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Freshness that lasts

Freshlocker Sous Vide Cooker SVC100 cookbook



Thank you for buying a Sous vide cooker from Freshlocker. You may have looked at your vacuum sealer's packaging or the manual and seen the phrase sous vide, only to ask yourself what it all means. Sous vide, French for "under pressure," or more specifically, "under vacuum." It's a cooking method where food is placed in a vacuum sealed bag (Hey, we sell vacuum sealers that do just that!) and the bag is placed in a hot water bath. By placing the food in a vacuum bag as you cook it, the juices, flavors, and aromas stay sealed inside with nowhere to go.

One of the advantages of cooking sous vide is that the food cannot get any hotter than the water that surrounds it, so you can't overheat and burn it. Another advantage is that the food can gain a different texture than when it's cooked in usual high-heat cooking methods; for example, meat has connective tissues that are generally tough, but placing meat in a warm water bath for an extended period of time allows the cell walls to dissolve without the meat losing its flavor. Likewise, as sous vide allows vegetables to be cooked under the boiling point, they maintain their crisp texture.

Keep in mind, however, that browning of meat, such as steak, occurs above the boiling point, so when cooking steak you have to remember to quickly brown it in a pan so that the steak is brown on the outside and perfectly cooked and juicy on the inside.

Sous vide allows you to experiment even more with cooking. You can cook the food slowly, preserve the flavors, and use new recipes.

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Sous vide boneless chicken



This one's easy. Well, they all are. When I was first learning to cook, I was nervous about cooking chicken right because it can't be undercooked (that would make you sick) or overcooked (it would be dry). Luckily, Sous vide cooking prevents that problem by letting you cook the chicken at the perfect temperature.

You'll want to fill the cooker with

water up to a level between the Minimum and Maximum lines and set it to 150 degrees Fahrenheit to preheat. Then, take a de-boned chicken thigh, season it with some salt and pepper to taste, add whichever herbs you like (my favorites here are rosemary and thyme), and add a little bit of butter. Follow the instructions for your Freshlocker vacuum sealer to seal it. Now, all you need to do is carefully place the bag in the water and set the timer for 1.5 hours.

After the hour and a half is done, place the bag in ice cold water for fifteen minutes to stop the cooking process, then remove the chicken and dry it with a paper towel. The chicken is now cooked, but there is one final step to make it look perfect. Sous vide allows you to cook meats to perfection, but the temperature is too low for the caramelization process. What I like to do here is brown the chicken in a pan – preferably cast-iron – with oil for two or three minutes and garnish with vegetables.

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Sous vide BBQ beef short ribs



This recipe is going to take a little while longer, so please be patient. The first time I saw short ribs on the menu when I was little, I didn't know what they came from. Now I eat them all the time. This is going to take some time, though, to get them cooked to perfection.

Take less than a cup of unsweetened pineapple juice, a third cup each of molasses and soy sauce, half a cup of peanut oil, and a pinch of ground ginger, then mix them together and pour the mix over a pound of short ribs and refrigerate overnight. The next day, fill the cooker with water up to a level between the Minimum and Maximum lines and set it to 130 degrees Fahrenheit to preheat. Vacuum seal the ribs and sauce in your Freshlocker vacuum sealer and cook the ribs for three days.

Why three days on low heat? Short ribs must be cooked slowly on low heat so that they don't get too tough.

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Sous vide corn on the cob



Corn on the cob is one of my favorite things to eat in the summer, but here's something to set yours apart from basically everyone else who just throws it haphazardly on the grill.

Take three cloves of garlic, three tablespoons of soy sauce, two tablespoons of your favorite chili sauce, two tablespoons of butter, one tablespoon of sugar, and a handful of chopped green onion. Put them in a blender or food processor and puree the mix. Fill the Sous vide cooker between the Minimum and Maximum lines and set it to 185 degrees Fahrenheit to preheat. Put the mix in a vacuum bag with three shucked ears of corn and vacuum seal it with a Freshlocker vacuum sealer. Cook the corn in the Sous vide cooker for 20 minutes.

The corn is now ready to eat, but some people prefer to throw it on the grill to give it a charred and smoky finish. It's up to you.

Sous vide scallops



Scallops are an amazing type of seafood that you can find in most supermarkets and prepare easily. All you need is a package of scallops around four ounces, and some brown butter. You could also add some salt if you wish.

Start by filling the Sous vide cooker between the Minimum and Maximum line and set it to 140 degrees Fahrenheit to preheat. All you need to do for this one is to dry the scallops lightly with a paper towel, then vacuum seal them with a Freshlocker vacuum sealer. Cook the scallops in the Sous vide cooker for 40 minutes.

All you need to do now is to brown them in a pan with butter over high heat for 30 seconds per side and serve on a plate with some vegetables for a garnish.

Sous vide halibut



Halibut is a deep-sea fish that is very tender and flaky, so it can be delicious if done right. Interestingly enough, halibut comes out at slightly different textures if cooked differently. I would recommend trying slightly higher or lower temperatures to find your favorite cooking style.

Start by filling the Sous vide cooker between the Minimum and Maximum line and set it to 150 degrees Fahrenheit to preheat. All you need to do here is to take one-inch thick skinless fillet and dry it lightly with a paper towel, add a pinch of salt, then very carefully vacuum seal it with a Freshlocker vacuum sealer on the pulse setting as it is a fragile fish. Cook the fillet in the Sous vide cooker for 45 minutes.

Finally, sear it in a pan to brown it very quickly as it is a fragile fish.

Sous vide salmon



Cooking Sous vide

salmon is a little more difficult as it is a two-step process. You should brine it before cooking so that the white part doesn't leech out.

First, the brine. Take a quarter cup of kosher salt and add it to a quart of ice water until it dissolves. Put a couple six-ounce filets of salmon in the solution and stick it in the refrigerator for half an hour. Then, take the filets out of the solution, dry them with a paper towel, and vacuum seal each filet in a separate bag with a Freshlocker vacuum sealer with two tablespoons of olive oil.

Fill the Sous vide cooker between the Minimum and Maximum line and set it to 135 degrees Fahrenheit. Cook the salmon in the cooker for half an hour and gently brown it on a high heat for a minute.

Sous vide pork tenderloin



To put it simply, you really can't go wrong with this one. All you need is a whole pork tenderloin and as much salt, pepper, butter, and thyme as you think necessary.

Fill the Sous vide cooker between the Minimum and Maximum line and set it to 140 degrees Fahrenheit, with a little variation for degree of doneness, to preheat. At this point, simply add as much salt and pepper to the pork as you think is best, then add thyme or other herbs to the pork and vacuum seal it in a Freshlocker vacuum sealer. Cook the pork for anywhere from one hour to four – it can't be overcooked – and then sear it in a heavy skillet.

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