

SousVide Supreme
Recipes

SousVide
SUPREME



SousVide Supreme *Recipes*

The selection of recipes that follows has been designed specifically for your SousVide Supreme™ water oven, and will get you well on your way to cooking great chicken, beef, fish, vegetables and even dessert. Whatever your taste, there is something sure to please. Refer to the User Manual for general information and instruction on sous vide cooking, and the enclosed cooking chart for recommended times and temperatures. For more delicious recipes, cookbooks, and sous vide cooking products, visit us at SousVideSupreme.com.

Flank Steak Sous Vide

Serves 4

Cooking time: minimum 8 hours

1½ pounds (48 oz/.68 kg) flank steak

**1 packet SousVide Supreme Canadian Steak Seasoning Blend,
or 1 SousVide Supreme Steakhouse Seasoning Sheet**

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare).

Step 1: Season

Sprinkle salt and SousVide Supreme Canadian Steak Season Blend liberally on both sides of the meat, or trim and place a Steakhouse Seasoning Sheet on one or both sides of the meat.

Step 2: Seal

Vacuum seal the meat in a large (1 gallon/3.785 liter) food pouch and refrigerate at least 2 hours or, better, overnight.

Step 3: Simmer

Place food pouch into a 134°F (56.5°C) water bath for 8 to 12 hours. When cooking time has elapsed, remove the pouch from the water bath and allow the meat to cool at room temperature for 10 to 15 minutes.

Step 4: Sear

Just before serving, lightly oil a grill pan, grill, or skillet and heat to nearly the smoking point (very hot). Remove meat from pouch, discard the Seasoning Sheet, if using, pat dry with paper towels, and sear the meat for 60 seconds on each side.

Step 5: Serve

Serve straight from the grill with your favorite steak sauce or with Chimichurri Sauce (see page 15).

Steaks in Browned Butter

Serves 1–4

Cooking time: minimum 30 minutes for 1-inch (2.5 cm);

2 hours for 2-inches (5 cm) or up to 4 hours

1 to 4 tender steaks (rib eye or filet mignon) 1 to 2 inches (2.5–5 cm) thick

Coarse salt

Freshly ground black pepper

Garlic powder

Bacon grease (rendered bacon fat) or unsalted butter (optional)

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare).

Step 1: Season

Sprinkle each steak lightly with salt, pepper, and garlic powder on both sides.

Step 2: Seal

Though no fat is necessary, if desired, place a generous tablespoon (.5 oz/15 g) of bacon grease or butter into the center of the food pouch and press sides together to distribute the fat across the middle of the pouch. (Avoid the area immediately beneath the vacuum valve or membrane if present in the pouch.)

Place each steak into a suitably sized pouch, leaving ample room to seal the pouch. Vacuum the air from the pouch as completely as possible, according to your machine's instructions.

Step 3: Simmer

Place the pouch(es) into the pouch rack slots and then lower the rack into the preheated SousVide Supreme water oven. Be sure the meat is submerged fully throughout the cooking process. At the appropriate time, remove the pouches from the water oven onto the inverted lid and allow them to cool for about 10 minutes at room temperature, or quick chill and refrigerate up to 48 hours. Allow chilled meat to come to room temperature before searing in step 4.

Step 4: Sear

When ready to serve, open the pouches and remove the steaks. Pat the surface dry with a paper towel. Heat 2 tablespoons (1 oz/30 g) of unsalted butter in a skillet (one large enough to hold the steaks comfortably or sear in batches) over medium high heat. When the butter foams and just begins to color (don't let it burn) place the steaks into the skillet and allow them to gently reheat and brown on the surface, no more than 1 minute on each side.

Step 5: Serve

Place each steak on a warmed plate and drizzle the remaining browned butter over the meat.

Succulent Lamb T-Bone Chops

Serves 4

Cooking time: minimum 1 hour for 1-inch (2.5 cm);

3 hours for 2-inches (5 cm) or up to 4 hours

8 lamb T-bone chops

Coarse salt

Freshly ground black pepper

1 packet SousVide Supreme New Zealand Lamb Rub Seasoning Blend

Fill and preheat the SousVide Supreme to desired serving temperature (134°F/56.5°C for medium rare)

Step 1: Season

Lightly salt and pepper the chops and generously sprinkle SousVide Supreme New Zealand Lamb Rub on both sides.

