



reddot winner 2021

MASTERING SOUS VIDE WITH KITCHENBOSS

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at home

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KitchenBoss offers quality cookware products built for those who are in search of a high-end cooking experience.

Since 2016, KitchenBoss has been committed to developing a line of sous vide products that is smart, convenient, and highly practical. This allows both experienced chefs and amateur cooks the opportunity to expand their repertoire of dishes and improve their skills in the kitchen and cook like a celebrity chef, while gaining a fulfilling experience along the way.

Our international design and engineering teams united together to innovate, design, and develop our series of sous vide products. With a shared love of cooking and using our team's extensive knowledge of international cuisine, we were able to create precision cookers which combined exceptionally high standards of quality, efficiency, and cost-effectiveness.

You will be amazed by how easy it is to master our sous vide cooking technology. With its precise time and temperature controls, the KitchenBoss Sous Vide Cooker will allow you to master even the most complex recipes in the comfort of your own kitchen. Our latest KitchenBoss Sous Vide Cooker features the world's first color monitor control panel display system with preset temperature and time for popular recipes. Whether you are planning a meat, seafood, or vegetable dish, rest assured the KitchenBoss Sous Vide Cooker will help you set the precise cooking time required to create a perfect meal.

From the entire KitchenBoss team, we hope you enjoy our line of sous vide products as you embark on your culinary journey. The KitchenBoss Sous Vide Cooker is your trusted partner in bringing a new cooking and dining experience to you and your family.

NEW YORK STEAK

WITH SAUTÉ VEGETABLE MUSHROOM SAUCE



Serves:
2 people



Prep Time:
30 min



Cooking Time:
1 hr - 2 hrs 30 min

Add a bit of freshness and kick to your sous vide New York strip steak with the sizzling taste of sautéed vegetables neatly prepared in a creamy mushroom sauce.

Doneness	Temperature Range	Timing Range
★ Medium rare	130°F (54°C)	1 hr (Recommend)
Medium	130 °F (54 °C)	1 hr and 30 min
Medium-well	140 °F (60 °C)	2 hrs
Well done	160°F (71°C)	2 hrs

Ingredients	Mushroom Sauce	Sautéed Vegetable Mix
- 8 oz (226g) 1-1.5 inch thick sirloin steak	- 6 oz. (170g) white mushroom, sliced	- 1/2 red onion
- 2 tbsp. olive oil	- 2 tbsp. Chardonnay or preferred white wine	- 1/2 cup (50g) cherry tomatoes, halved
- Salt and black pepper to taste	- 1 cup (237mL) whipped cream	- 5 oz. (141g) zucchini, sliced,
	- 2 tbsp. grated Parmesan cheese	- 1 tbsp. raisins
	- 1 small shallot	- 2 tbsp. olive oil
	- 1 clove garlic, minced	- Salt and black pepper to taste
	- 1 slice of smoked bacon, chopped	
	- Salt and black pepper to taste	

Aromatic Seasoning

- 2 tbsp. unsalted butter
- 3 sprigs fresh thyme
- 3 cloves fresh garlic

Instructions

Sirloin Steak

- 01 Preheat your KitchenBoss sous vide cooker to your preferred temperature according to the table above.
- 02 Generously season steak with salt and pepper. Place steak in a sous vide bag with aromatics (optional). Seal bag using KitchenBoss vacuum sealer. Place the bag in the preheated water bath and let it cook for your preferred time according to the table above.
- 03 Remove the steak from the bag and pat dry on both sides.
- 04 Place cast iron or stainless steel skillet over burner on hottest setting. Add oil and heat until it begins to smoke. Using tongs, gently lay the steak into the pan, searing each side for 30 seconds. If desired, you can add more aromatics and baste the steak with 1 tbsp. of butter while it is searing.

Mushroom Sauce

- 01 Cook chopped bacon in a skillet on medium heat until bacon is golden brown. Add mushrooms and cook until golden brown. Add garlic, thyme, shallot and black pepper and cook for 1 minute.
- 02 Add white wine to deglaze the pan. Scrape the bottom of the skillet for 1 minute until wine is mostly evaporated.
- 03 Add cream and simmer for 3 to 5 minutes until it thickens. Then add grated Parmesan cheese and salt to taste.

Sautéed Vegetable Mix

On high heat, heat the oil in a 12-inch skillet. Place chopped onions to cook for 1 minute just enough for the flavor to come out. Add all vegetables and raisins. Cook for 3 minutes, until the vegetable mix is wilted. Season with salt and black pepper to taste.

BEEF BURGER

WITH CARMELIZED ONION



Serves:
4 people



Prep Time:
15 min



Cooking Time:
1 hr - 2 hrs 30 min

Why would anyone sous vide a burger when they can easily be pan fried or grilled? Hear us out! Precision cooking with the sous vide provides you with a consistent way to give your beef patties unmatched juiciness!

