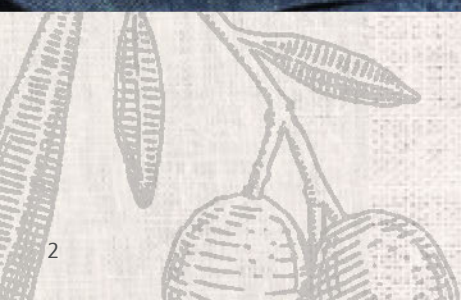




# Cooked to perfection.

*Tips and recipes for your oven with sous-vide.*





## *The key to a whole new culinary experience.*

These days, we expect much more from our food: It must be healthy, preferably local and, ideally, seasonal. And most importantly, it must taste delicious, inspire us and have us tucking in with gusto time and again. With NEFF on your side, your food will pan out perfectly day after day.

Be it vegetables, fruit, fish, poultry or meat – sous-vide cooking really brings out the natural flavours of your ingredients. Meat and fish dishes turn out tender and succulent. Your food retains its nutrients and vitamins. Sous-vide is the key to embracing food for pleasure, not just for fuel.

Sous-vide cooking unlocks a whole host of culinary possibilities and gets your creative juices flowing. The food practically prepares itself. And the results will have you coming back for more.

Our brochure offers various suggestions and tips on how to prepare your new favourite meals with minimal effort.

Have we managed to whet your appetite?







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# Information about sous-vide cooking

## *Sous-vide*

"Sous-vide" is a French term and means cooking "under vacuum". This refers to a method of cooking meat, fish, fruit and vegetables by steaming them in a vacuum-sealing bag at relatively low, constant temperatures. This cooking method makes your meat and fish extremely tender, succulent and mouthwateringly good.

## *Benefits that everyone can appreciate.*

The vacuum-sealing bag retains the natural nutrients and flavours of your ingredients. And you can really appreciate it: Steaks stay even more succulent, fish fillets even more tender and crunchy vegetables and delicate fruit retain their bite and their colour. Enjoy stress-free cooking and give your creativity free rein. Even if your guests keep you waiting, your food won't be ruined: You can keep it in the oven without any problem for up to 30 minutes more – the low temperatures mean that it is virtually impossible to overcook the food.

## *Keeping cooking fun – and hygienic.*

Before cooking, wash your hands thoroughly and, if necessary, wear disposable gloves or use cooking or grill tongs. In addition, always keep work surfaces and chopping boards clean and use different chopping boards for different types of food. Since sous-vide cooking uses low temperatures, you must comply with the following hygiene requirements when preparing your food.

### PREPARING FOOD:

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- ▶ Only use top-quality, perfectly fresh food.
- ▶ Always thoroughly rinse or peel fruit and vegetables.
- ▶ Raw foods or foods that are easily compromised such as poultry, eggs and fish need to be prepared with special care.
- ▶ To make sure that the surface of your vacuum-sealed food is free from germs, you can immerse the filled bag briefly in boiling water before cooking (for no more than 3 seconds).

### STORING FOOD:

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- ▶ Please make sure that you maintain the cold chain and only interrupt it briefly when you are preparing food. We recommend that you store the vacuum-sealed food in the fridge until you are ready to start cooking.
- ▶ Food cooked using the sous-vide method is not suitable for reheating or storing for long periods of time, even in the fridge. For this reason, you should eat your food when it is freshly cooked.
- ▶ However, if you wish to plan in advance for the next day to make things easier, you can store your prepared, vacuum-sealed food in the fridge, but for no longer than 24 hours.



# Preparation makes perfect.

If you do not wish to buy food that has already been vacuum-sealed, but prefer to prepare your dishes yourself from scratch, we have a few tips for you.

Before you can start the gentle preparation process, you must first pack your food in a bag suitable for sous-vide cooking using a vacuum-sealing drawer. For optimum heat transfer, it is preferable to use a vacuum-sealing drawer that is able to remove approx. 99% of the air, like the NEFF vacuum-sealing drawer. For your convenience, vacuum-sealing bags are available to purchase in various sizes from our After-sales service.

## Accessories

Vacuum-sealing bags	180x280 mm	240x350 mm
	(After-sales service order number 17002081)	(After-sales service order number 17002082)
NEFF vacuum-sealing drawer		
	N29XA11Y1	

### NOTES ON VACUUM-SEALING:

The easiest way to fill the bag is to place it in a tall container (e.g. a measuring jug) and then fold the top of the bag over the edge of the container. When you vacuum-seal the food, it is best to spread it out in the bag so that it is as flat as possible.

- ▶ With high-quality food, all you need to do to really bring out its delicious natural flavours is add a knob of butter and a little salt to the bag.
- ▶ Adding salt or sugar to the food can reduce its cooking time.
- ▶ Adding lemon or vinegar to the food can change its consistency.
- ▶ To avoid an unpleasant aftertaste, do not add alcohol or cold-pressed oils and only use small quantities of garlic where possible.
- ▶ Green vegetables will sometimes change colour during sous-vide cooking and lose their natural colour.
- ▶ Once the bag is sealed, check that it is airtight.



## Simply perfect: Your guide to cooking.

1. Once the bags have been properly vacuum-sealed, place them side by side on the wire rack. In order to ensure that the heat is distributed evenly, the bags should not touch. It may be better to cook the food on two levels.
2. Insert the wire rack in the middle of the cooking compartment and place the universal pan under the wire rack at shelf level 1. If you have a different appliance, please follow the instructions in your appliance's user manual.
3. Simply cook the food according to the instructions.
4. Once the food is cooked, remove the bags carefully since hot water collects on them.
5. Dry the bags thoroughly and place them in a clean container. Open them using scissors and remove the food items. You can pour any remaining liquid into a container so that it can be used again later for cooking.

### **Warning**

#### **Risk of scalding and burns!**

The cookware and accessories become hot during the cooking process, as does the condensation on the sous-vide bags. For this reason, you must always wear oven gloves when removing anything from the appliance. During the cooking process, hot steam is generated inside the oven; depending on the temperature, this steam may not be visible. For this reason, do not reach into the cooking compartment when the appliance is in operation; be careful when opening your appliance after use. Keep children away from the appliance.





## After sous-vide cooking.

After cooking, you can refine your dishes as follows:

Meat:	Fish:	Vegetables:
With the hotplate set to maximum, heat a frying pan and sear your meat for a few seconds on each side. This forms an irresistible crust on the outside without overcooking the meat in the middle. To prevent fat from spitting out of the pan, dab the meat with paper towel before searing. Grilling the meat gives it that fantastic roasted flavour.	You can season fish to taste. Our serving suggestion: With melted butter – it couldn't be simpler.	Sear your vegetables briefly in the pan and then season them to taste or add further ingredients. Be as creative as you like.

