

July 15, 2015 // **BEEF / SOUS VIDE RECIPES**

Veal Filetto with Parmigiano Reggiano Fondue and Asparagi

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Serve

GOURMET SOUS VIDE COOKING

New 11L TOUCH+ with WIFI

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DIREC

1. Use a square of plastic wrap (cling film) to roll the veal fillet into a round log.
2. Twist the ends of the plastic to secure and refrigerate the veal for 6 hours.
3. When ready to cook, fill and preheat the SousVide Supreme water oven to 142F/61C.
4. Whisk together the salt, pepper, olive oil, and balsamic in a small bowl. Unwrap the veal and rub it all over with the seasoned oil.
5. Add the veal into a cooking pouch and vacuum seal.
6. Submerge the pouch in the water oven to cook for at least 45 minutes, though up to several hours would not harm the texture.
7. When ready to serve, heat a lightly oiled pan over high heat. Add the olive oil and butter and

RECIPES CATEGORIES

6 Week Cures

Appetizers

Barbecue

Beef

Cheese

sear on the surface for a few minutes, turning it several times for even color.
Cocktails & Beverages

8. Slice and serve with Asperagi and Pamigiano Reggiano Fondue (recipes follow).
Desserts

Parmigiano Reggiano Fondue

(Note: This accompaniment is not a sous vide cooked recipe.)
Fish and Seafood

INGREDIENTS

Game

- 10 ounces (300 ml) heavy cream
Gourmet
- 2 (about 40 g combined) egg yolks
Ideas & Inspiration
- 2/3 cup (120 g) parmigiano reggiano, grated
Lamb
- salt and pepper to taste

Poultry

DIRECTIONS

Pork

1. Pour the cream into a medium saucepan and bring just to the boil.
Salads
2. Remove from heat and using an immersion blender, blend in parmigiano and egg yolks.
Sauces and Condiments
3. Season with salt and pepper to taste
Side Dishes

Soups & One Pot Meals

Asparagi

Serve with
Tips & Tricks

Vegetarian

INGREDIENTS

- 8 asparagus spears, trimmed
- 2 tablespoons (30 ml) extra virgin olive oil
- **Sous Vide Compression: Squeeze Me Sweet**
Salt and pepper to taste
AUGUST 11, 2015

DIRECTIONS Pork Ribs Sous Vide

MAY 26, 2015

1. Cook the spare ribs sous vide, if you like, according to the [instructions found here](#) and serve warm, straight from the pouch.

2. If you prefer to cook them on the stovetop:

MARCH 18, 2015

1. Bring a pot of water to full boil and add salt to your taste.

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3. Drain and shock in ice cold water to maintain brilliant color.

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pepper.

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