



GUIDE TO BEEF & VEAL

BEEF CUTS EXPLAINED

TENDER & THIN
 TENDER & THICK
 TOUGH & THIN
 TOUGH & THICK

Some of the best steak & roast cuts.

- Rib Eye Steak
- Rib Eye Roast
- Short Ribs

Plenty of connective tissue that melts during cooking.

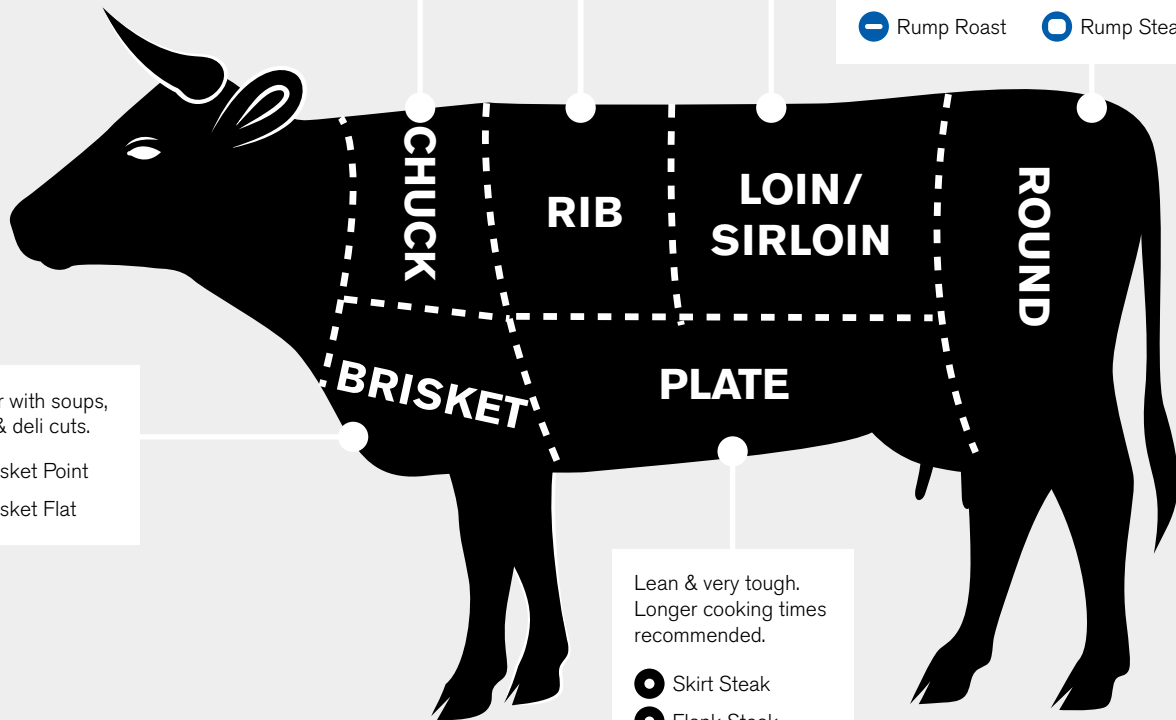
- Flat Iron
- Pot Roast

The best cut for tenderness & flavour.

- Tenderloin Roast
- Tenderloin Steak (Filet Mignon)
- Porterhouse Steak
- T-Bone Steak
- Top Loin Steak
- Sirloin Steak

Regarded for its leanness, moderately tough.

- Rump Roast
- Rump Steak



Popular with soups, stews & deli cuts.

- Brisket Point
- Brisket Flat

Lean & very tough. Longer cooking times recommended.

- Skirt Steak
- Flank Steak

COOKING IT RIGHT

		<input type="radio"/> TENDER & THIN 1-1.5 Inches	<input checked="" type="radio"/> TENDER & THICK 2-3 Inches	<input checked="" type="radio"/> TOUGH & THIN 1-1.5 Inches	<input type="radio"/> TOUGH & THICK 2-3 Inches
Rare	122°F (50°C)	Not Recommended			
Medium Rare	131°F (55°C)	 1-2 Hours	2.5-3 hours to pasteurize	4.5-6.5 hours to pasteurize	
Medium	140°F (60°C)		1.5-2 hours to pasteurize	2.5-4 hours to pasteurize	24 hours to tenderize
Well Done	150°F (66°C)		1-1.5 hours to pasteurize	2-3 hours to pasteurize	36-72 hours to tenderize