### *Useful tips:*

- ▶ Your dishes are best enjoyed fresh.
- ▶ Fry the food for longer if it has not been sufficiently well cooked during the sous-vide cooking stage.
- ▶ Your dishes are best served on warmed plates, preferably with a hot sauce or butter.
- ▶ The broth or marinade of vegetables, fish or meat is perfect as a base for tasty sauces.
- ▶ It is a good idea to wipe away any remaining water with a sponge after each use. Please note the additional safety information in the accompanying user manual.

# Pre-programmed to please your palate.

The program table below lists all the sous-vide programs that your appliance offers.

To help you choose the right settings, the "Doneness" column lists the most popular levels of doneness, and next to these are the cooking temperatures required in order to achieve this. If the level of doneness you require is not listed, you can select any temperature within the possible range, adjusting it in increments of 1 °C.

The cooking time is automatically adjusted depending on the cooking temperature that you set. Place the sous-vide bag containing the food onto the wire rack and insert the universal pan below it.

## *Program table*

Type of food	Quantity*	Temperature range in °C	Doneness	Temperature to be used	Tip/info
<b>Beef/veal sirloin steaks</b>	Thickness: 2-3 cm	58-65	Medium rare Medium rare - well done Well done	58 63 65	Vacuum-seal along with some butter and rosemary.
<b>Beef/veal fillet medallions</b>	Thickness: 3-4 cm	58-65	Medium rare Medium rare - well done Well done	58 63 65	Vacuum-seal along with some butter and rosemary.
<b>Pork fillet medallions</b>	80-100 g each	63-70	Medium rare - well done Well done	63 70	Vacuum-seal along with some butter and fresh basil.
<b>Saddle of lamb</b>	150-250 g each	58-68	Medium rare Well done	58 68	Vacuum-seal along with a little salt, butter and thyme.
<b>Duck breast</b>	300 g each	58-68	Medium rare Well done	58 68	Cut into the layer of fat, season the meat side with a little salt and pepper, and vacuum-seal it along with a small piece of orange peel
<b>Chicken breast</b>	150-250 g each	65-75	Tender + succulent Well done	65 75	Vacuum-seal along with a little salt, butter and thyme.
<b>Fish fillet</b>	Thickness: 2-3 cm	58-65	Translucent Well done	58 65	Fleshy fish such as salmon and cod works very well. Vacuum-seal along with some butter, dill and thin, organic lemon slices.
<b>Scallops</b>	Vacuum-seal in a single layer	60-70	Translucent Well done	60 70	Vacuum-seal along with some lime juice, salt and butter.
<b>Prawns</b>	Vacuum-seal in a single layer	60-65	Translucent Well done	60 65	Use shelled prawns. Vacuum-seal along with some orange juice, salt and butter.



Type of food	Quantity*	Temperature range in °C	Tip/info
<b>Green asparagus</b>	–	85	Blanch before vacuum-sealing to retain the colour. Vacuum-seal along with some butter, salt, a little sugar and pepper.
<b>Squash, diced/sliced</b>	–	90	Vacuum-seal along with some salt, pepper, butter and thyme or with some ginger. Chilli and curry powder optional.
<b>Cherry tomatoes</b>	–	58	Mix red and yellow cherry tomatoes together. Vacuum-seal along with some olive oil, salt and sugar. Balsamic vinegar optional.
<b>Pineapple rings</b>	Thickness: 1.5 cm	85	Vacuum-seal along with some butter, honey and vanilla.
<b>Apple slices</b>	Thickness: 0.5 cm	85	Firmer varieties such as Jonagold and russet apples work very well. Vacuum-seal along with some caramel sauce.
<b>Vanilla sauce</b>	–	82	See recipe in leaflet

\* Max. total quantity that can be cooked at once: 2 kg

## Weights and capacity measures

### Abbreviations

<b>ml</b>	Millilitres
<b>l</b>	Litres
<b>g</b>	Grams
<b>kg</b>	Kilograms
<b>cm</b>	Centimetres
<b>mm</b>	Millimetres
<b>tbsp</b>	Tablespoons
<b>tsp</b>	Teaspoons
<b>Gen. pinch</b>	Generous pinch
<b>e.g.</b>	For example
<b>approx.</b>	Approximately
<b>Ø</b>	Durchmesser

### Weights and capacity measures

<b>1 kg</b>	1000 g	100 dg	2.22 lb
<b>1 l</b>	1000 ml	100 cl	10 dl

### Nutritional information

<b>kcal</b>	Calories
<b>Fat</b>	Fat
<b>Carbs</b>	Carbohydrates
<b>Prot.</b>	Protein





# *Recipes*





## Butternut squash carpaccio

*Serves 4*

## INGREDIENTS:

### FOR THE BUTTERNUT SQUASH:

500 g butternut squash

120 ml grapeseed oil

10 g fresh thyme sprigs

50 g fresh ginger, peeled and finely chopped

3 g salt, 2 pinches

### IN ADDITION:

200 g hard cheese, e.g. cheddar

100 g rocket leaves, washed

50 g toasted walnuts, chopped

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

575 kcal, 53 g fat, 17 g carbs,  
8 g protein

## PREPARATION:

- 1 | Wash the butternut squash with cold water, cut in half lengthwise, then cut into quarters, cut off the hard ends and peel. Use a vegetable slicer to cut the flesh into slices approx. 2 mm thick.
- 2 | Place the sliced squash into a vacuum-sealing bag along with the grapeseed oil, sprigs of thyme, chopped ginger and salt. Vacuum-seal at level 2 and cook as indicated.
- 3 | Meanwhile, use a cheese slicer or peeler to cut the cheese into thin slices.
- 4 | Once the cooking time is up, carefully transfer the contents of the bag to a plate.
- 5 | Fan out the squash and cheese across the plate, alternating squash slices with cheese slices. Serve with chopped walnuts and rocket.

### TIP:

- You can use other types of hard cheese instead, e.g. parmesan, gouda or gruyère.

### SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 90 °C, **Cooking time:** 20 minutes



## **Green asparagus with truffle sauce**

*Serves 4*



## INGREDIENTS:

### FOR THE ASPARAGUS:

800 g green asparagus

5 g salt, 1 tsp

40 g butter

### FOR THE TRUFFLE SAUCE:

150 g butter

4 egg yolks

25 ml soy sauce, Japanese

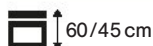
20 ml lemon juice

20 ml balsamic vinegar

15 g black truffle, chopped

25 ml water

## ACCESSORIES:



Universal pan, wire rack



Unperforated steaming tray,  
perforated steaming tray

## NUTRITIONAL INFORMATION:

457 kcal, 46 g fat, 5 g carbs, 7 g  
protein


## PREPARATION:


- 1 | Wash the asparagus, pat it dry and cut off the bottom third. Place into a vacuum-sealing bag along with the salt and butter, and vacuum-seal at level 3.
- 2 | Take another vacuum-sealing bag and fold down the top edge; then place the bag into a measuring jug and place the truffle sauce ingredients into the bag. Vacuum-seal at level 2. When vacuum-sealing the bag, watch out as liquid can start to rise. You may need to stop the vacuum-sealing process early.
- 3 | Cook the asparagus in the vacuum-sealing bag as indicated. 8 minutes before the cooking time is up, place the vacuum-sealing bag containing the truffle sauce ingredients into the appliance alongside the bag of asparagus.
- 4 | Pour the truffle sauce ingredients from the vacuum-sealing bag into a tall container. Blitz briefly with a hand blender until you have a smooth, airy sauce.
- 5 | Remove the asparagus from the vacuum-sealing bag and serve with the truffle sauce.


