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Green Pea Soup Sous Vide

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GOURMET SOUS VIDE COOKING

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RECIPE CATEGORIES

6 Week Cure

Appetizers

Barbecue

Beef

Cheese



Serves 4

Cocktails & Beverages

INGREDIENTS

Desserts

Eggs/Breakfast Foods

Fish and Seafood

- 1 onion, peeled and diced

Fruits

- 1 clove garlic, peeled and minced

Game

- 1 can (10 ounces/285 g) frozen green peas

Gourmet

- 2 cups (480 ml) very cold vegetable broth or water

Ideas & Inspiration

- 2 tablespoons (30 l) fresh mint or tarragon leaves

DIRECTIONS

Poultry

1. Fill and preheat the SousVide Supreme to 180F/82C.

Pork

2. Put the onion, garlic and peas into a cooking pouch and vacuum seal.

Salads

3. Submerge the pouch in the water oven to cook for 1 hour.

Sauces and Condiments

4. Remove and quick chill the pouch, submerged in ice water (half ice/half water) for 15

minutes

Side Dishes

5. Put the fresh herbs and the broth or water into a food processor or blender, add the peas, and puree until smooth.

Tips & Tricks

6. Serve chilled, garnished with fresh mint or tarragon leaves.

Vegetarian

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