Doneness	Temperature Range	Timing Range
Medium rare	125°F (49°C)	1 to 2 hrs
★ Medium	130°F (54°C)	1 to 2 hrs (Recommend)
Medium well	135°F (57°C)	1 to 2 hrs
Well done	145°F (63°C)	1 to 2 hrs

Ingredients

- 2 lbs. ground beef, 4 x 8 oz. (226g) per patty, 70% lean 30% fat
- 4 brioche buns, burger buns of choice
- 4 tbsp. unsalted butter
- 4 slices cheese
- 2 heads lettuce, thinly sliced
- 3 tbsp. mayonnaise
- 1 tbsp. olive oil
- Salt and black pepper to taste

Caramelized Onion

- 2 medium-sized onions, thinly sliced
- 2 tbsp. olive oil
- 3 tbsp. water

Instructions

Caramelized Onions

In a large skillet on medium heat, add oil and sauté sliced onions until soft. Turn to low heat and continuously stir onions until golden brown, adding water if necessary.

Burger Patties

- 01 Preheat your KitchenBoss sous vide cooker to your preferred final temperature according to the table above.
- 02 Weigh and shape ground beef to 8 ounce patties. Shape patties to match the size of the buns.
- 03 Season patties with salt and black pepper. Place in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bag in a preheated water bath for 1-2 hours.
- 04 Remove burger patties from the bags and dry with paper towels.
- 05 In a skillet set to medium heat, add oil and sear each patty until golden brown in color. Serve with warm burger buns, mayonnaise, sliced lettuce, cheese, and caramelized onions.



PORK CHOPS WITH SWEET & SOUR BELL PEPPERS



Serves:
2 people



Prep Time:
15 min



Cooking Time:
2 hrs - 2 hrs 30 min

Want to know the easiest method for cooking the perfect pork chops each and every time? You guessed it. The sous vide method achieves this and more with minimal work. Create pork chops with a wonderful texture that will keep your guests satisfied and begging for more.

Texture	Temperature Range	Timing Range
Very tender, moist	135°F (54°C)	1 hr
★ Tender, juicy	140°F (60°C)	1 hr (Recommend)
Light firm, juicy	145°F (63°C)	1 hr 30 min

Ingredients

- 2 pork loin chops, about 7 to 8 oz. (200-226g), bone in
- 2 tbsp. olive oil
- 2 cloves garlic, crushed
- 2 sprigs fresh thyme
- Salt and black pepper to taste

Sweet & Sour Bell Peppers

- 1/2 red onion
- 1 red bell pepper, thinly sliced
- 1 green bell pepper, thinly sliced
- 1 cup (20g) fresh basil, chopped
- 2 tbsp. white sugar
- 1 ½ tbsp. red wine vinegar
- 1 tbsp. olive oil
- Salt and black pepper to taste

Instructions

Sweet & Sour Bell Peppers

- 01 Heat oil in a pan on high heat to sauté onions and bell peppers for 4 to 5 minutes until onions are caramelized. Add white sugar and cook for 2 minutes to bring out the flavor and color of the vegetables.
- 02 Add red wine vinegar to deglaze the pan for 1 to 2 minutes until it has reduced and the peppers are soft. Turn down the heat to low. Add chopped basil and continue to cook for 45 seconds to 1 minute then turn off the heat. Transfer to a bowl and set aside for later.

Seared Pork Loin

- 01 Preheat your KitchenBoss sous vide cooker to your preferred final temperature according to the table above.
- 02 Season pork loin with salt and black pepper. Place chops into individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bags in the preheated water bath for 1 to 2 hours.
- 03 Remove chops from bags and dry with paper towels.
- 04 In a large skillet, heat oil on high heat. Once hot, sear pork chops on both sides for 1 to 2 minutes or until golden brown. Add crushed garlic and fresh thyme for flavor and cook for 1 additional minute. Serve with sweet and sour bell peppers.

PORK CHEEK

WITH PICKLED FENNEL & YOGURT SAUCE



Serves:
4 people



Prep Time:
15 min



Cooking Time:
2 hrs - 3hrs

Get ready for tender pork cheeks that retain their flavor while soaked in a rich yogurt sauce. Sous vide cooking locks in natural flavor, allowing you to cook the perfect pork cheek.

Texture	Temperature Range	Timing Range
★ Tender, juicy	145°F (63°C)	1 hr 30 min (Recommend)
Firm	145°F (63°C)	2 hrs

Ingredients

- 10 oz. (284g) pork cheek, fat trimmed, cut 2" to 3" wide
- 2 tbsp. olive oil
- Salt and black pepper to taste

Yogurt Sauce

- 3 ½ oz. (100g) plain greek yogurt
- 2 tbsp. whole fat milk
- 1 pinch of salt

Pork Cheek Sauce

- 2 tbsp. hoisin sauce
- 1 tbsp. soy sauce
- 1/4 tsp. five-spice powder
- 1/4 tsp. white pepper

Pickled Fennel

- 1 fennel bulb, 7 oz. (198g), thinly sliced
- 1 cup (250mL) water
- 1/2 cup (125mL) white vinegar
- 1/2 cup (100g) sugar
- 1 tbsp. salt
- 2 star anise

Instructions

Pork Cheek Sauce

Mix all ingredients in a bowl and set aside for later.

Yogurt Sauce

Similar to the last step, mix all ingredients thoroughly and set aside for later.

Pickled Fennel

Put all ingredients except for fennel into the sauce pot. Bring to boil, turn off heat, and let cool. Add the sliced fennel into the pickling solution to infuse flavor. Save for later.