## TIPS:

- You can use dried black chanterelle mushrooms instead of truffle. To do this, hydrate the mushrooms in warm water and then chop them finely.
- You can use white asparagus instead of green asparagus. You will need to extend the cooking time by 5-8 minutes.

## SETTING PROCEDURE:

 60cm Universal pan, position 1  
Wire rack, position 3

 45cm Universal pan, position 1  
Wire rack, position 2

 45cm Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

**Asparagus:** Sous-vide, 80 °C, **Cooking time:** 23 minutes

**Asparagus and truffle sauce:**

Sous-vide, 80 °C, **Cooking time:** 8 minutes



## Tomato salad

*Serves 4*

### INGREDIENTS:

500 g ripe cherry tomatoes,  
red and yellow

1 pinch salt

Freshly ground black pepper

5 g brown sugar, 1 tsp

30 ml balsamic vinegar

1 sprig of rosemary

1 sprig of thyme

3 tbsp extra virgin olive oil

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

103 kcal, 8 g fat, 6 g carbs, 1 g  
protein

### PREPARATION:

- 1 | Wash the tomatoes thoroughly, pat them dry and cut them in half.
- 2 | Place the tomatoes into a vacuum-sealing bag along with the remaining ingredients and vacuum-seal at level 2. Cook as indicated.
- 3 | Once they are cooked, leave to cool down to room temperature.

### TIP:

► **Serve the tomato salad with some mozzarella and fresh bread or as an accompaniment to ribeye steaks.**

### SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 58 °C, **Cooking time:** 25 minutes











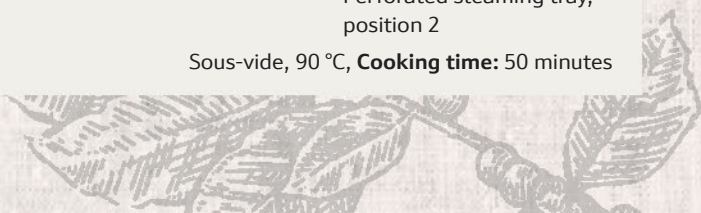
# Sweet potato gnocchi in sage brown butter

*Serves 4*

## SETTING PROCEDURE:

-   60cm    Universal pan, position 1  
Wire rack, position 3
-   45cm    Universal pan, position 1  
Wire rack, position 2
-   45cm    Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 90 °C, **Cooking time:** 50 minutes



## INGREDIENTS:

### FOR THE SWEET POTATOES:

600 g sweet potatoes

1 pinch salt

20 g butter

### FOR THE GNOCCHI:

150 g ricotta

8 g salt

60 g parmesan, grated

½ tsp nutmeg, freshly grated

250 g flour

### FOR THE SAGE BUTTER:

80 g butter, unsalted

15 g sage leaves

Salt

Black pepper, ground

## ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

## NUTRITIONAL INFORMATION:

695 kcal, 32 g fat, 84 g carbs,  
17 g protein

## PREPARATION:

- 1 | Wash and peel the sweet potatoes and cut into cubes approx. 2 cm in size.
- 2 | Place the sweet potatoes into a vacuum-sealing bag along with the salt and butter. Vacuum-seal at level 3 and cook as indicated.
- 3 | Next, remove the sweet potatoes from the vacuum-sealing bag, drain them in a colander and then place them into a bowl.
- 4 | Mash the sweet potatoes with a fork and remove any large fibrous parts. Leave to cool for a short while and then mix carefully with the ricotta, parmesan, salt and nutmeg.
- 5 | Gradually mix in the flour until a soft dough forms.
- 6 | Place the dough onto a floured work surface and divide into 6 pieces of equal size. On a floured work surface, roll out each of the dough pieces into a baton that measures 50 cm by approx. 2.5 cm. If the dough is too sticky, sprinkle it with flour. Make sure that you do not use too much flour when you do this.
- 7 | Cut each baton into about 20 pieces. Roll each piece over the tines of a fork to make indentations in the surface. Spread out the shaped gnocchi over a piece of baking parchment.
- 8 | Bring some water to the boil in a large saucepan, adding salt as required.
- 9 | Boil the gnocchi in batches for approx. 5-6 minutes until they float to the surface. Use a skimmer to remove the cooked gnocchi from the water, and spread them out over a baking tray.
- 10 | Heat the butter in a large saucepan on a medium heat, and stir for approx. 5 minutes until brown.
- 11 | Add the sage leaves and season with salt and pepper.
- 12 | Place the gnocchi into the butter in batches and fry on a medium heat until brown. Use a skimmer to remove them from the pan, and place in a bowl to serve.

## TIPS:

- Instead of sage, you can use other herbs such as rosemary or thyme.
- You can use normal potatoes instead of sweet potatoes. Depending on their starch content, you will need to adjust the amount of flour to obtain a soft dough. You will need to increase the cooking temperature to 95 °C.



## Cod sandwich with remoulade

*Serves 4*





## INGREDIENTS:

### FOR THE COD:

500 g fresh cod fillet, boneless and skinless

1 bay leaf

80 g butter

10 g salt

### FOR THE REMOULADE:

30 g celeriac, washed, peeled and finely grated

10 g mustard

Tabasco, to taste

150 g mayonnaise

10 g capers, chopped

10 g gherkins pickled in vinegar, chopped

10 g shallots, chopped

½ organic lemon, juice and rind

5 g chives, finely chopped

5 g tarragon, finely chopped

### FOR THE SANDWICHES:

4 brioche buns


40 g butter

60 g rocket leaves, washed

## ACCESSORIES:

 60/45 cm

Universal pan, wire rack

 45 cm

Unperforated steaming tray, perforated steaming tray

## NUTRITIONAL INFORMATION:

854 kcal, 67 g fat, 34 g carbs, 31 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the cod fillet. Place it into a vacuum-sealing bag along with the butter, salt and bay leaf. Vacuum-seal at level 2 and cook as indicated.
- 2 | Wash the lemon, pat it dry, zest it and juice it.
- 3 | For the remoulade, mix all the ingredients in a bowl and season with salt.
- 4 | Cut the brioche buns in half. Heat the butter in a frying pan on a medium heat. Place the brioche bun halves into the pan cut side down, and then fry them until they are golden brown and crispy.
- 5 | Once the cooking time is up, remove the cod fillet from the vacuum-sealing bag, pat it dry and then divide it into 4 portions.
- 6 | Spread a layer of remoulade over the bottom half of each brioche bun, then arrange a piece of cod and some rocket on the remoulade. Finally, place the top half of the bun on top.