Step 2: Seal

Place two seasoned chops into each appropriately sized (1 quart/.95 liter) pouch and seal.

Step 3: Simmer

Place the pouches into the pouch rack, ensuring that the meat is fully submerged beneath the surface of the water bath. Cook chops for at least 1 hour and up to 4 hours. Cooking beyond 4 hours can result in excessive softening of the meat. At the appropriate time, remove the pouches from the water oven into the inverted lid and allow to cool in the pouches for about 10 minutes at room temperature. You may also quick chill in an ice water bath (half ice, half water) for at least one hour and refrigerate for use up to 48 hours. Allow chilled meat to come to room temperature before searing in step 4.

Step 4: Sear

When ready to serve, open the pouches and remove the chops. Pat the surface dry with a paper towel. Heat 2 tablespoons (1 oz/30 g) of unsalted butter in a skillet (one large enough to hold the chops comfortably or sear in batches) over medium high heat. When the butter foams and just begins to color (don't let it burn) place the chops into the skillet and allow them to gently reheat and brown on the surface for 30 seconds to 1 minute on each side.

Step 5: Serve

Place the chops onto warmed plates, pour the browned butter over them, and serve with minted vinegar or mint jelly, if desired.

Tender and Juicy Pork Chops

Serves 1–4

Cooking time: Minimum 4 hours

1 to 4 double thick boneless pork chops (about 2-inches/5cm thick)

Coarse salt (omit if brining chops)

Freshly ground black pepper

Garlic powder

Onion powder

Paprika

Bacon fat and/or butter (optional)

For best results, brine the pork chops overnight in the refrigerator. Make the brining solution by dissolving $\frac{1}{8}$ cup (1 oz/30 g) kosher salt in 1 quart (23 fl oz/.95 liters) of water in a 1 gallon (3.785 liter) zip closure bag or large covered container. Place the chops into the brine, seal or cover, and refrigerate 4 hours or up to overnight. When ready to cook, remove the chops from the brine and discard the brining liquid. Rinse the chops in cold water. Pat dry.

Fill and preheat the SousVide Supreme to desired serving temperature (140°F/60°C for medium).

Step 1: Season

Sprinkle the chops lightly on both sides with each of the seasonings, omitting the salt if you brined the chops beforehand.

Step 2: Seal

If desired, place a generous tablespoon (.5 oz/15 g) of bacon fat or butter into each vacuum pouch (suitable to hold 1 to 2 chops) and press the sides of the pouch together to distribute the fat across the interior. Place seasoned chops into the pouch(es).

Step 3: Simmer

Place the pouches into the pouch rack and load into the SousVide Supreme water oven. Be sure that all the meat is fully submerged below the surface of the water in the bath. Cook at the target temperature for at least 4 hours, but no more than 8.

When ready to serve, remove pouch(es) from the water bath and place into inverted lid. Allow chops to cool for 10 to 15 minutes at room temperature before proceeding, or quick chill and store in refrigerator for use within 48 hours. Bring refrigerated chops to room temperature before searing.

Remove the chops from the pouch(es) and pat the surface of the meat dry with a paper towel.

Step 4: Sear (3 methods given)

On the stovetop: Melt 2 tablespoons (1 oz/30 g) of butter or vegetable oil in a skillet over medium high heat. When it foams, place the chops into the skillet to

gently reheat and brown for approximately 1 minute on each side.

On the grill: Oil the grates of the grill. Preheat the grill to hot (450°F/232°C to 500°F/260°C). Sear chops on the grill for 1 minute per side.

With a kitchen torch: Place a pat of soft butter onto each chop. With a slow, gentle motion, sear the surface of the meat (just the top side) with the torch until the meat slightly browns and the butter bubbles.

Step 5: Serve

Place each chop on a warmed plate. If you seared on the stovetop, pour any remaining browned butter over the chops.