Seared Pork Cheeks

- 01 Preheat your KitchenBoss sous vide cooker to 145°F (63°C).
- 02 Season pork cheeks with salt and black pepper. Place in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bag in the preheated water bath for your preferred time according to the table above.
- 03 Remove pork cheeks from bags and dry with paper towels.
- 04 On high heat, heat oil in a skillet. Sear the pork cheeks until both sides are golden brown. Remove from the pan and brush pork cheeks with the pork cheek sauce. Serve with yogurt sauce and pickled fennel.



HERB CRUSTED RACK OF LAMB WITH RED WINE SAUCE



Serves:
2 people



Prep Time:
30 min



Cooking Time:
3 hrs

Rack of lamb is an ideal meat for cooking sous vide as it is easily overcooked with other methods. Get ready to delight your guests with better-than-restaurant results!

Doneness	Temperature Range	Timing Range
★ Medium	135°F (54°C)	2 hrs (Recommend)
Medium-well	145°F (63°C)	2 hrs

Ingredients

- 3 x 7 oz. (198g) racks of lamb
- 3 tbsp. Dijon mustard
- 1/4 cup (50g) cooked quinoa
- 1/8 cup (6.5g) red onions, thinly sliced
- 1/4 cup (43g) can chickpeas
- Salt and black pepper to taste

Green Herb Mixture

- 2 tbsp. basil leaves
- 2 tbsp. mint leaves
- 2 tbsp. parsley
- 1 tsp. thyme
- 2 tbsp. Parmesan cheese
- 1/4 cup (25g) bread crumbs of choice
- 1 tbsp. extra-virgin olive oil
- 1 pinch of salt

Red wine Sauce

- 1 1/2 oz. (43g) shallots, diced
- 2 cloves garlic, chopped
- 1 stalk rosemary
- 2 cups (500mL) red wine of choice
- 2/3 cup (150mL) chicken stock
- 1 tbsp. butter

Instructions

Red Wine Sauce

- 01 Cook shallots on medium heat until soft then add garlic and rosemary. Continue cooking for 1 minute and then add red wine and chicken stock and reduce the liquid. Strain.
- 02 When serving, warm the liquid and add butter, allowing it to melt.

Green Herb Mixture

Add ingredients into a blender. Blend until the herb mixture looks like little leafy crumbs. Set aside.

Rack of Lamb

- 01 Preheat your KitchenBoss sous vide cooker to your preferred final temperature according to the table above.
- 02 Season racks with salt and black pepper. Place in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bags in the preheated water bath. Let cook for 2 hours.
- 03 Remove the racks from the bags and dry with paper towels.
- 04 On high heat, heat oil in a skillet. Once hot, sear the lamb rack on both sides including the edges until golden brown. Remove from the pan, brush the lamb rack with Dijon mustard and dip in the green herb mixture. Ensure the herb mixture evenly covers the lamb. Bake the lamb in an oven at 325 °F (180 °C) for 3 minutes. Let the meat rest for 5 to 10 minutes. Slice and serve with quinoa, chickpeas, cherry tomatoes, and red onions.

63°C EGG PROSCIUTTO BENEDICT

WITH
HOLLANDAISE
SAUCE



Serves:
2-4 people



Prep Time:
20 min



Cooking Time:
1 hr 30 min

Conquer your morning with the perfect egg benedict. Sous vide precision cooking will keep your eggs at a steady temperature to ensure they are cooked just the way you like them.

Texture

Temperature Range

Timing Range

★ Runny yolk, thin-set white	145°F (63°C)	1 hr (Recommend)
Firm yolk, firm white	147°F (64°C)	1 hr

Ingredients

- 4 large eggs
- 2 English muffins, halved
- 2 tbsp. unsalted butter
- 4 pieces Prosciutto
- 2 heads of lettuce, thinly sliced

Hollandaise Sauce

- 2 egg yolks
- 1 cup (227g) unsalted butter, melted
- 10 mL, lemon juice
- 1 pinch of Cayenne pepper
- Salt and black pepper to taste

Instructions

Hollandaise Sauce

Whisk egg yolks and lemon juice together in a stainless steel bowl until the mixture thickens and doubles in volume. Place the bowl over a saucepan containing barely simmering water. The water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they may scramble. Slowly drizzle in melted butter and continue to whisk until the sauce thickens. Season the sauce with salt and pepper. Store in a thermos or vacuum-sealed container (this keeps the sauce stable for 2-3 hours).

Sous Vide Egg with Prosciutto Benedict

- 01 Preheat your KitchenBoss sous vide cooker to the desired final temperature according to the table above.
- 02 Use a spoon or spider strainer to gently place eggs at the bottom of the sous vide container.
- 03 Let eggs cook for 1 hour, then remove them from the water.
- 04 Heat a pan to medium heat in order to melt butter. Put muffin halves onto the pan and make sure all of the butter is absorbed. Cook muffins until golden and crisp on both sides.
- 05 Place the prosciutto on top of the crisp muffin halves and add slices of lettuce. Crack the sous vide egg on the bowl and gently place the egg on the top of the lettuce. Pour Hollandaise sauce over the eggs and enjoy.



CODDLED EGGS AND MASHED POTATOES WITH BUTTERED TOAST



Serves:
4 people



Prep Time:
15 min



Cooking Time:
1 hr 30 min

Start your day off right with perfectly cooked sous vide eggs and creamy mashed potatoes. A crowd favorite for the entire family!

