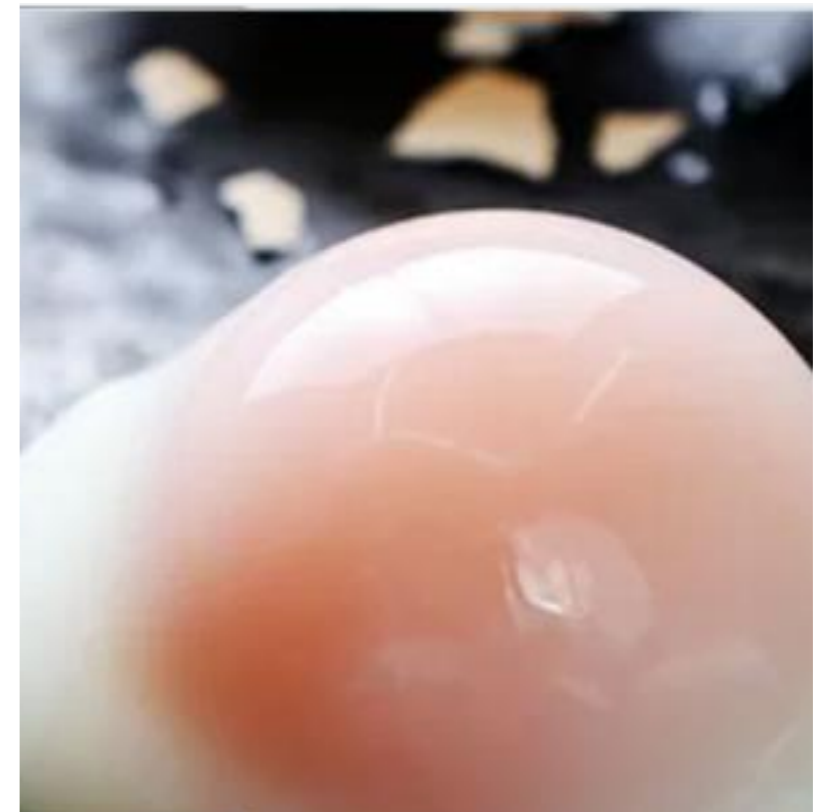
#### Material

An egg (room TEMP)

A big bowl of ice water

#### Seasoning

Soy sauce



#### Steps:

1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.
2. Bring an another pot of water to a boil, gently add the eggs and cook for 3 minutes.
3. When finished, take it out and put it in a bowl of ice water. Let it soak for 1 minute. Put the eggs in a vacuum zipper bag and seal it with vacuum glue.
4. When the water reaches the set temperature, put the egg bag in the pot and cook for 45 minutes.
5. Serve on a plate, drizzle with soy sauce, enjoy!

#### Hint

First, put the egg in boiling water and let the yolk heat up. Immediately put the egg in ice water and let it set. Finally, the egg whites are cooked through sous-vide cooking to make them have perfect texture and softness.



# Vegetable

Category	Optimum TEMP	Minimum Time	Maximum Time	Optimum Time
Green vegetables	85°C(185°F)	2 min	20 min	5 min
Carrot	85°C(185°F)	30 min	1h	1h
Pumpkin & melon	85°C(185°F)	1h	3h	1h
Potato & grass root	85°C(185°F)	1h	3h	1h

## Honey Gray's Carrot

**Recommended cooking temperature: 85°C(185°F) time: 30min**

### Material

**Carrots.....300g**

**Butter.....1 tablespoon Honey.....2  
tablespoon**

**Cinnamon.....1/2 tablespoon**

### Seasoning

**Sea salt.....as you like**

### Steps:

- 1. Secure the device to the edge of the pot and fill the pot with water. Set the temperature and time.**
- 2. Mix the butter; cinnamon and honey with carrots and place in a vacuum zipper bag. Then seal it with vacuum glue.**
- 3. When the water reaches the set temperature, put the carrot bag in the pot and cook for about 30 minutes.**
- 4. Remove the carrots and sauce from the bag. Cook the sauce in a saucepan until it is caramelized like glass (about half).**
- 5. Season with salt to your liking and enjoy!**

