

Sous Vide FAQs

How do you pronounce Sous Vide?

It is a French term which means 'under vacuum'. It is pronounced 'sue veed'.

What is Sous Vide Style Cooking?

Sous vide style cooking has been a popular cooking method in restaurants for many years, and it is now commonly used by TV celebrity chefs, and regularly seen on TV cooking show such as MasterChef. Sous Vide is a French term which means 'under vacuum'. It describes food placed in vacuum sealed pouches and slowly cooked in a water oven at **specific temperatures** for tender, superb tasting meals. The temperature selected depends on the way in which you like your food cooked, such as rare, medium or well done. Eg for red meat; Rare is 49°C, Medium Rare is 56°C, Medium is 60°C, Medium Well is 65°C and Well is 71°C. You can cook meat, poultry, seafood, fruit and vegetables. Sous vide style cooking allows you to achieve the same results without overcooking, **time after time** after time.

Why Cook Sous Vide Style?

It's simple - Taste. Sous vide style cooking is all about accentuating the natural flavours of your food, and having it taste as best as it can be. Whether you like your meat rare or well done, if you cook using traditional methods, it's impossible to **cook it evenly**, and exactly the way you like it **every time** without overcooking. Sous Vide is a healthy, simple and highly effective method of cooking that produces evenly cooked, **tender and succulent** meals time after time. As food is placed in vacuum sealed pouches it allows the food to cook in its own juices, locking in essential vitamins and minerals and intensifying natural flavours - allowing the food to be **healthier, tender, flavoursome and economical** (as cheaper cuts of meat can be used). And as sous vide cooking requires foods and meats to be sealed individually, yet cooked at the same time; it is perfect for families with varied tastes & nutritional requirements as you can tailor each pouch to the individual's needs. You can't overcook using this method so it allows you to cook ahead of time - perfect for family meals and entertaining.

Steps to Sous Vide cooking using the Sunbeam Duos



Step 1.

Season and Seal your meal.

Season your meal with herbs, spices, marinades etc, then seal in a vacuum pouch to remove excess air and moisture. This captures the natural flavours, juices and nutritional quality of the food. We recommend Sunbeam FoodSaver vacuum sealer.



Step 2.

Cook your meal.

Place pouch in the Sunbeam Duos™ at the correct temperature and time for your food.



Step 3.

Finish your meal.

Quickly brown/sear your meat prior to serving to caramelize the fats and proteins for extra flavour.

Slow Cook
Thai Curry



or

Sous Vide
Porterhouse?



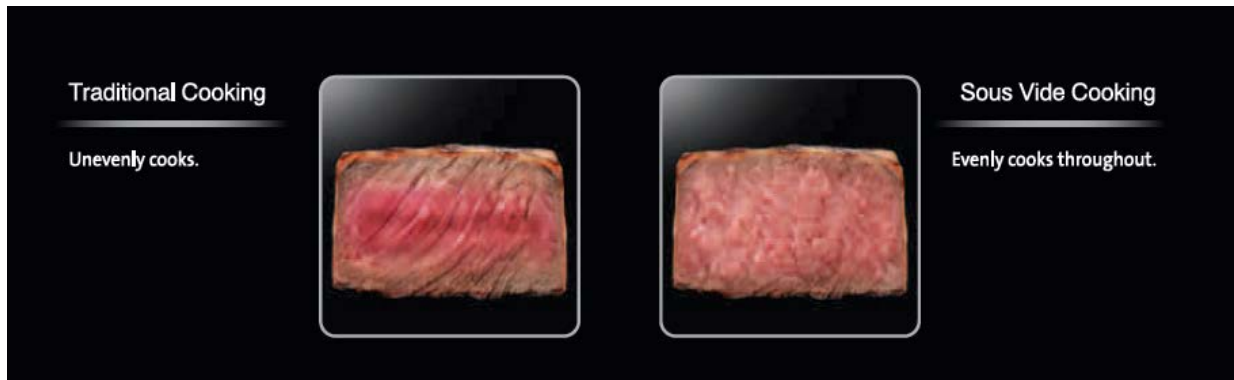
Sunbeam **DUOS™ SOUS VIDE & SLOW COOKER**

Sunbeam Duos™ has been awarded Kitchen Appliance Product of the Year 2014, for leading product innovation.