Texture	Temperature Range	Timing Range
★ Light firm, runny egg	145°F (63°C)	1 hr (Recommend)

Equipment	Ingredients	Buttered Toast
- 4 x 8 oz. (237mL) glass jars	- 4 large eggs - 1/4 cup chives (24g), chopped - 3 1/2 oz. (100g) potatoes, peeled, cubed, soaked in water - 4 tbsp. unsalted butter - Salt and black pepper to taste	- 4 tbsp. unsalted butter - 3 x brioche bread, bread of choice, sliced 1" wide, crust off

Instructions

Mashed Potatoes

- 01 Bring a pot of salted water to boil. Add potatoes and cook for 10 minutes until tender but firm. Drain.
- 02 In a bowl, add potatoes and melted butter and mash until smooth. Add salt and black pepper to taste. Set aside.

Eggs and Mashed Potatoes

- 01 Preheat your KitchenBoss sous vide cooker to 145°F (63°C)
- 02 Crack the egg into a glass jar with mashed potatoes at the bottom. Place the glass jar in the preheated water bath for 1 hour.
- 03 Remove the jar from the water and open. Serve with toast.

Buttered Toast

Melt butter on medium heat in a skillet. Add sliced bread and toast in the skillet until crisp.

SALMON

WITH KIDNEY BEANS SALAD AND GREEN PEA SAUCE



Serves:
2 people



Prep Time:
20 min



Cooking Time:
2 hrs

As with most types of fish, salmon is extremely easy to overcook. This is why sous vide is the perfect method for preparing it. Your filets will emerge bright pink with a texture that is absolutely divine. Add in kidney beans, cucumber, onions, and green peas for enhanced contrast and flavor.

Texture	Temperature Range	Timing Range
Soft and buttery	110°F (43°C)	1 hr 25 min (Recommend)
★ Very moist, tender	120°F (49°C)	1 hr 25 min
Moist, firm	130°F (53°C)	1 hr 25 min

Ingredients	Salad	Green Pea Sauce
<ul style="list-style-type: none">- 2 x 4 to 5 oz. (113-141g) salmon fillet pieces, skin on- 2 tbsp. olive oil	<ul style="list-style-type: none">- 1/2 red onion, thinly sliced- 4 tbsp. kidney beans- 1 cucumber, diced into cubes- 2 tsp. lemon juice- 1 tbsp. lemon zest- 1 tbsp. extra-virgin olive oil- Salt and black pepper to taste	<ul style="list-style-type: none">- 2 cups (270g) frozen green peas, thawed- 3 tbsp. green peas water- 1 tbsp. unsalted butter- 1 tbsp. lemon juice- 1 pinch of salt
Salmon Seasoning Mix <ul style="list-style-type: none">- 2 sprigs rosemary (leaves only), chopped- 2 cloves garlic, minced- Salt and black pepper to taste		

Instructions

Green Pea Sauce

- 01 Blanch green peas in salted boiling water for 2 to 3 minutes. Strain the green peas and save some of the water for the sauce. Rinse peas with cold water to stop the cooking process (this helps the peas stay green).
- 02 Place peas, butter, and the rest of the pea sauce ingredients into a bowl and blend until smooth. Cover with plastic wrap for later use (do not heat sauce until serving).

Kidney Bean Salad

Put the desired amount of kidney beans into a bowl. Add sliced red onions and cucumber pieces with the rest of the salad ingredients in the bowl. Mix to taste.

Salmon Seasoning Mix

Mix minced garlic, chopped rosemary leaves, and salt and pepper (to taste) on a plate.

Seared Salmon

- 01 Preheat your KitchenBoss sous vide cooker to the desired final temperature according to the table above.
- 02 Season salmon with salmon seasoning mix. Place in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bags in a preheated water bath and allow salmon to cook for the appropriate time based on the table above. When the salmon is ready, remove the bag from the water bath. Carefully dry the salmon with a paper towel.
- 03 In a large skillet, heat oil over medium-high heat. Once hot, sear skin-side-down for 3 to 4 minutes until the skin is gold and crispy. Flip and sear the other side until golden brown. Serve with warm green pea sauce and kidney bean salad.



TUNA

WITH PICKLE ZUCCHINI & BUTTERNUT SQUASH PURÉE



Serves:
2 people



Prep Time:
30 min



Cooking Time:
2 hrs

A lighter meal that contains a symphony of different flavors.

Butternut Squash

Texture	Temperature Range	Timing Range
★ Medium	185°F (85°C)	1 hr 30 min (Recommend)

Tuna

Doneness	Temperature Range	Timing Range
★ Medium-Rare	110°F (43°C)	20 min (Recommend)
Medium	120°F (49°C)	20 min

Ingredients

- 1 tuna fillet, 5 to 6 oz. (141-170g), 1 1/2 to 2 inches thick
- 1 cup (125g) butternut squash, sliced
- 1 sprig fresh thyme
- 1/4 cup (60mL) whole fat milk
- 1 tbsp. unsalted butter
- 1/4 cup (36g) blackberries, halved
- Salt to taste

Pickled Vegetables

- 1 yellow zucchini, thinly sliced
- 1 cucumber, thinly sliced
- 1 cup (250mL) water
- 1/2 cup (125mL) white vinegar
- 5/8 cup (63g) white sugar
- 1 tbsp. salt

Instructions

Pickled Vegetables

- 01 In a medium saucepan, add water, white vinegar, sugar and salt. Bring to boil and stir well.
- 02 Remove the saucepan from the stove and let it cool. Add sliced zucchini and cucumber into the liquid.