## TIP:

► You can use haddock, hake or salmon instead of cod.

## SETTING PROCEDURE:

 60 cm

Universal pan, position 1  
Wire rack, position 3

 45 cm

Universal pan, position 1  
Wire rack, position 2

 45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 61 °C, **Cooking time:** 18 minutes



## Poached scallop with tiger prawns

*Serves 4*

## INGREDIENTS:

### FOR THE SCALLOPS:

120 g butter

4 scallops, cleaned, inedible parts removed

700 g tiger prawns

6 g salt, 1 heaped tsp

120 ml orange juice

### FOR THE VEGETABLES:

80 g cucumber

60 g red onion

15 g jalapeño pepper

10 g coriander leaves

### IN ADDITION:

10 ml lime juice

200 g nachos

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

671 kcal, 40 g fat, 40 g carbs,  
39 g protein

## PREPARATION:

- 1 | Place the butter into a saucepan and lightly brown on a medium heat, before straining and leaving to cool.
- 2 | Follow the normal rules of good hygiene when preparing the scallops.
- 3 | Follow the normal rules of good hygiene when preparing the tiger prawns. Shell them, remove the head and devein them.
- 4 | Season the scallops and tiger prawns with salt and then place into a vacuum-sealing bag along with the prepared butter and the orange juice. Make sure that the scallops and tiger prawns do not overlap.
- 5 | Vacuum-seal at level 2 and cook as indicated.
- 6 | Wash the cucumber and jalapeño pepper with cold water and then pat dry. Peel the red onion.
- 7 | Finely slice the red onion, jalapeño pepper and cucumber.
- 8 | Once the cooking time is up, open the vacuum-sealing bag and carefully empty the contents into a bowl. Add the lime juice and mix everything together.
- 9 | Divide the scallops, tiger prawns, juice and vegetables between 4 bowls. Garnish with coriander leaves. Serve with a side of nachos.

### TIP:

- You can use other types of prawn or crayfish instead of tiger prawns.

## SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 60 °C, **Cooking time:** 18 minutes





# Salmon with light green herb risotto

*Serves 4*

## SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Risotto: Steam, 100 °C,

**Cooking time:** 25 minutes

**Risotto and salmon:** Sous-vide, 61 °C,

**Cooking time:** 15 minutes

## INGREDIENTS:

### FOR THE SALMON:

600 g salmon fillets, skin on,  
washed

10 g salt

60 g butter

10 g dill

### FOR THE RISOTTO:

100 g white onions, chopped

15 g garlic, chopped

30 g butter

280 g risotto rice, e.g. arborio

80 ml white wine

600 ml chicken stock

8 g salt

20 g parmesan, grated

50 g butter

½ organic lemon

### FOR THE GREEN HERB PURÉE:

10 g mint leaves

30 g parsley leaves

100 g spinach

30 g chives

5 g salt, 1 tsp

### FOR BROWNING THE SALMON FILLETS:

30 g butter

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

Steam- and heat-resistant dish

### NUTRITIONAL INFORMATION:

916 kcal, 60 g fat, 58 g carbs,  
36 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the salmon fillets. Divide them into 4 portions.
- 2 | Season the salmon fillets with salt and then place into a vacuum-sealing bag along with the butter and dill. Vacuum-seal at level 2 and then refrigerate.
- 3 | For the risotto, heat the butter in a saucepan on a medium heat. Add the onions and garlic and sauté, stirring until the onions are translucent. Add the risotto rice and lightly fry while stirring for approx. 30 seconds.
- 4 | Add the white wine and simmer, stirring until the rice absorbs the wine. Add the chicken stock and stir.
- 5 | Place the rice mixture into a shallow steam- and heat-proof dish, and cook as indicated.
- 6 | After 25 minutes, place the salmon next to the risotto, and cook as indicated. If necessary, open the door for 1 minute to allow the oven to cool down to the temperature required for cooking the salmon.
- 7 | For the green herb purée, bring a saucepan of water containing 1 tbsp salt to the boil. Add herbs and spinach, and blanch for 10 seconds.
- 8 | Remove from the pan using a skimmer, allow water to drain briefly, and then rinse in ice cold water.
- 9 | Pat the herbs and spinach dry, chop coarsely and then purée along with 100 ml of the cooking water.
- 10 | Wash the lemon, pat it dry and zest it.
- 11 | Once the cooking time is up, add the parmesan, butter, herb purée and half the lemon zest to the risotto and stir until creamy.
- 12 | Carefully remove the salmon fillets from the vacuum-sealing bag and pat them dry.
- 13 | Place the salmon fillets into a frying pan with a little butter and fry until crisp and golden brown.
- 14 | Serve the salmon fillets on the green risotto and sprinkle the remaining lemon zest over the top.

### TIP:

- You can use trout instead of salmon.



## Monkfish with spinach and tomatoes

*Serves 4*



## INGREDIENTS:

### FOR THE MONKFISH:

600 g monkfish fillet, skinless and boneless

10 g salt

60 g butter

### FOR THE SPINACH:

30 ml olive oil

10 g garlic, finely chopped

400 g spinach leaves

50 g sun-dried tomatoes, roughly chopped

80 g feta, crumbled

### FOR BROWNING THE FISH:

30 g butter

### FOR THE LEMONS:

2 organic lemons

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

436 kcal, 32 g fat, 5 g carbs,  
30 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the monkfish fillet. Cut into 4 pieces of equal size, season them with salt and place them into a vacuum-sealing bag along with the butter. Vacuum-seal at level 2 and cook as indicated.
- 2 | Wash the spinach leaves and pat them dry.
- 3 | Heat a frying pan on a medium heat. Add the oil and garlic, and stir-fry for approx. 2 minutes until the aroma of the garlic comes through. Add handfuls of spinach leaves and continue heating until the volume of the spinach is considerably reduced.
- 4 | Remove the frying pan from the hob, add the sun-dried tomatoes and feta to the spinach and mix together.
- 5 | Wash the lemons, pat them dry and cut them in half.
- 6 | Once the cooking time is up, remove the monkfish fillet from the vacuum-sealing bag and pat it dry.
- 7 | Heat the butter in a frying pan on a medium heat. Place the monkfish fillet into the pan and fry until golden brown. Then, remove it from the frying pan and divide it into 4 portions.
- 8 | In the same pan, fry the lemon halves cut side down for about 1 minute until golden brown.
- 9 | Serve the spinach and lemon halves with the monkfish.