Twice Cooked Pork

Serves 4

- 1 pound (16 oz/0.45 kg) sous vide cooked pork (chops or tenderloin)**
- 1 teaspoon (.17 oz/5 g) Chinese Five Spice Powder**
- ¼ teaspoon (.04 oz/1.25 g) garlic powder**
- ¼ teaspoon (.04 oz/1.25 g) black pepper**
- 2 tablespoons (1 fl oz/30 ml) sesame oil**
- 2 cloves garlic, peeled and diced**
- ½ small white onion, peeled and sliced**
- 4 heads baby bok choy, washed and patted dry**
- 4 baby carrots, cut into julienne matchsticks**
- 4 ounces (118 g) fresh mushrooms, sliced**
- 2 tablespoons (1 fl oz/30 ml) soy sauce**
- 1 teaspoon (.17 oz/5 ml) dark (toasted) sesame oil (optional garnish)**
- Salt and pepper to taste (remember the soy sauce is quite salty itself)**
- (Cooked rice or noodles for serving)**

1. Slice the pork into 1–2-inch (2.5–5mm) squares about ¼ inch (6 mm) thick.
2. Sprinkle the pork with the Five Spice powder, garlic powder and black pepper.
3. Heat sesame oil in a wok or large skillet over high heat until nearly smoking.
4. Add the garlic, onions and stir fry briefly (about 30 seconds to 1 minute).
5. Add the bok choy and carrots and a few grinds of black pepper; stir fry about 2 minutes.
6. Add the mushrooms, and soy sauce and stir fry another 2 minutes until the mushrooms begin to soften.
7. Add the pork and cook just sufficiently to heat it through, about 1 minute.
8. Remove from heat and, if using, drizzle the dark sesame oil over the surface and toss to coat. Taste; adjust salt/pepper, if needed.
9. Serve immediately over cooked white or brown rice, cellophane noodles, or soba noodles.

Cajun Chicken Sous Vide

Serves 1 to 4

Cooking time: Minimum 2 hours

1 to 4 boneless, skinless chicken breasts or thighs

1 to 4 tablespoons (.5–2oz/15–60 g) unsalted butter, softened

1 to 4 teaspoons (.17–.68 oz/5–20 g) SousVide Supreme Tangy Cajun Spice Blend

Coarse salt (omit if brining chicken)

For best results, brine the chicken overnight in the refrigerator. Make the brining solution by dissolving 1/8 cup (1 oz/30 g) kosher salt in 1 quart (23 fl oz/.95 liters) of water in a 1 gallon (3.785 liter) zip closure bag or large covered container. Place the chicken into the brine, seal or cover, and refrigerate 4 hours or up to overnight. When ready to cook, remove the chicken pieces from the brine and discard the brining liquid; rinse the chicken in cold water. Pat dry.

Fill and preheat the SousVide Supreme to desired serving temperature (white meat: 140–146°F/60–63°C for medium; dark meat: 176°F/80°C).

Step 1: Season

Sprinkle the chicken pieces lightly on both sides with coarse salt (if you did not brine the chicken.) Although added fat is not necessary, if desired you may make a compound butter by mixing 1 tablespoon (.5 oz/30 g) softened butter per piece of chicken with 1 teaspoon (.17 oz/5 g) of the SousVide Supreme Tangy Cajun Spice Blend.

Step 2: Seal

If using, place a generous tablespoon (.5 oz/15 g) of compound butter into each food pouch, suitably sized to hold 1 or at most 2 breasts or thighs. Place the chicken into the food pouch and vacuum seal.

Step 3: Simmer

Place the sealed food pouches into the water bath, using the universal pouch rack to position them below the surface of the water. Cook at target temperature for at least 2 hours or up to 4 hours.

Step 4 / 5: Sauce / Serve

Remove cooked chicken from pouch and serve immediately straight from the pouch or topped with Spicy Peach Salsa (see page 15) or your favorite sauce.

Bonus Step: Save

You may also quick cool the pouch in ice water (half ice, half water) for 1 hour and refrigerate to reheat, or use in chicken salad or quick soups for up to two to three days.

Pan-Seared Chicken Breast

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: Minimum 2 hours

4 (6 oz/170 g) boneless, skinless chicken breasts

2–3 tablespoons (1–1.4 fl oz/30–40 ml) high smoke point oil, such as grapeseed, peanut, safflower, or vegetable

Salt and black pepper to taste

Fill and preheat the SousVide Supreme to 146°F/63.5°C.

Step 1: Season

Not required until finishing

Step 2: Seal

Place each chicken breast into a separate food pouch and vacuum seal.

Step 3: Simmer

Place the sealed pouches into the pouch rack of the SousVide Supreme and cook for at least 2 hours.