Butternut Squash Purée

- 01 Preheat your KitchenBoss sous vide cooker to 185°F (85°C)
- 02 Place the butternut squash into sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bag into the preheated water bath. Let cook for 1 hour and 30 minutes.
- 03 Remove butternut squash from the bags and place it in a blender with fresh thyme, milk, butter, and salt. Blend until smooth and set aside for later.

Tuna

- 01 Preheat your KitchenBoss sous vide cooker according to the table above.
- 02 Season tuna with salt and black pepper. Place fillet into a sous vide bag. Seal the bag using a KitchenBoss vacuum sealer. Place the bag into the preheated water bath and let it cook for 20 minutes.
- 03 Remove tuna from the bag and dry with paper towels.
- 04 In a skillet, heat oil on high heat. Once hot, sear the tuna on both sides until golden brown. Remove tuna from the pan and let it rest for 5 to 8 minutes. Slice it and serve with butternut squash purée, pickle zucchini, and blackberries.

SCALLOPS WITH CHORIZO AND FRESH CORN



Serves:
2 people



Prep Time:
15 min



Cooking Time:
1 hr

For these jewels of the sea, chorizo and corn adds the right amount of zest—ideal for your next party! The sweet, white flesh of scallops contain no protective fat, making the sous vide method perfect for ensuring even cooking throughout.

Texture

★ Tender and juicy

Temperature Range

130°F (54°C)

Timing Range

25 min (Recommend)

Ingredients

- 6 x jumbo fresh scallops, side muscle removed
- 2 tbsp. olive oil
- Salt and black pepper to taste

Fresh Corn Side Dish

- 1 ear of corn
- 1/2 cup (76g) chorizo, medium diced
- 1 tbsp. olive oil
- 2 tbsp. unsalted butter
- 1 tsp. lime juice
- 1 tsp. lime zest
- 1/8 cup (13g) scallion
- 1 sprig tarragon

Instructions

Fresh Corn Side Dish

- 01 Remove kernels from fresh ear of corn.
- 02 Cook chorizo in a sauce pot on medium-high heat for 1 minute until golden brown. Save chorizo for later. In the same sauce pot, use the chorizo fat to sauté fresh corn for 3 minutes on medium heat. Add the chorizo back to the sauce pot with the rest of the fresh corn side dish ingredients and cook for 2 minutes. After 2 minutes, turn heat off and keep warm until scallops are ready.

Seared Scallop

- 01 Preheat your KitchenBoss sous vide cooker to 130°F (54°C).
- 02 Season scallops with salt and black pepper. Place in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bags in a preheated water bath for 25 minutes.
- 03 Remove each scallop from the bag and carefully dry with paper towels.
- 04 In a skillet, heat oil on medium-high heat. Once hot, sear the scallops on both sides for about 45 second until golden brown. Baste the scallops for 1 minute with butter for creamy flavor. Finally, serve your scallops with the fresh corn side dish.



MUSSELS WITH BEURRE BLANC SAUCE



Serves:
2 people



Prep Time:
10 min



Cooking Time:
15 min

A classic French sauce that is a simple and elegant finish to any seafood dish. Perfect for dinner parties during the winter season.

Doneness

★ Well done

Temperature Range

185°F (85°C)

Timing Range

4-5 min based on size
(Recommend)

Ingredients

- 1/2 lbs. (227g) fresh mussel
- 1/4 cup (50g) fresh Roma tomato, finely diced
- 1/4 cup (30g) cucumber, finely diced

Beurre Blanc Sauce

- 1/2 cup (125mL) white wine
- 2 tbsp. lemon juice
- 1 tsp. shallot, finely diced
- 1 pinch of Cayenne pepper
- 2 tbsp. heavy cream
- 1 stick 4 oz. (113g) unsalted butter, cut into 1" cubes

Instructions

Beurre Blanc Sauce

- 01** In a medium pan, add white wine, lemon juice, diced shallots, and heavy cream. Cook on medium heat to reduce the liquid until it has mostly evaporated.
- 02** Turn heat to low and start whisking while adding in butter cubes (one or two at a time). As the butter melts, add more and continue whisking. When the sauce thickens, season with salt (to taste) and add cayenne pepper for more flavor.
- 03** Use a thermos or other container to store the beurre blanc sauce. The sauce can be stored for 1 hour.

Mussels

- 01** Preheat your KitchenBoss sous vide cooker to 185 °F (85 °C).
- 02** Place the mussels in a sous vide bag. Seal the bag using a KitchenBoss vacuum sealer. Place the bag in a preheated water bath for 4-5 minutes.
- 03** Remove mussels from the bag and half deshell.
- 04** Place the half-deshelled mussels on a plate. Add diced tomatoes and diced cucumber and pour beurre blanc sauce on top to serve.



LOBSTER TAIL ON A TOASTED BUN



Serves:
2 people



Prep Time:
20 min



Cooking Time:
1 hr 30 min

Say no to rubbery or overcooked lobster meat! Sous vide cooking ensures perfectly succulent lobster each and every time. Serve in bread rolls for your guests to enjoy!