### TIPS:

- You can use Swiss chard instead of spinach. To do this, cut the ribs and stems from the leaves and cook the ribs and stems for longer.
- You can also use red snapper or sea bass for this recipe.

### SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 60 °C, **Cooking time:** 20 minutes



## Asian-style halibut

*Serves 4*



## INGREDIENTS:

### FISH:

2 halibut fillets, 300 g each

Salt

40 g butter

### VEGETABLES:

300 g carrots

1 bunch spring onions

10 ml oil, 1 tbsp

150 ml chicken broth

75 ml soy sauce

30 ml sherry

1 walnut-sized piece of fresh ginger

100 g bamboo shoots

150 g mung bean sprouts

20 g maple syrup

Chilli powder

### IN ADDITION:

¼ bunch fresh coriander

20 g toasted cashew nuts

### ACCESSORIES:

 60/45 cm

Universal pan, wire rack

 45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

392 kcal, 20 g fat, 11 g carbs,

39 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the halibut fillets. Rub with a little salt and place into a vacuum-sealing bag along with the butter. Vacuum-seal at level 3 and cook as indicated.
- 2 | Peel the carrots and slice diagonally. Wash and trim the spring onions, then cut into quarters.
- 3 | Pour the oil into a frying pan. Fry the carrots and spring onions in the pan. Add the chicken broth, soy sauce and sherry. Press the peeled ginger through a garlic press and add to the pan. Leave the pan uncovered and simmer for around 5 minutes to reduce the liquid.
- 4 | Stir in the shoots and bean sprouts. Season with maple syrup, salt, pepper and chilli powder.
- 5 | Remove the halibut fillets from the vacuum-sealing bag and arrange on top of the vegetables. Rinse the coriander, shake it dry and remove the leaves. Garnish the fillets with coriander leaves and cashews.

## SETTING PROCEDURE:

 60 cm

Universal pan, position 1

Wire rack, position 3

 45 cm

Universal pan, position 1

Wire rack, position 2

 45 cm

Unperforated steaming tray, position 1

Perforated steaming tray, position 2

Sous-vide, 58 °C, **Cooking time:** 30 minutes





# Quesadillas with chicken breast

*Serves 4*

## SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

**Chicken breast:** Sous-vide, 65 °C, **Cooking time:** 60 minutes

**Asparagus:** Sous-vide, 80 °C, **Cooking time:** 30 minutes

## INGREDIENTS:

### FOR THE CHICKEN:

600 g chicken breast

10 g salt

1 g oregano

2 g cumin, ground, ½ tsp

1 g chilli powder, 1 generous pinch

2 g black pepper, ½ tsp

30 ml sunflower oil

### FOR THE GUACAMOLE:

600 g avocado, x 2

60 g shallots, chopped

20 ml lime juice

80 g cherry tomatoes, halved

8 g salt

5 g fresh coriander, chopped

### FOR BROWNING THE CHICKEN BREASTS:

30 g butter

### FOR THE QUESADILLAS:

150 g green asparagus

4 g salt

40 g butter

12 wheat tortillas, dia. 20 cm

250 g cheddar, grated

## ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

## NUTRITIONAL INFORMATION:

1288 kcal, 73 g fat, 88 g carbs,  
68 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the chicken breasts. Season them with salt and rub them with the herbs and spices. Place into the vacuum-sealing bag and vacuum-seal at level 3. Cook as indicated.
- 2 | To make the guacamole, wash the avocado, pat it dry, cut it in half and remove the stone.
- 3 | Use a spoon to remove the flesh from the skin, then place the flesh into a bowl and mash it with a fork. Add the remaining ingredients and carefully mix everything together.
- 4 | Once the cooking time is up, leave the chicken breasts to rest for 10 minutes. Next, remove them from the vacuum-sealing bag and pat them dry.
- 5 | Wash the asparagus, pat it dry and remove the tough ends.
- 6 | Place the asparagus into a vacuum-sealing bag along with the salt and butter, vacuum-seal at level 3 and cook as indicated.
- 7 | Heat the butter in a frying pan on a medium heat. Add the chicken breasts and brown on both sides. Next, cut into 1 cm thick slices.
- 8 | Remove the asparagus from the vacuum-sealing bag and slice thinly.
- 9 | Top 6 tortillas with asparagus, cheddar and chicken breast slices, divided equally between them. Top with the remaining tortillas to make quesadillas.
- 10 | Heat the butter in a frying pan on a medium heat. Place a quesadilla into the pan and fry it on both sides until it is golden brown.
- 11 | Brown all the quesadillas in the pan in the same way, one at a time.
- 12 | Cut each quesadilla diagonally and serve with the guacamole.

## TIPS:

- You can use turkey breast instead of chicken breast.
- You can serve your quesadillas with a fresh tomato and chilli salsa. To make this salsa, dice some tomatoes and red onions, and add lime juice and chopped fresh coriander leaves.



# Peking-style duck breast

*Serves 4*

## SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 62 °C, **Cooking time:** 90 minutes



## INGREDIENTS:

### FOR THE DUCK BREAST:

2 duck breasts, 400 g each

5 g salt, 1 tsp

5 g five-spice powder, 1 tsp

10 g ginger, grated

20 ml soy sauce

20 g cane sugar

2 g chilli powder, ½ tsp

1 organic orange

### FOR THE PANCAKES (MAKES 4):

130 g flour

15 g cornstarch

125 ml water

125 ml whole milk

3 eggs

25 g butter, melted

Pinch of salt

### FOR THE VEGETABLES:

100 g cucumber

100 g carrots

100 g spring onions

50 g hoisin sauce

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

708 kcal, 42 g fat, 39 g carbs,  
43 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the duck breasts. Use a sharp knife to score the skin of the duck breasts, making a criss-cross pattern. Make sure that you only cut into the fatty layer and no deeper. The scoring lines should also be very close together.
- 2 | In a small bowl, mix the salt, five-spice powder, ginger, soy sauce, sugar and chilli powder.
- 3 | Wash the orange with hot water, dry it and cut off a thin piece of peel.
- 4 | Thoroughly rub the spice mixture over the duck breasts, and then place the duck breasts into a vacuum-sealing bag together with the orange peel. Vacuum-seal at level 3, and then marinate in the refrigerator for at least 2 hours.
- 5 | After marinating, cook as indicated.
- 6 | To make the pancakes, whisk all the ingredients together until a smooth mixture is obtained, cover the bowl and leave to rest for 15 minutes.
- 7 | Wash and peel the cucumber and carrots. Wash the spring onions and pat them dry. Julienne the vegetables to obtain batons that measure 10 cm by 2 mm.
- 8 | For the pancakes, heat the butter in a frying pan on a medium heat. The pancakes should each be approx. 16 cm in diameter. Use ¼ cup batter for each pancake and fry them until they are golden brown. Once the pancakes are ready, cover them so that they retain their moisture.
- 9 | Once the cooking time is up, remove the duck breasts from the vacuum-sealing bag and pat them dry.
- 10 | Heat a frying pan on a medium heat. Place the duck breasts into the pan fatty side down, press them down with a spatula and then fry them until they are golden brown and crispy. Turn them and then fry them for another 20 seconds approximately. Then, place them onto a plate and leave them to rest for 5 minutes.
- 11 | Use a sharp knife to cut the duck breasts into thin slices.
- 12 | Drizzle the pancakes with hoisin sauce, then place the duck breast slices and the julienned cucumber, carrot and spring onion onto the pancakes and serve.