Sunbeam Duos is an innovative Slow Cooker and Sous Vide, so is perfect to use for hundreds of different meals. Use the Slow Cooker setting for a traditional Thai chicken curry. Or use the Sous Vide water oven setting to cook a restaurant quality, tender porterhouse steak.



Meat Cooked Sous Vide Style and Meat Cooked in the traditional style



Meat cooked in the traditional style has the outside temperature much higher than the temperature you want your meat cooked, so it's very easy to overcook it on the outside, graduating to undercooked on the inside.

What are ideal foods for Sous Vide style cooking?

Meats are ideal to cook using the sous vide method as they are more tender, succulent and flavour filled.

Red meats:	Lamb, beef and pork.
Poultry:	Chicken, turkey, duck.
Fish and Seafood:	Fish, lobster tails, scallops.
Vegetables:	Root Vegetables. Potato, carrot, parsnip, beets, turnips.
Vegetables:	Tender Vegetables. Peas, asparagus, corn, broccoli, cauliflower, eggplant, onions, squash.
Fruit:	Firm Fruits. Apple, pear.
Fruit:	Tender Fruits. Mango, plum, apricot, peach, nectarine, papaya, strawberry

Sous Vide Temperature and Time Guide

The below table is a guide to setting the temperatures and times for your cooking. You may need to adjust for your individual tastes.

Cooking temperatures for Meat (Beef, Lamb and Pork):

Rare:	49°C
Medium Rare:	56°C
Medium:	60°C
Medium Well:	65°C
Well:	71°C and up

Cooking temperatures for Poultry:

With Bone:	82°C
Without Bone:	64°C

Cooking temperature for Fish:

Rare:	60°C
-------	------

General temperature for Vegetables:

General:	83°C -87°C
----------	------------

FOOD	COOKING TEMPERATURE	COOKING TIME	HOLDING TIME (after cooking)	THICKNESS
BEEF & LAMB <u>Tender Cuts</u> Tenderloin, cutlets, sirloin, rib eye, rump, T-bone	49°C or higher 49°C or higher	1 hour 2 hours	Up to 6 hours Up to 8 hours	1-2cm 2-5cm
<u>Tougher Cuts</u> Blade, chuck, leg of lamb, shoulder, shanks, game meats	49°C or higher	8 hours	Up to 10 hours	4-6cm
PORK: Belly Ribs Pork Chops Pork Roast	82°C 59°C 56°C or higher 56°C or higher	10 hours 10 hours 4 hours 10 hours	Up to 12 hours Up to 12 hours Up to 6 hours Up to 12 hours	3-6cm 2-3cm 2-4cm 5-7cm
POULTRY: Chicken breast with bone Chicken breast without bone Chicken thigh with bone Chicken thigh without bone Chicken legs Duck breast	82°C 64°C 82°C 64°C 82°C 64°C	2 hours 1 hour 1½ hours 1 hour 2 hours 2 hours	Up to 3 hours Up to 2 hours Up to 3 hours Up to 2 hours Up to 3 hours Up to 2 hours	3-5cm 3-5cm 3-5cm 3-5cm 5-7cm 3-5cm
FISH: Lean fish Fatty fish	47°C or higher 47°C or higher	1 hour 1 hour	Up to 1 hour Up to 1 hour	3-5cm 3-5cm
SHELLFISH: Shrimp Lobster tail Scallops	60°C 60°C 60°C	1 hour 1 hour 1 hour	Up to 1 hour Up to 1 hour Up to 1 hour	2-4cm 4-6cm 2-4cm
VEGETABLES: Root vegetables Tender vegetables	83°C or higher 83°C or higher	1 hour 1 hour	Up to 2 hours Up to 2 hours	1-5cm 1-5cm

Holding time represents the longest suggested period the food can remain in the Sunbeam Duos unit before the texture starts to change.

Note:

- Longer cooking times may result in an altered texture of finished foods.
- These times and temperatures are guidelines. Further cooking may be required to achieve desired result.
- All thicknesses are measured once the food has been vacuum sealed.
- Thinner cuts of meat will cook more quickly.