Texture	Temperature Range	Timing Range
Soft, slick	120°F (49°C)	1 hr
★ Tender, juicy	130°F (54°C)	1 hr (Recommend)
Traditional	140°F (60°C)	1 hr

Ingredients

- 2 x 5 to 6 oz. (141-170g) lobster tails
- 2 tbsp. unsalted butter
- 2 hotdog buns
- 1/4 cup (25g) celery, diced
- 1/8 cup (12g) chives, finely chopped
- 2 tbsp. mayonnaise

Aromatics

- 2 tbsp. unsalted butter
- 2 cloves garlic, smashed
- 2 tbsp. lemon zest
- 2 sprigs Tarragon

Instructions

Toasted Bun

- 01 Use a bread knife to remove crust and square off hot dog buns to make them look more appealing.
- 02 Melt butter in a pan on medium heat and place hot dog buns in the pan to absorb butter evenly on both sides. Toast until golden for later use.

Seared Lobster Tail

- 01 Preheat your KitchenBoss sous vide cooker to your preferred temperature in accordance with the table above.
- 02 Season lobster tails with salt and pepper. Place in individual sous vide bags with aromatic ingredients. Seal the bags using a KitchenBoss vacuum sealer. Place bags in the preheated water bath for 1 hour.
- 03 When the lobster tails are ready, remove the bags from the water bath. Remove tails from bags and chop into small pieces before placing them into a mixing bowl. Mix in diced celery and mayonnaise.
- 04 Spread the lobster mixture onto your butter toasted bread. Garnish with chives before serving.



SPICY SHRIMP THAI SALAD



Serves:
2 people



Prep Time:
20 min



Cooking Time:
1 hr 20 min

Simple and refreshing shrimp salad prepared in a Thai style. A great starter to accompany a heavier main course.

Texture

★ Tender & juicy

Temperature Range

125°F (53°C)

Timing Range

1 hr (Recommend)

Ingredients

- 6 x jumbo shrimps, peeled and deveined
- 1 tbsp. unsalted butter
- 1 tbsp. lemon zest
- 1/2 red onion, thinly sliced
- 1 ½ oz. (43g) dry rice noodles, boiled in water for 4 to 5 minutes
- 1 cup (60g) cilantro, chopped
- 1/2 cucumber, thinly sliced
- 1/4 cup (35g) mango, cubed
- 1/8 cup (20g) roasted peanuts, chopped
- 6 cherry tomatoes, halved

Thai Salad Dressing

- 1 tbsp. dried shrimp oven baked (350 °F (180°C)) for 5 minutes, chopped
- 2 cloves garlic, minced
- 2 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1 tbsp. cilantro stems
- 2 tbsp. lime juice
- 1 tbsp. filtered water
- 1 Thai red chili, thinly sliced

Instructions

Thai Salad Dressing

Place all salad dressing ingredients in a medium-sized sauce bowl. Stir well and set aside.

Shrimp & Rice Noodle Salad

- 01 Preheat your KitchenBoss sous vide cooker to 125°F (53°C)
- 02 Season shrimp with salt and black pepper. Place butter and lemon zest with shrimp in a sous vide bag. Seal the bag using a KitchenBoss vacuum sealer. Place the bag in the preheated water bath for 1 hour.
- 03 Remove shrimp from bag.
- 04 In a medium-sized salad bowl, place the cooked shrimp, rice noodles, sliced cucumber, cherry tomatoes, mango, chopped cilantro and Thai salad dressing. Mix well to taste. Place the salad on a plate and garnish with chopped roasted peanuts.



CHICKEN BREAST WITH ENDIVES IN A REDUCTION CREAM SAUCE



Serves:
2 people



Prep Time:
20 min



Cooking Time:
1 hr - 2 hrs 30 min

Impress your guests with pan seared chicken breasts and endives in this exquisite reduction sauce. Easily prepared with sous vide precision cooking.

Texture

Soft and moist
★ Tender and juicy
Firm and slightly stringy

Temperature Range

140°F (60°C)
140°F (60°C)
140°F (60°C)

Timing Range

1 hr
1 hr and 30 min (Recommend)
2 hrs

Ingredients

- 7 to 8 oz (200-226g). chicken breast, boneless
- 4 endives
- 1 tbsp. unsalted butter
- 50 mL Marsala wine or cooking wine of choice
- 200 mL whipped cream
- Salt and black pepper to taste

Aromatics

- 2 cloves fresh garlic
- 2 sprigs fresh thyme

Instructions

Seared Chicken Breast

- 01 Preheat your KitchenBoss sous vide cooker to 140 °F (60 °C).
- 02 Season chicken breast generously with salt and pepper. Place breast in a sous vide bag and seal it using a KitchenBoss vacuum sealer. Place the bag in the preheated water bath for your preferred time according to the table above.
- 03 Remove the chicken breast from the bag and pat it dry on both sides using paper towels.
- 04 Place a cast iron or stainless steel skillet pan over the hottest burner. Preheat the pan and add oil. Heat oil until it starts to smoke. Use tongs to gently lay the chicken breast in the pan. Add aromatics and sear both sides of chicken breast for 30 seconds until it's gold and slightly browning. Finally, remove the chicken breast from the pan, cover it with foil and let it rest for about 5 to 8 minutes.
- 05 Using the same pan on medium heat, add cooking wine to deglaze the pan. Scrape the bottom of the pan for 1 minute or until the liquid has mostly evaporated.
- 06 Add cream and simmer for about 5 minutes, then add the endives, salt and black pepper. Cook for 2 to 3 minutes.
- 07 Place the cooked endives on a plate and then add chicken breast. Serve with cream sauce.

