

Kogan 1L Sous Vide Precision Cooker KASOUSVIDXA Recipe Book

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Cajun Chicken Sous Vide

Serves: 1 to 4

Cooking time: Minimum 2 hour

Ingredients

- 1 to 4 boneless, skinless chicken breasts or thighs
- 1 to 4 tablespoons (15-60g) unsalted butter, softened
- 1 to 4 teaspoons (5-20g) Sous Vide Cooker
- Tangy Cajun spice blend

Preparation:

For best results, brine the chicken overnight in the refrigerator. Make the brining solution by dissolving 1/8 cup (30g) kosher salt in 1 quart (0.95 litres) of water in a 1 gallon (3.785 litre) zip closure bag or large covered container.

Place the chicken into the brine, seal or cover and refrigerate 4 hours or up to overnight.

When ready to cook, remove the chicken pieces from the brine and discard the brining liquid, rinse the chicken in cold water, pat dry.

Fill and preheat the Sous Vide Cooker to desired serving temperature.

(White meat: 60-63°C for medium; dark meat: 80°C)

Step 1: Season

Sprinkle the chicken pieces lightly on both sides with coarse salt (if you did not brine the chicken.). Although added fat is not necessary, if desired you may make a compound butter by mixing 1 tablespoon (30g) softened butter per piece of chicken with 1 teaspoon (5g) of the Sous Vide Cooker tangy Cajun spice blend.

Step 2: Seal

If using, place a generous tablespoon (15g) of compound butter into each food pouch, suitably sized to hold 1 or at most 2 breasts or thighs. Place the chicken into the food pouch and vacuum seal.

Step 3: Simmer

Place the sealed food pouches into the water bath, using the universal pouch rack to position them below the surface of the water. Cook at target temperature for at least 2 hours or up to 4 hours.

Step 4: Sauce/ Serve

Remove cooked chicken from pouch and serve immediately straight from the pouch or topped with spicy peach salsa or your favorite sauce.

Step 5: Save

You may also quick cool the pouch in ice water for 1 hour and refrigerate to reheat or use in chicken salad or quick soups for up to two to three days.

Succulent lamb T-bone chops

Serves: 4

Cooking time: Minimum 1 hour for 1-inch (2.5cm) 3 hours for 2-inches (5cm) or up to 4 hours

Ingredients

- 8 lamb T-bone chops
- Coarse salt
- Freshly ground black pepper
- 1 packet Sous Vide Cooker New Zealand Lamb Rub Seasoning Blend

Preparation:

Fill and preheat the Sous Vide Cooker to desired serving temperature (56.5°C for medium rare)

Step 1: season

Lightly salt and pepper the chops and generously sprinkle Sous Vide Cooker New Zealand lamb rub on both sides.

Step 2: Seal

Place two seasoned chops into each appropriately sized pouch and seal.

Step 3: Simmer

Place the pouches into the pouch rack, ensuring that the meat is fully submerged beneath the surface of the water bath. Cook chops for at least 1 hour and up to 4 hours. Cooking beyond four hours can result in excessive softening of the meat. At the appropriate time, remove the pouches from the water oven into the inverted lid and allow cooling in the pouches for about 10 minutes at room temperature. You may also quick chill in an ice water bath (half ice, half water) for at least one hour and refrigerate for use up to 48 hours. Allow chilled meat to come to room temperature before searing in step 4.

Step 4: Sear

When ready to serve, open the pouches and remove the chops. Pat the surface dry with a paper towel. Heat 2 tablespoons of unsalted butter in a skillet over medium high heat. When the butter foams and just begins to color place the chops into the skillet and allow them to gently reheat and brown on the surface for 30 seconds to 1 minute on each side.

Step 5: Serve

Place the chops onto warmed plates, pour the browned butter over them and serve with minted vinegar or mint jelly, if desired.

Salmon with Cucumber Dill Sauce

Serves: 4

Cooking time: 50 Minutes

Ingredients

- 0.7kg skinless salmon fillets
- 2 tablespoons (30g) butter
- ½ small onion, peeled and chopped
- 1 rib celery, chopped
- 4 whole cloves
- 1 bay leaf
- Juice of 1 lemon

Preparation:

Fill and preheat the Sous Vide Cooker to 60°C.