GUIDE TO PERFECT PORK

ALL ABOUT PORK CUTS

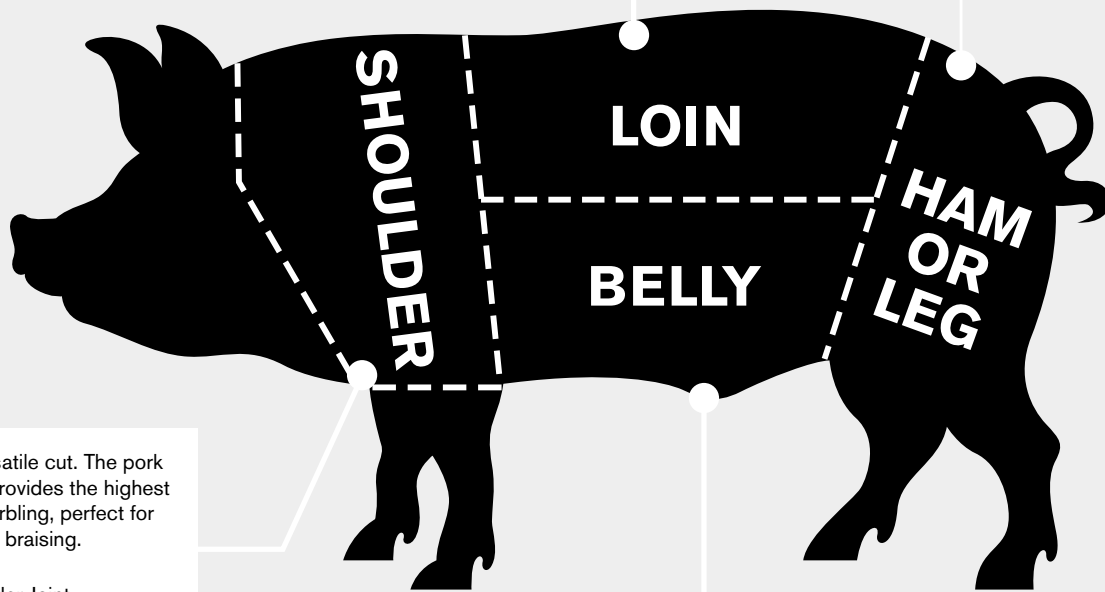
⊖ THIN CUTS 1 - 1.5 INCHES ⊙ THICK CUTS UP TO 2.5 INCHES

The back section along both sides of the backbone. Includes the tenderloin, the leanest and most tender cut. Also provides the back ribs.

- ⊖ Tenderloin/Fillet ⊙ Boneless Roasts or Joints
- ⊖ Chops & Steak ⊙ Baby Back Ribs

A tougher cut, cooking low and slow makes the meat more tender.

- ⊖ Leg Cutlet
- ⊙ Leg Joints



A very versatile cut. The pork shoulder provides the highest level of marbling, perfect for roasting or braising.

- ⊖ Shoulder Joint
- ⊙ Shoulder Steak

Belly pork is wonderfully rich - and value for money! Cooking low and slow reduces the fat and results in luscious and succulent indulgence.

- ⊖ Spare Ribs
- ⊙ Belly



GIVE A FORK ABOUT YOUR PORK

- There are about **a billion** pigs in the world at any one time.
- Pork tenderloin cuts are **almost as lean as skinless chicken breast**.
- Weight-wise, pork is by far the **most widely consumed** meat, with about 100 tons eaten annually.