Step 4: Sear

Remove the chicken breasts from their pouches and pat them dry with paper towels. Heat the oil in a large skillet over high heat, watching carefully, until the oil just begins to smoke.

Working in batches if needed to prevent overcrowding the pan, place chicken breasts in the skillet and sear until golden brown.

Remove the chicken from the pan and season with salt and pepper. Wipe out the skillet and repeat with remaining chicken breasts.

Step 5: Sauce / Serve

If desired, top with Creamy Spinach and Bacon Sauce (see page 16) or your favorite sauce. Serve immediately.

Pan Seared Diver Scallops

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 40 minutes

1½ pounds (24 oz/0.7 kg) large fresh scallops (diver caught)

**2-3 tablespoons (1–1.4oz/30–40 ml) high-smoke-point oil
(peanut, safflower or vegetable)**

Salt and black pepper to taste

Fill and preheat the SousVide Supreme to 140°F/60°C.

Wash the scallops in clear water and pat dry with paper towels. If it remains, remove the tough “tendon” attachment with a sharp knife.

Step 1: Season

Sprinkle lightly with salt and black pepper.

Step 2: Seal

Place 1 or 2 scallops per food pouch and vacuum seal.

Step 3: Simmer

Place the pouches into the pouch rack of the SousVide Supreme and cook for 30 to 40 minutes. Set the timer for 40 minutes, as cooking for an extended time could result in a loss of textural quality.

Step 4: Sear

Remove the scallops from their pouches and pat them dry with paper towels. Heat the oil in a large skillet over high heat, watching carefully, until the oil just begins to smoke. Place scallops in the skillet (do not crowd them and work in batches if needed, wiping out the skillet with paper towels and replacing the oil between batches.) Quickly sear the scallops to a golden brown on top and bottom, about 30 seconds to 1 minute at most per side.

Step 5: Serve

Immediately with vegetables or over pasta dressed simply with butter, freshly grated Parmesan cheese, garlic and chopped parsley.

Salmon Sous Vide

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 50 minutes

1 pound (16 oz/0.5 kg) salmon, with skin removed

Salt and pepper to taste

Fill and preheat SousVide Supreme to 140°F/60°C.

Check salmon and remove any pin bones from the fillet using clean needle-nosed pliers or tweezers. Divide the salmon fillet into 4 pieces.

Step 1: Season

Sprinkle lightly with salt and pepper

Step 2: Seal

Place each piece of fish into a food pouch and vacuum seal.

Step 3: Simmer

Place the sealed food pouches into the pouch rack in the water bath of the SousVide Supreme and cook for 40 to 50 minutes. Set timer for 50 minutes as longer cooking times can result in loss of textural quality. You may continue to Sauce/Serve steps, or at this point, you may quick chill the fish in the food pouch in ice water (half ice, half water) for 1 hour and refrigerate for chilled use.

Step 4: Sauce (optional)

Remove the cooked salmon from the pouches, pat the fillets dry with paper towels and top with Teriyaki Sauce or Cucumber Dill Sauce (see page 11) or your favorite sauce for fish.

Step 5: Serve

Serve immediately hot or chill (before saucing) and use to make salmon salad or as cold poached salmon to serve with a garlic mayonnaise.

Salmon with Cucumber Dill Sauce

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

Cooking time: 50 minutes

1½ pounds ((24 oz/0.7 kg) skinless salmon fillets

2 tablespoons (1 oz/30 g) butter

½ small onion, peeled and chopped

1 rib celery, chopped

4 whole cloves

1 bay leaf

Juice of 1 lemon

Fill and preheat the SousVide Supreme to 140°F/60°C.

Remove any pin bones from the salmon using clean tweezers or needle-nosed pliers and divide the fish into 4 equal pieces.

Step 1: Season

Melt butter in a skillet over medium heat. Add onion and celery and cook, stirring occasionally, until mixture is softened and the onion is translucent. Add the cloves and bay leaf and cook until fragrant, another minute or so. Transfer the onion mixture to a bowl and stir in the lemon juice.

Step 2: Seal

Place one piece of fish into each of four food pouches. Divide the onion mixture evenly among the pouches and vacuum seal each bag. If using a hand pump vacuum device, take care to keep the onion mixture clear of the vacuum membrane area to prevent clogging.