Remove any pin bones from the salmon using clean tweezers or needle nosed pliers and divide the fish into 4 equal pieces.

Step 1: Season

Melt butter in a skillet over medium heat. Add onion and celery and cook, stirring occasionally, until mixture is softened and the onion is translucent. Add the cloves and bay leaf and cook until fragrant, another minute or so. Transfer the onion mixture to a bowl and stir in the lemon juice.

Step 2: Seal

Place one piece of fish into each for four food pouches. Divide the onion mixture evenly among the pouches and vacuum seal each bag. If using a hand pump vacuum device, take care to keep the onion mixture clear of the vacuum membrane area to prevent clogging.

Step 3: Simmer

Place the pouches into the pouch rack of the Sous Vide Cooker and cook for 40 to 50 minutes. Set the timer for 50 minutes, as cooking for longer periods can result in a loss of textural quality.

Step 4: Sauce

Prepare one recipe of **Cucumber Dill Sauce** for salmon as follows:

- 1 cucumber, peeled, seeded and shredded- you will need about ½ cup (130g)
- 1 cup (242g) sour cream
- 2 tablespoons (30g) mayonnaise
- 1 tablespoon (8g) minced fresh parsley
- 1 scant teaspoon (2g) dill weed
- Salt and black pepper to taste

In a small bowl, stir together the cucumber, sour cream, mayonnaise, parsley and dill. Season with salt and pepper cover with plastic wrap and refrigerate until needed.

Step 5: Serve

Remove cooked salmon from punch. Discard the onion mixture. Top with chilled Cucumber Dill Sauce.

Tender and Juicy Pork Chops

Serves: 1-4

Cooking time: Minimum 4 hours

Ingredients

- 1 to 4 double thick boneless pork chops (about 2- inches/5 cm thick)
- Coarse salt (omit if brining chops)
- Freshly ground black pepper
- Garlic powder
- Onion powder
- Paprika
- Bacon fat and / or butter (optional)

Preparation:

For best results, brine the pork chops overnight in the refrigerator. Make the brining solution by dissolving 1/8 cup (30g) kosher salt in 1 quart (95 liters) of water in a 1 gallon (3.785 liter) zip closure bag or large covered container. Place the chops into the brine, seal or cover and refrigerate 4 hours or up to overnight. When ready to cook, remove the chops from the brine and discard the brining liquid. Rinse the chops in cold water. Pat dry!

Fill and preheat the Sous Vide Cooker to desired serving temperature (60°C for medium).

Step 1: Season

Sprinkle the chops lightly on both sides with each of the seasonings, omitting the salt if you brined the chops beforehand.

Step 2: Seal

If desired, place a generous tablespoon (15g) for bacon fat or butter into each vacuum pouch (suitable to hold 1 to 2 chops) and press the sides of the pouch together to distribute the fat across the interior. Place seasoned chops into the pouches.

Step 3: Simmer

Place the pouches into the pouch rack and load into the Sous Vide Cooker water oven. Be sure that all the meat is fully submerged below the surface of the water in the bath. Cook at the target temperature for at least 4 hours, but no more than 8.

When ready to serve, remove pouch from the water bath and place into inverted lid. Allow chops to cool for 10 to 15 minutes at room temperature before proceeding or quick chill and store in refrigerator for use within 48 hours. Bring refrigerated chops to room temperature before searing.

Remove the chops from the pouch and pat the surface of the meat dry with a paper towel.

Step 4: Sear (3 methods given)

On the stovetop: melt tablespoons (30g) of butter or vegetable oil in a skillet over medium high heat. When it foams, place the chops into the skillet to gently reheat and brown for approximately 1 minute on each side.

On the grill: oil the grates of the grill. Preheat the grill to hot (232°C to 260°C). Sear chops on the grill for 1 minute per side.

With a kitchen torch: place a pat of soft butter onto each chop. With a slow, gentle motion, sear the surface of the meat (just the top side) with the torch until the meat slightly browns and the butter bubbles.

Step 5: Serve

Place each chop on a warmed plate. If you seared on the stovetop, pour any remaining browned butter over the chops.