DUCK LEG CONFIT



Serves:
2 people



Prep Time:
30 min



Cooking Time:
6 hrs

The luxury of French cuisine is within your grasp. This quick and easy method for making duck confit is outrageously good!

Texture	Temperature Range	Timing Range
★ Tender/shared	180°F (82°C)	5 hrs (Recommend)

Ingredients

- 2 x 6 to 8 oz. (226g) whole duck legs, bone-in
- 1/2 cup (120g) duck fat
- 2 cups (40g) baby arugula
- 3 baby rainbow carrots

Marinade Ingredients

- 2 sprigs tarragon, chopped leaves only
- 2 sprigs rosemary, chopped leaves only
- 2 cloves garlic, chopped
- 1 tsp. five-spice powder
- 1/4 cup (55g) salt
- 1/4 cup (50g) sugar

Whole Grain Mustard Dressing

- 1 tbsp. whole grain mustard
- 1 tbsp. lemon zest
- 1 tbsp. lemon juice
- 2 tbsp. extra-virgin olive oil
- Salt and black pepper to taste

Instructions

Whole Grain Mustard Dressing

Mix ingredients in a salad bowl. Mix well and season with salt and black pepper to taste. Set aside for later.

Duck Leg

- 01 Create marinade by mixing ingredients together. Marinate duck legs and store in the refrigerator for 2 hours.
- 02 Preheat your KitchenBoss sous vide cooker to 180°F (82°C).
- 03 Rinse duck legs and dry with a paper towel. Place legs in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bag in the preheated water bath for 5 hours. Once done, remove legs from sous vide bags.
- 04 In a skillet, heat oil on high heat until hot. Sear the duck leg on both sides until golden brown. Remove from the pan and let it rest for 5 to 8 minutes. Debone duck leg (optional) and serve guests with baby arugula salad and whole grain mustard dressing.



DUCK BREAST

WITH CARAMEL APPLE SAUCE



Serves:
2 people



Prep Time:
30 min



Cooking Time:
2 hrs - 3 hrs

Most suited for festive dinners, this recipe is sure to wow your guests! Cooking sous vide will make your duck breasts juicy and tender.

Doneness	Temperature Range	Timing Range
Medium rare	125°F (51°C)	1 hr
★ Medium	130°F (54°C)	2 hrs (Recommend)
Medium well	135°F (57°C)	2 hrs

Ingredients

- 2 x 6 to 8 oz. (226g). duck breasts, skin-on
- Salt, black pepper to taste

Stewed Sweet & Sour Red Cabbage

- 2 cups (188g) of red cabbage
- 2 tbsp. olive oil
- 3 tbsp. white sugar
- 2 tbsp. red wine vinegar
- 1/4 cup (60mL) water
- Salt and black pepper to taste

Caramel Apple Sauce

- 2 green apples, cored and sliced
- 2 tbsp. unsalted butter
- 3 tbsp. white sugar
- 2 tbsp. brandy wine or rum
- 1 cup (250mL) apple juice
- 1 tsp. cinnamon powder

Instructions

Stewed Sweet & Sour Red Cabbage

On medium-high heat, heat oil and sauté chopped red cabbage for 2 to 3 minutes. Add red wine vinegar, water, sugar and cook until soft. Add salt and black pepper to taste. Cover with foil and save for later.

Caramel Apple Sauce

Melt butter on medium heat in a saucepan until bubbles are formed and add green apple slices and cook for 3 minutes. Add sugar and cook until apple slices are light brown. Add Brandy or rum to deglaze until evaporated. Add apple juice to simmer for 2 minutes. Finally, use a blender to blend everything until smooth and set aside.

Duck Breast

- 01 Preheat your KitchenBoss sous vide cooker to your preferred final temperature according to the table above.
- 02 Season duck breasts with salt and black pepper. Place breasts in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place the bags in the preheated water bath for the appropriate time in accordance with the table above.
- 03 Remove breasts from bags and dry with paper towels.
- 04 In a skillet, heat oil on high heat. Sear the duck breast until both sides are golden brown. Remove from the pan and let it rest for 5 to 8 minutes. Slice and serve with the sweet & sour red cabbage and caramel apple sauce.



BEET SALAD WITH LEMON VINAIGRETTE



Serves:
2 people



Prep Time:
15 min



Cooking Time:
2 hrs 30 min

Simple, tasty, and fresh beet salad! An easy and healthy way to add variety to your meal! Our sous vide method is quick and helps you make the perfect beets time after time.