Step 3: Simmer

Place the pouches into the pouch rack of the SousVide Supreme and cook for 40 to 50 minutes. Set the timer for 50 minutes, as cooking for longer periods can result in a loss of textural quality.

Step 4: Sauce

Prepare one recipe of **Cucumber Dill Sauce** for Salmon as follows:

1 cucumber, peeled, seeded, and shredded—you will need about ½ cup (4.4 oz/130 g)

1 cup (8.5 oz/242 g) sour cream

2 tablespoons (1 oz/30 g) mayonnaise

1 tablespoon (.3 oz/8 g) minced fresh parsley

1 scant teaspoon (.07 oz/2 g) dill weed

Salt and black pepper to taste

In a small bowl, stir together the cucumber, sour cream, mayonnaise, parsley and dill. Season with salt and pepper. Cover with plastic wrap, and refrigerate

until needed.

Step 5: Serve

Remove cooked salmon from pouch. Discard the onion mixture. Top with chilled Cucumber Dill Sauce.

Buttered Baby Beets Sous Vide

Serves 4 to 6

Cooking time: Minimum 1½ hours

12 to 16 small fresh beets, about 1½ to 2-inch (37–50 mm) diameter

2 tablespoons (1 oz/30 g) softened butter

½ teaspoon (.1 oz/3 g) salt (or to taste)

¼ teaspoon (.03 oz/1 g) freshly ground black pepper (or to taste)

Fill and preheat SousVide Supreme to 183°F/83°C.

Trim the root and tops of the beets, if necessary, and scrub them thoroughly with a brush under running water. Pat dry. Slice the beets in half.

Step 1: Season

Place beets into an appropriately sized food pouch, taking care that they are in a single layer. Add the butter, salt and pepper.

Step 2: Seal

Vacuum seal the food pouch according to the manufacturer's directions.

Step 3: Simmer

Place the pouch into the universal pouch rack and be sure the beets are fully below the surface of the water bath. Cook for at least 2 hours, but up to 4 hours will not significantly affect their texture.

Step 4: Serve

When cooking time has elapsed, remove pouch from water oven, open and serve straight from the pouch.

Bonus Step: Save

You may also quick chill the beets in ice water (half ice, half water) for 1 hour and refrigerate for use for up to 3 days.

Rosemary and Garlic New Potatoes

Serves 4

Cooking time: Minimum 1½ hours

8 to 10 red skinned new potatoes

Coarse salt

Freshly ground black pepper

Garlic powder

2 teaspoons (.34 oz/10 g) fresh rosemary, finely minced

1 tablespoon bacon (.5 fl oz/15 ml) grease (rendered bacon fat) or unsalted butter, or olive oil

Fill and preheat SousVide Supreme to 183°F/83°C.

Scrub and rinse the potatoes and pat dry. Leaving on the skins, cut each potato into quarters.

Step 1: Season

Drizzle the potatoes with a scant bit of olive oil and toss to coat evenly. Season the potatoes with a sprinkling of salt, pepper, and garlic powder. Finely mince the rosemary and sprinkle it onto the potatoes.

Step 2: Seal

If desired, put a tablespoon (.5 fl oz/15 ml) of bacon grease (rendered bacon fat) or butter into an appropriately sized food pouch, add the seasoned potatoes and distribute them into a single layer and seal. Remove as much air as possible; do not overfill the pouch.

Step 3: Simmer

Place the pouch into the pouch rack and cook for a minimum of 1½ to 2 hours. Be sure that the food is entirely submerged below the surface of the water bath.

Step 4: Sauce / Sear

Not necessary

Step 5: Serve / Save

Open pouch and serve immediately or quick chill in ice water (half ice, half water) for 1 hour and refrigerate for up to 3 days. Reheat¹ as a side dish or use in soups, or use directly from the refrigerator in potato salad or wraps.

¹ You may reheat in the bag in your SousVide Supreme at 183°F (83°C) for at least 30 minutes, or open the bag to reheat in the microwave for 1 minute on high, stir contents and heat again in 30 second bursts until heated through. To reheat on the stovetop, open pouch and pour potatoes into a skillet or saucepan over low to medium heat until just heated through.