### TIP:

- Instead of pancakes, you can use ready-made wheat tortillas. Just before you eat them, use your oven's Reheat function to warm them up for 5 minutes.



## Warm duck breast salad

*Serves 4*

### INGREDIENTS:

2 duck breasts, 300 g each

40 g butter

2 sprigs fresh mint

1 sprig fresh coriander

20 ml olive oil

1 bunch spring onions

1 walnut-sized piece of fresh ginger

1-2 garlic cloves

75 ml rice vinegar or fruit vinegar

50 ml light soy sauce

20 ml toasted sesame oil

30 ml sunflower oil

30 g peanuts, chopped

Salt


Freshly ground black pepper

Sugar

### ACCESSORIES:

 60/45 cm

Universal pan, wire rack

 45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

695 kcal, 60 g fat, 3 g carbs,

31 g protein

### PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the duck breasts. Place them into a vacuum-sealing bag along with the butter and vacuum-seal at level 3.
- 2 | Place the duck breasts into the combi-steam oven in the vacuum-sealing bag and cook as indicated.
- 3 | Once the duck breasts are cooked, remove them from the bag and pat them dry. Heat the clarified butter in a frying pan and sear the duck breasts on all sides in the hot fat so that the surface becomes nicely browned and the middle remains succulent and tender.
- 4 | Allow the duck breasts to cool down and cut diagonally into thin slices.
- 5 | Wash the spring onions, pat them dry and finely slice them diagonally. Peel the ginger and garlic and chop finely. Mix everything together, along with the vinegar, soy sauce and the two oils, and pour over the slices of duck breast.
- 6 | Season the salad, sprinkle with chopped peanuts and serve.

### SETTING PROCEDURE:

 60 cm

Universal pan, position 1  
Wire rack, position 3

 45 cm

Universal pan, position 1  
Wire rack, position 2

 45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 62 °C, **Cooking time:** 70 minutes



## Bison steak with green salad

*Serves 4*



## INGREDIENTS:

### FOR THE BISON STEAK:

2 bison steaks, 300 g each  
10 g salt  
1 organic lemon  
1 generous pinch fennel seeds  
60 g butter

### FOR THE SALAD:

100 g broccoli  
50 g radishes  
15 g Dijon mustard  
3 g salt, 2 pinches  
50 ml olive oil  
15 ml sherry vinegar  
200 g mixed salad leaves

### FOR THE AIOLI:

1 egg  
5 g garlic, chopped  
2 g smoked paprika, 1 tsp  
5 g white vinegar  
5 g salt  
250 ml olive oil

### FOR BROWNING THE BISON STEAK:

60 g clarified butter

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

1063 kcal, 103 g fat, 3 g carbs,  
36 g protein

## PREPARATION:

- 1 | Wash the lemon with hot water, pat it dry and zest it.
- 2 | Follow the normal rules of good hygiene when preparing the bison steaks. Rub with the salt, fennel seeds and lemon zest, then place into a vacuum-sealing bag along with the butter. Vacuum-seal at level 3 and cook as indicated.
- 3 | Wash the salad leaves, broccoli and radishes with cold water and then pat dry. Slice the radishes and broccoli very thinly and place into a salad bowl along with the salad leaves.
- 4 | To make the salad dressing, mix together the mustard, olive oil, vinegar and salt. Pour over the salad and mix just before serving.
- 5 | To make the aioli, place the egg, garlic, paprika, vinegar, salt and 1 tsp olive oil into a mixer. As you mix the ingredients, gradually add the oil until you obtain a thick consistency. Refrigerate the aioli.
- 6 | Once the cooking time is up, remove the steaks from the vacuum-sealing bag and pat them dry.
- 7 | Place the steaks into a frying pan with the clarified butter and sear on a high heat until golden brown on both sides. Remove from the frying pan, place on a plate and leave to rest for around 5 minutes.
- 8 | Cut the steaks into slices around 1 cm thick, divide into 4 portions and serve with salad and aioli.

### TIP:

► You can use ribeye steak instead of bison steak.

### SETTING PROCEDURE:



60 cm Universal pan, position 1  
Wire rack, position 3



45 cm Universal pan, position 1  
Wire rack, position 2



45 cm Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 60 °C, **Cooking time:** 60 minutes



# Ribeye steak

*Serves 4*

## INGREDIENTS:

### MARINADE:

30 ml dark soy sauce

2 drops liquid smoke

30 ml Worcestershire sauce

5 ml lemon juice, 1 tsp

5 g brown sugar, 1 tsp

40 g butter

### MEAT:

2 ribeye steaks, 500 g each

30 g clarified butter

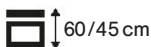
### FOR SEASONING:

Salt

Freshly ground black pepper

Nutmeg, freshly grated

### ACCESSORIES:



Universal pan, wire rack



Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

532 kcal, 33 g fat, 4 g carbs,  
56 g protein

## PREPARATION:

- 1 | Mix together all the ingredients for the marinade.
- 2 | Follow the normal rules of good hygiene when preparing the ribeye steaks. Place the ribeye steaks side by side into a vacuum-sealing bag, add the marinade and vacuum-seal at level 2. Marinate the ribeye steaks in the refrigerator for 4-8 hours.
- 3 | Place the ribeye steaks into the oven in the vacuum-sealing bag and cook as indicated.
- 4 | Once the ribeye steaks are cooked, remove them from the bag and pat them dry. To make the sauce, pour the marinade into a small saucepan and let it simmer until it becomes syrupy.
- 5 | Heat the clarified butter in a frying pan and sear the ribeye steaks on all sides in the hot fat so that the surface becomes nicely browned and the middle remains succulent and tender.
- 6 | Pour the sauce through a fine sieve, season and serve with the ribeye steaks.