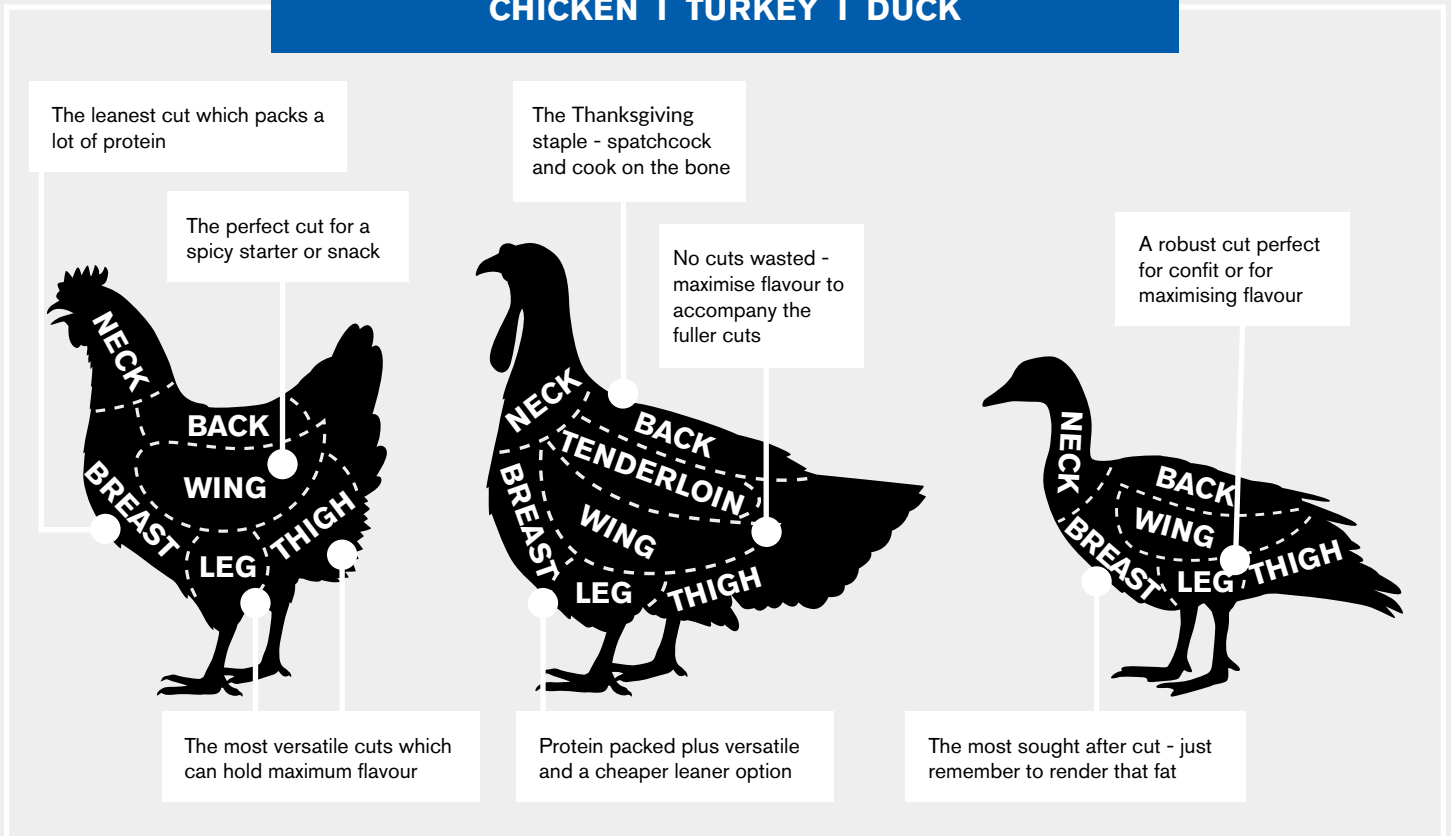


⊖ COOKING THIN CUTS OF PORK ⊙ COOKING THICK CUTS OF PORK

PINK & MOIST		TRADITIONAL STYLE		SOFT & MOIST		TRADITIONAL STYLE	
133-136°F 56-58°C	1.5-2.0 hours	140°F 60°C	1.5-2.0 hours	135-140°F 57-60°C	24-48 hours	150-167°F 66-75°C	8-12 hours
2.5 hours to pasteurize		2.5 hours to pasteurize		4 hours to pasteurize		2.5 hours to pasteurize	

POULTRY CUTS EXPLAINED

CHICKEN | TURKEY | DUCK

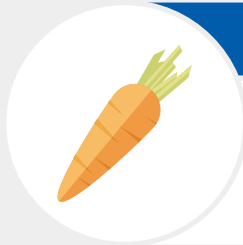


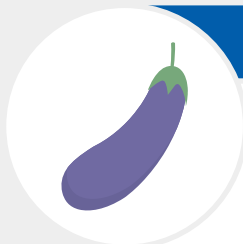
PROTEIN	WEIGHT	HOW COOKED?	COOKING TEMP	COOKING TIME	ENERGY USED KWH
Chicken Breast	150g	Pasteurized/Moist	143.6°F (62°C)	1hr 20mins	0.648
Chicken Leg	200g	Pasteurized/Moist	176°F (80°C)	4hr 30mins	1.591
Turkey Breast	2kg	Pasteurized/Moist	145.4°F (63°C)	6hrs	1.234
Duck Breast	180g	Medium	140°F (60°C)	1hr 30mins	0.597
Duck Leg	350g	Confit	179.6°F (82°C)	8hrs	2.446
Pheasant Breast	150g	Pasteurized/Moist	140°F (60°C)	45mins	0.424




GUIDE TO VEGETABLES

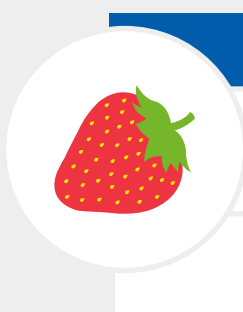
COOK YOUR GREENS RIGHT

	ROOT VEGETABLES	TEMP/TIME	NOTES
	Beet, carrot, potato, turnip, yam, daikon (Japanese radish), radish, parsnip, celeriac, potato, water chestnut, artichoke.	183°F (84°C) 1 - 4 hours	Up to 1 inch thick. Chop, dice or split them as needed.