Spiced Whole Apples

Serves 4

Cooking time: Minimum 1½ hours

4 small tart apples, peeled and cored

4 tablespoons (2 oz/60 g) unsalted butter, softened

1 lemon, juice and zest

½ teaspoon (.1 oz/3 g) salt

½ teaspoon (.07 oz/2 g) ground cinnamon

¼ teaspoon (.03 oz/1 g) ground nutmeg

1 teaspoon (.17 oz/5 g) brown sugar

1 tablespoon (.5 oz/15 g) raisins

½ cup (4.2 oz/ 125 ml) whipped cream, sweetened

Ground cinnamon and fresh mint leaves for garnish, optional

Fill and preheat SousVide Supreme to 183°F/83°C.

Zest the lemon and reserve zest. Juice the lemon over the apples.

Step 1: Season

In a small bowl, mix together the butter, lemon zest, salt, cinnamon, nutmeg, and brown sugar. Stir in the raisins. Divide the butter mixture among the apples, packing it well into the center core area.

Step 2: Seal

Place apples, 2 per pouch, into 1 quart (.95 liter) sized pouches. Evacuate as much air as possible from the pouches and seal.

Step 3: Simmer

Place pouches into the slots of the pouch rack and invert the rack in the SousVide Supreme water bath to hold them in place, beneath the water surface, during cooking.

Step 4: Sear / Sauce

Not necessary, although delightful with a caramel sauce.

Step 5: Serve

Serve these delicious apples straight from the pouch, topped with a dollop of sweetened whipped cream, a sprig of fresh mint, and a sprinkle of cinnamon.

Chimichurri Sauce

Serves 4

- 4 garlic cloves
- 2 cups (500 g) fresh parsley leaves
- 1 cup (250 g) fresh cilantro leaves
- 1 or 2 Serrano peppers, as desired, stemmed and seeded
- ¾ cup (6.26 oz/185 ml) extra-virgin olive oil
- 2 tablespoons (1 fl oz/30 ml) sherry vinegar
- 2 tablespoons (1 fl oz/30 ml) lemon juice
- 2 teaspoons (.34 oz/10 g) ground cumin
- 2 teaspoons (.34 oz/10 g) dried oregano
- ½ teaspoon (.1 oz/3 g) salt (or to taste)
- ½ teaspoon (.06 oz/2 g) black pepper (or to taste)

1. Put the garlic, parsley, cilantro and jalapeno into the bowl of a food processor and pulse to mince.
2. Add the seasonings, vinegar, and lemon juice and pulse 3 or 4 times to mix.
3. With the motor running, stream in olive oil until the mixture is pureed.
4. Transfer to a bowl, cover, and set aside. To hold longer than half an hour, cover tightly and refrigerate.

Spicy Peach Salsa

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

- 1 cup (150 g) fresh peaches, peeled and diced
- ¼ cup (40 g) chopped yellow onion
- 1–2 jalapeño chiles, seeded and chopped
- 1 tablespoon (.17 oz/5 g) grated fresh ginger
- 1 tablespoon (.5 fl oz/15 ml) lime juice
- 1 teaspoon (.17 fl oz/5 ml) balsamic vinegar
- Salt and black pepper to taste

1. In a bowl, stir together the peaches, onion, peppers, ginger, lime and vinegar.
2. Season with salt and pepper to taste.
3. Cover and refrigerate until needed.
4. Delicious on chicken breasts, shrimp, scallops, or fish.

Creamy Spinach and Bacon Sauce

Recipe from *Sous Vide for the Home Cook*, courtesy of Douglas Baldwin

Serves 4

8 ounces (225 g) frozen chopped spinach, cooked and drained

½ cup (4.2 fl oz/125 ml) half-and-half

2 slices bacon, chopped

2 cloves garlic, put through a garlic press

¼ cup (2 fl oz/60 ml) chicken broth

2 teaspoon (.3 oz/10 ml) white vinegar

Salt and black pepper to taste

Pinch freshly ground nutmeg

1. Put the cooked spinach and half-and-half in a blender and process until smooth.
2. In a skillet over medium heat, cook the bacon until crispy; remove the bacon with a slotted spoon and reserve.
3. Add the garlic and cook until fragrant and golden brown.
4. Add ¼ cup (2 fl oz/60 ml) chicken broth and the vinegar and stir.
5. Stir in the spinach mixture; cook, stirring constantly, until it comes to a boil.
6. Stir in the reserved bacon and season with salt and pepper. Reduce heat to low and cover until ready to serve.

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