Texture

★ Tender

Temperature Range

185°F (85°C)

Timing Range

2 hrs (Recommend)

Ingredients

- 1 lbs. (454g) purple beets, leaves trimmed, skin-off, and halved
- 1 orange, sliced and skin-off
- 1/4 cup (30g) salted nut mix, chopped
- 1 tbsp. feta cheese
- 1/4 cup (45g) cooked quinoa
- 2 cups (40g) baby arugula

Lemon Vinaigrette

- 2 tbsp. lemon juice
- 1 tbsp. lemon zest
- 2/3 cup (150mL) extra-virgin olive oil
- 1 tbsp. white vinegar
- 2 tsp. Dijon mustard
- 1 tbsp. honey
- 1/4 cup (60mL) water

Instructions

Lemon Vinaigrette

Add all lemon vinaigrette ingredients in the bowl and mix well to serve later.

Beets

- 01 Preheat your KitchenBoss sous vide cooker to 185°F (85°C).
- 02 Lightly season beets with salt and black pepper. Place beets in individual sous vide bags. Seal the bags using a KitchenBoss vacuum sealer. Place bags in the preheated bath and cook for 2 hours.
- 03 Once ready, remove beets from the bags and cut into cubes.
- 04 Mix cubed beets with arugula, orange slices, feta cheese, salt, black pepper, and lemon vinaigrette in the salad bowl and serve.

KING OYSTER MUSHROOMS

WITH GARLIC VINAIGRETTE



Serves:
2-3 people



Prep Time:
15 min



Cooking Time:
1 hr

Bring out the flavors of your king oyster mushrooms with this garlic vinaigrette. Quick to prep and perfect for those who don't eat meat.

Texture

★ Tender

Temperature Range

185°F (85°C)

Timing Range

45 min (Recommend)

Ingredients

- 12 oz. (340g) king oyster mushrooms, shredded into pieces

Garlic Vinaigrette

- 4 cloves fresh garlic, minced
- 1/4 cup (60mL) vegetable oil
- 1 tbsp. sesame oil
- 1 scallion, sliced
- 1 fresh red chili, thinly sliced
- 2 tbsp. white vinegar
- 3 tbsp. soy sauce
- 1 tbsp. white sugar

Instructions

Garlic Vinaigrette

Place minced garlic and sliced chili into a bowl. Heat the vegetable oil in a saucepan until it lightly smokes. Pour the hot oil into the bowl and gently mix with the minced garlic and sliced chili. Add sliced scallions, sesame oil, white vinegar, soy sauce and white sugar. Mix well and set aside.

King Oyster Mushroom

- 01 Preheat your KitchenBoss sous vide cooker to 185°F (85°C).
- 02 Place the king oyster mushrooms into a sous vide bag. Seal the bag using a KitchenBoss vacuum sealer. Place the bag in the preheated water bath for 45 minutes.
- 03 Remove mushrooms from the bag and strain.
- 04 In a salad mixing bowl, mix the cooked mushrooms with the garlic vinaigrette (to taste).

CREME BRÛLÉE



Serves:
3 people



Prep Time:
15 min



Cooking Time:
2 hrs

Here's our take on this classic French dessert. This rich vanilla custard is perfect for ending any feast on a sweet note.

Texture

★ Silky, soft-set

Temperature Range

185°F (85°C)

Timing Range

1 hr 30 min (Recommend)

Equipment

- 8 oz. (237mL) glass jar
with lid

Ingredients

- 4 large egg yolks
- 1 $\frac{3}{4}$ cups (420g) heavy cream
- 1 tbsp. vanilla extract
- $\frac{3}{8}$ cup (38g) white sugar

Garnish

- 3 tbsp. white sugar
- 2 strawberries, diced
- 2 sprigs mint leaves

Instructions

- 01 Preheat your KitchenBoss sous vide cooker to 185 °F (85 °C)
- 02 Place egg yolks, sugar, and vanilla extract into a medium bowl and mix well. In a saucepan, warm the heavy cream to 185 °F (85 °C). Turn off heat and pour a small amount of cream into the yolk mixture to temper. Whisk the mixture while pouring in the remaining cream. Use a fine strainer to strain the mixture into glass jars. Whisk strainer to speed up the process.
- 03 Cover the jars with lids. Place the jars into the preheated water bath for 1 hour and 30 minutes.
- 04 After the cooking time is reached, remove lids and store in the refrigerator for 2 hours.
- 05 Prior to serving, add sugar on the surface of each creme brûlée and use a cooking torch to caramelize. Add diced strawberries and mint leaves to garnish.



RED WINE POACHED PEARS WITH VANILLA ICE CREAM



Serves:
2-4 people



Prep Time:
15 min



Cooking Time:
2 hrs 30 min

Pull out all the stops with this sophisticated dessert item that is sure to impress. Perfect for holiday potlucks!

Texture

★ Soft & flavorful

Temperature Range

185°F (85°C)

Timing Range

2 hrs (Recommend)

Ingredients

- 2 ripe Bosc pears, cored and peeled
- 1 cup (250mL) of red wine
- 1/2 cup (100g) brown sugar
- 1/2 tsp. salt
- 3 tbsp. lemon zest
- 3 tbsp. orange zest
- 1 cup (150g) vanilla ice cream

Instructions

Stewed Bosc Pears

- 01 Preheat your KitchenBoss sous vide cooker to 185°F (85°C).
- 02 Place all of the ingredients except for ice cream in a vacuum-sealed bag. Place the bag into the preheated water bath for 2 hours.
- 03 Once done, remove Bosc pears from the bag and save the red wine liquid mixture.
- 04 Slice pears into pieces and serve with the red wine liquid mixture and vanilla ice cream.