



SOUS VIDE GUIDELINES

2021 Sous Vide guidelines

Source:

INGREDIENTS

ALL BEEF TENDERLOINS:

Serious Steak Salt
Bay Leaf
Thyme
XVOO

.....

ALL SIRLOINS:

HERBS D PROVENCE
S&P
BAY LEAF
THYME
XVOO

.....

FLANK STEAK:

BBQ RUB
CANOLA OIL

.....

LAMB LOLLIES:

Tikka Masala Rubb
XVOO
Salt

.....

TURKEY BREASTS:

Poultry Seasoning
Thyme
Bay Leaf
Fresh Sage
CANOLA OIL

.....

GRILLED CHICKEN:

Butcher Chicken - no thicker than 1" 6-7oz
S&P
Bay Leaf
Thyme
XVOO

.....

STATLER CHICKEN BREASTS:

Pull skin out evenly over breast
Serious Steak Salt
Herb D Province
Lemon Zest - (if needed)
Bay Leaf
Thyme
canola oil

DIRECTIONS

ALWAYS ICE BATH WITH 75% ICE IN THE BIN ADD PRODUCT THEN COLD WATER TO COVER & ABOVE ALL CHILLED OVER NIGHT. (OUR GOAL IS TO SEE IF THERE IS STILL ICE IN VESSEL THE NEXT MORNING, THATS A WIN!)

.....

Beef Tenderloins, whole
Butchered / Moo Glued & Trussed
129.1 degrees F. 3 1/2 hours -or- 4 hours if it's a bulk batch

.....
Filet Steaks
Moo Glued & Trussed Over Night
Butchered into Portions
129.1 degrees F. 3 hours

.....
Mini Beef Filet logs For Apps
Butchered / Moo Glued & Rolled in Plastic Wrap / Overnight
129.1 degrees F. 1 hour 45 minutes

.....
Beef Sirloin logs, whole
Butchered & Trussed
129.1 degrees F. 3 1/2 hours. -or- 4 hours if it's a bulk batch
Sirloin steaks
129.1 degrees F. 3 hours

.....
FLANK STEAK:
Rub Flank Steak With BBQ Rub & Cryo-Vac
129.1 F FOR 3 HOURS

.....
Lamb Loin for "Lollies"
Butchered / Moo Glued & Rolled in Plastic Wrap / Overnight
129.1 degrees F. 1 hour 45 minutes

.....
Turkey Breasts 5-8# avg Lobe
Cleaned & well seasoned with Poultry Rub
herbs down on plastic / skin side down / Rolled in plastic to hold shape
147.5 degrees for 14-18 hours
PLAN ON A 25% LOSS OF WEIGHT FROM COOKED BREAST TO SLICED MEAT FOR THANKSGIVING

.....
GRILLED SOUS VIDE CHICKEN
Chicken breast should never be thicker than 1"-1.5" in thickness or you will need to pound flat
First S&P
Then bag with Bay & Thyme
One finger XVOO in each bag
cryo 100%
145.2f for 1.5 hours

.....
SATLER CHICKEN BREASTS:
Statler thickness of 1.5"-2"
Season with steak salt Then bag with Bay & Thyme make sure you stretch the skin out to cover the breast.
then add to bag in one even single layer making sure the skin is covering each breast
three finger canola oil in each bag
cryo 100%
145.2 f for 4 hours
THESE ARE PAR COOKED BUT PASTEURIZED TO THE CORE & NEED TO BE SEARED OFF AND FINISHED IN OVEN
AT THE EVENT