### TIP:

► **Serve the ribeye steaks with the sous-vide tomato salad.**

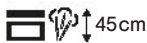
### SETTING PROCEDURE:



Universal pan, position 1  
Wire rack, position 3



Universal pan, position 1  
Wire rack, position 2



Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 60 °C, **Cooking time:** 60 minutes



## Lamb with spiced pomegranate rice

*Serves 4*



## INGREDIENTS:

### FOR THE LAMB:

2 g ground cumin, ½ tsp  
2 g ground coriander seeds,  
½ tsp  
2 g black pepper, ground, ½ tsp  
800 g saddle of lamb, boned  
10 g salt  
60 g butter

### FOR THE RICE:

40 g clarified butter  
15 g shallots, chopped  
10 g garlic, chopped  
3 g ground turmeric, ½ tsp  
1 stick cinnamon  
200 g basmati rice  
8 g salt  
320 ml chicken stock, hot  
1 pomegranate

### FOR BROWNING THE LAMB:

40 g clarified butter

### FOR THE TOPPING:

10 g parsley, chopped  
2 g chilli flakes, ½ tsp

## ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

## NUTRITIONAL INFORMATION:

799 kcal, 45 g fat, 47 g carbs,  
52 g protein

## PREPARATION:

- 1 | Heat a frying pan on a medium heat and toast the cumin, coriander seeds and black pepper until fragrant.
- 2 | Follow the normal rules of good hygiene when preparing the saddle of lamb. Rub it all over with the salt and toasted spices, then place it into the vacuum-sealing bag along with the butter, and vacuum-seal it at level 3. Cook as indicated.
- 3 | To cook the basmati rice, heat the butter in a saucepan, then add the shallots and garlic. Sweat them for 5 minutes, stirring several times as they cook.
- 4 | Add the spices, and cook for 1 minute until fragrant.
- 5 | Add the basmati rice and stir in well. Add the chicken stock and salt, and cook for 15 minutes. Next, remove the pan from the hotplate, put the lid on and leave to rest for 10 minutes.
- 6 | Wash the pomegranate, pat it dry, cut it in half and remove the arils.
- 7 | Mix half of the pomegranate arils into the basmati rice.
- 8 | Once the cooking time is up, remove the saddle of lamb from the vacuum-sealing bag, rinse off the spices and pat the meat dry.
- 9 | Place the saddle of lamb into a frying pan with the clarified butter and fry on a high heat until golden brown. Leave to rest for 5 minutes and then divide into 4 portions.
- 10 | Serve the saddle of lamb on the spiced basmati rice and sprinkle the chopped parsley and chilli flakes over the top.

## TIPS:

- You can use lamb steak instead of saddle of lamb.
- You can use the other half of the pomegranate arils as a topping for fruit salad or muesli.

## SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 61 °C, **Cooking time:** 50 minutes



## Vitello tonnato

*Serves 4*

## INGREDIENTS:

### FOR THE VEAL:

650 g veal fillet

8 g salt

10 ml sunflower oil

2 bay leaves

5 g fresh sage leaves

150 ml chicken stock

### FOR THE SAUCE:

5 g salted anchovies

15 g capers, drained

50 g tinned tuna, drained

10 ml lemon juice

10 ml extra virgin olive oil

2 g black pepper,  
ground

150 g mayonnaise

### IN ADDITION:

20 g capers, drained

40 g rocket leaves

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

523 kcal, 40 g fat, 2 g carbs,  
41 g protein

## PREPARATION:

- 1 | Follow the normal rules of good hygiene when preparing the veal fillet. Season it with salt, place it into a frying pan with the sunflower oil and fry it until it is golden brown on all sides.
- 2 | Remove the veal fillet from the frying pan and place to one side. Add the chicken stock, sage and bay leaves to the frying pan, simmer and reduce down to half the volume, then leave to cool.
- 3 | Pour the chicken stock reduction into a vacuum-sealing bag, and place the veal fillet into the bag with it. When vacuum-sealing the bag, watch out as liquid can start to rise. You may need to stop the vacuum-sealing process early. Vacuum-seal at level 3 and cook as indicated.
- 4 | To make the sauce, use a mixer to blend together all the ingredients except the mayonnaise. When the consistency seems to be smooth, add the mayonnaise and keep blending at a low speed until the sauce comes together. Set aside in the fridge.
- 5 | Once the cooking time is up, place the vacuum-sealing bag containing the veal fillet into a bowl of water and ice to cool down for about 30 minutes.
- 6 | Remove the veal fillet from the vacuum-sealing bag and pat it dry.
- 7 | Cut the veal fillet into 0.5 cm thick slices. Serve on a plate along with the sauce, rocket and capers.

### TIPS:

- You can use pork fillet instead of veal. You will need to increase the cooking temperature to 63 °C.
- You can use veal stock instead of chicken stock.
- If you like, you can vary the ingredients in your sauce – for example, adding miso or soy sauce to the mayonnaise gives it an Asian twist.

### SETTING PROCEDURE:



60cm

Universal pan, position 1  
Wire rack, position 3



45cm

Universal pan, position 1  
Wire rack, position 2



45cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 60 °C, **Cooking time:** 90 minutes





## Piña colada dessert

*Serves 4*



## INGREDIENTS:

### FOR THE PINEAPPLE:

800 g fully ripened pineapple

¼ vanilla pod

80 g honey

Pinch of salt

### FOR THE COCONUT CREAM:

250 ml coconut cream,  
approx. 20% fat, well refrigerated

25 g maple syrup

1 organic lime

### FOR CARAMELISING THE PINEAPPLE:

60 g butter

## ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

## NUTRITIONAL INFORMATION:

410 kcal, 24 g fat, 46 g carbs,  
2 g protein

## PREPARATION:

- 1 | Peel the pineapple, cut into quarters and remove the leafy crown.
- 2 | Halve the vanilla pod lengthwise and scrape out the seeds.
- 3 | Place the pineapple, vanilla seeds, honey and salt into a vacuum-sealing bag. Vacuum-seal at level 2 and cook as indicated.
- 4 | Wash the lime, pat it dry and zest it.
- 5 | Whip the chilled coconut cream until light and fluffy. Add the maple syrup and half of the lime zest, and whip until the mixture has a stiff consistency. Set aside in the fridge.
- 6 | Once the cooking time is up, carefully remove the pineapple from the vacuum-sealing bag.
- 7 | Place the pineapple into a frying pan with the butter and lightly brown it, stirring as it cooks. Fry until the cooking juices turn into a thick sauce.
- 8 | Use one pineapple quarter per person, served with a large spoonful of coconut cream and sprinkled with the remaining lime zest.

## TIPS:

- For an alcoholic version of this dessert, add a little rum to the coconut cream.
- The coconut cream can be flavoured with other kinds of citrus fruit such as orange or lemon.

## SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 75 °C, **Cooking time:** 30 minutes



## Pistachio parfait with poached plums

*Serves 4*



## INGREDIENTS:

### FOR THE PARFAIT:

75 ml milk

230 ml whipping cream,  
30% fat

70 g sugar

2 egg yolks

70 g shelled, unsalted,  
toasted pistachios

4 g gelatine leaves, soaked in  
cold water

### FOR THE PLUMS:

4 plums

40 g sugar

1 g tonka beans, grated

4 cardamom pods, crushed

Pinch of salt

### FOR WHIPPING THE PARFAIT:

200 ml whipping cream,  
35% fat

### FOR THE TOPPING:

40 g toasted pistachios, chop-  
ped

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

4 ramekins, dia. 12 cm

### NUTRITIONAL INFORMATION:

700 kcal, 55 g fat, 42 g carbs,  
12 g protein

## PREPARATION:

- 1 | For the parfait, place all the ingredients in a mixer and blend until very smooth. Place the mixture into a vacuum-sealing bag and vacuum-seal at level 2. When vacuum-sealing the bag, watch out as liquid can start to rise. You may need to stop the vacuum-sealing process early. Place the vacuum-sealing bag into the refrigerator.
- 2 | Wash the plums, pat them dry, cut them in half and remove the stones.
- 3 | Place the plums and the rest of the ingredients into a vacuum-sealing bag. Vacuum-seal at level 2 and cook as indicated, alongside the pistachio parfait.
- 4 | Once the cooking time is up, submerge the vacuum-sealing bag containing the parfait mixture in a bowl of water and ice, moving it around continuously to rapidly cool the mixture.
- 5 | Pour the parfait mixture from the vacuum-sealing bag into a bowl and beat until smooth.
- 6 | Divide the parfait mixture between the 4 ramekins and freeze for around 2-3 hours.
- 7 | Place the vacuum-sealing bag containing the plums into the refrigerator to cool.
- 8 | Top the parfaits with the poached plums, sprinkle with the chopped, toasted pistachios and serve.

### TIPS:

- To achieve the perfect consistency, remove the parfait from the freezer 5 minutes before serving to allow it to defrost slightly.
- You can use other fruits instead, e.g. peaches, apricots or cherries.

### SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 84 °C, **Cooking time:** 30 minutes



## Sweet, steamed yeast dumplings with vanilla sauce

*Serves 4*

## INGREDIENTS:

### VANILLA SAUCE:

Seeds from half a vanilla pod

200 ml milk

100 ml cream

3 egg yolks

45 g sugar

### SWEET, STEAMED YEAST DUMPLINGS:

250 g flour

10 g fresh yeast

15 g sugar

2 g salt, ½ tsp

60 ml milk, lukewarm

1 egg

50 g butter

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

### NUTRITIONAL INFORMATION:

566 kcal, 28 g fat, 65 g carbs,  
14 g protein

## PREPARATION:

- 1 | To make the vanilla sauce, place all the ingredients into a tall container, blitz briefly with a hand blender and refrigerate for 2 hours. Next, pour the mixture into a vacuum-sealing bag, vacuum-seal at level 2 and cook as indicated.
- 2 | Remove the vacuum-sealing bag and then knead a little while still warm so that all the flavours and ingredients are thoroughly combined. Leave the sauce in the sealed bag until you are ready to serve the dumplings.
- 3 | Sieve the flour into a bowl. Dissolve the yeast, sugar and salt in the lukewarm milk and add to the flour. Add the egg and butter. Knead everything thoroughly and work into a smooth dough. If necessary, add a little more flour. Leave the dough to prove on the wire rack as indicated.
- 4 | Knead the dough again, divide into 8 portions of equal size, shape into balls and leave to prove again.
- 5 | Steam the dumplings as indicated. Arrange on pre-warmed plates and serve with the vanilla sauce. If necessary, briefly whisk the vanilla sauce before serving.

## SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

**Vanilla sauce:** Sous-vide, 80 °C, **Cooking time:** 15 minutes

### Sweet, steamed yeast dumplings:

To make the dough: 40 °C, 20 minutes

To shape/divide/finish the dough: 40 °C, 20 minutes

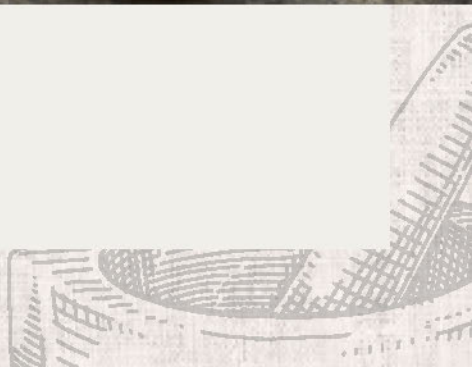
To steam the dumplings: 100 °C, 25 minutes





# Chocolate pudding

*Serves 4*



## INGREDIENTS:

### FOR THE PUDDING:

1 egg yolk

200 ml milk

150 ml cream, 30% fat

50 g sugar

20 g cornstarch

40 g cocoa powder

Pinch of salt

1 generous pinch cardamom,  
ground

### FOR THE SAUCE:

300 g raspberries,  
ripe or frozen

100 g sugar

Zest of 1 organic lemon

### FOR THE TOPPING:

60 g hazelnuts, chopped

50 g cranberries

### ACCESSORIES:



60/45 cm

Universal pan, wire rack



45 cm

Unperforated steaming tray,  
perforated steaming tray

4 ramekins, dia. 12 cm

### NUTRITIONAL INFORMATION:

535 kcal, 28 g fat, 61 g carbs,  
10 g protein

## PREPARATION:

- 1 | To make the pudding, mix all the ingredients together. Make sure that the mixture does not become frothy.
- 2 | Wash the lemon, pat it dry and zest it.
- 3 | To make the sauce, take a vacuum-sealing bag and fold down the top edge, place all the ingredients into the bag and vacuum-seal at level 2. Cook as indicated alongside the pudding in a separate vacuum-sealing bag.
- 4 | Once the cooking time is up, knead the vacuum-sealing bag containing the pudding while it is still hot until all the ingredients are thoroughly mixed.
- 5 | With a pair of scissors, cut off a small corner of the bag and divide the pudding between 4 ramekins.
- 6 | Mix the raspberries with the sugar, purée them and drizzle some of this sauce on each chocolate pudding.
- 7 | You can now either leave the dessert to cool in the refrigerator for around 1 hour or you can serve it while it is still warm.
- 8 | Sprinkle with the chopped hazelnuts and cranberries before serving.

## SETTING PROCEDURE:



60 cm

Universal pan, position 1  
Wire rack, position 3



45 cm

Universal pan, position 1  
Wire rack, position 2



45 cm

Unperforated steaming tray, position 1  
Perforated steaming tray, position 2

Sous-vide, 80 °C, **Cooking time:** 30 minutes

## A vertical strip of a document, likely a page from a ledger or account book. The top section features a decorative border with a repeating geometric pattern. Below this, the page is filled with a grid of horizontal lines, suggesting a table or ledger format. The text within the grid is mostly illegible due to the low resolution and the narrow vertical crop.







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