	OTHER VEGETABLES	TEMP/TIME	NOTES
	Corn, eggplant (aubergine), fennel, onions, squashes	183°F (84°C) 45 min - 2 hours	Up to 1 inch thick. Chop, dice or split them as needed.

	LEGUMES	TEMP/TIME	NOTES
	Beans (borlotti, navy, black, butter, azuki, pinto etc)	183°F (84°C) 6 - 24 hrs	Pre-soak beans for 6 - 8 hours before hand. Cook with sufficient liquid (water or stock) in the bag as the beans will absorb them.
	Chickpeas	183°F (84°C) 6 - 9 hrs	Pre-soak recommended, then add flavoring (herbs, oil, salt) in bag before cooking.
	Lentils	183°F (84°C) 1 - 3 hrs	Add flavoring (herbs, oil, salt) in bag before cooking

We recommend a 3:1 water to bean/legume ratio with a 1% salt solution for best results.

	FRUIT	TEMP/TIME	NOTES
	Melon, apple, pear, mango, peach, nectarine, berry, strawberry, plum.	181°-194°F (83°-90°C) 45 - 90 min	Amazing cooked with flavored syrups, juice, tea, vinegar etc.
	Rhubarb (tender stem)	140°F (60°C) 30 min - 1 hr	Great with flavored syrups (vanilla especially).

DID YOU KNOW?



The tomato is botanically a fruit, but was declared a vegetable by the US Supreme Court in 1893.



Eating garlic can keep mosquitoes away - not just vampires!



Red and yellow bell peppers have four times as much vitamin C as oranges.



GUIDE TO SEAFOOD

THE FRUITS OF THE SEA

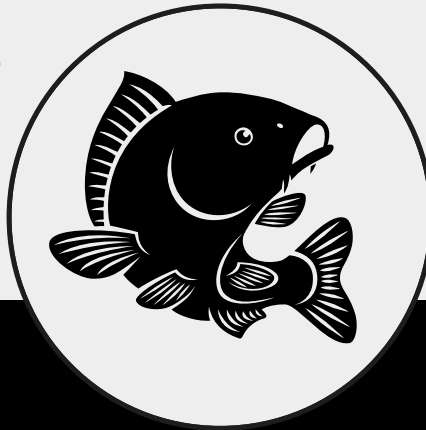
THE SEAFOOD SOUS VIDE RULE OF THUMB



125.6°F (52°C) medium rare - *minimum recommended to ensure destruction of pathogen bacteria*
140°F (60°C) medium

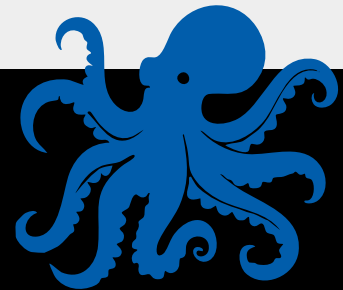


20 mins for 1/2 inch thickness
30 mins for 1 inch thickness



OCTOPUS

Octopus is very popular cooked sous vide for a tender and flavorful result. Just cook at 170°F (77°C) for 6 -7 hours and grill for a nice char before serving.



Note that the times above are not pasteurized times and therefore should not be served to immuno compromised individuals.

LOBSTER, SHRIMP & SCALLOPS

Shelled, 125.6°F (52°C), 20-30 minutes at maximum.



LEAN FISH

Examples are cod, haddock, plaice, hake, lemon sole, monkfish, pollock, mullet, red snapper, sea bass, sea bream, turbot, whiting. Great cooked to medium rare at 125.6°F to 166.6°F (52°C - 74.7°C) for 20 - 30 minutes, depending on thickness.

OILY FISH

Examples are tuna, trout, swordfish and salmon**. They can be enjoyed medium rare at 125.6°F (52°C). For those who prefer it more "done", go for medium at (55°C - 60°C). Again, cook for 20 - 30 minutes, depending on thickness.

** For salmon, an extra brining step is necessary before cooking sous-vide. This prevents the secretion of white protein (albumin) when cooked, firms up the fish for easier handling and preserves the vibrant orange colour even after it's cooked.