



AT HOME WITH
SOUS VIDE
DALE PRENTICE

Clockwise from top: Confit Garlic, Moroccan Carrot Salad, Kipfler Potato Salad with Seeded Mustard Dressing, and Pickled Quince.



Sous Vide: A New Approach to Cooking

At Home with Sous Vide celebrates the gentle art of low-temperature cooking. Discover the way an exact approach to cooking can transform food, and the incredible flavour and texture that can be achieved when cooking meat, fish, eggs, vegetables and even fruit sous vide.

Director of Sous Vide Australia, teacher and chef, Dale Prentice provides 74 easy-to-follow recipes, including 37 dishes from some of the world's most renowned chefs, restaurants and sous vide enthusiasts. Each recipe is beautifully photographed and broken down into step-by-step components.

From simple salads to easy dinner recipes for beginners to more elaborate dishes for the confident cook, *At Home with Sous Vide* takes this amazing new style of cooking out of the restaurant world and into the home.

Recipe List

Eggs

- Son-in-law Eggs
- Scrambled Eggs on Toast with Crisp Pancetta and Confit Tomatoes
- Slow-cooked Duck Egg Yolk with Creamed Spinach and Dukkah
- Garlic Flan with Exotic Mushrooms
- Crème Caramel
- Baileys Irish Cream Cheesecake with Hazelnuts
- Chai Ice Cream, Brandy Snap and Apple
- Pain Perdu, Spiced Ricotta and Poached Rhubarb

Poultry & Game

- Chicken Ballotine with Spring Vegetables and Green Pea Mousse
- Barbecued Chicken with Moroccan Spices
- Poussin Two Ways with Coriander Yoghurt
- Squab with Foie Gras and Truffles
- Chicken and Pistachio Terrine
- Confit Turkey Wings
- Cooking Geese
- Spiced Chicken Breast with Miso Mayonnaise, Kombu Crumb and Pickled Radishes

- Quail, Confit Duck and Foie Gras Terrine with Pistachio Soil, Ruby Beets and Goat's Cheese
- Pademelon, Pumpkin and Smoked Bone Marrow

Meat

- The Perfect Steak
- Hot and Sour Beef Salad with Roasted Rice
- Braised Short Ribs with Red Wine Glaze
- Blackmore Wagyu Strip Loin
- Spiced Intercostals with Jerusalem Artichokes Potato Butter
- Soy-braised Brisket Sandwich
- Corned Silverside
- Japanese Lamb Shoulder with Pea and Wasabi
- Cordero a la Vainilla (Slow-cooked Lamb Breast with Vanilla and Almond Milk)
- Spring Lamb with Slow-roasted Tomato Sauce
- Pork Belly with Milk, Truffle Purée and Salsify
- Milanese Lamb Shanks with Cauliflower
- Spicy Tamarind Lamb Ribs
- Spiced Lamb Rump with Peppered Rosemary Oil
- Slow-cooked Pork Neck, Cuttlefish and Cabbage Salad with Tonkotsu Sauce

- Pork Rib-eye Roast with Sautéed Cabbage and Apple Soubise
- St. Louis Ribs
- All-belly Porchetta
- The Bun Mobile's Pork Belly
- Carnitas Pork and Corn Tortillas
- Cotechino with Bitter Greens and Relish
- Pork Tongue and Tuna with Pork Fat Curd
- Pig Tail Croquettes with Aioli

Fish

- Slow-poached Blue-eye Cod with Miso Marinade and Cucumber Water
- Soft-cured Salmon with Fresh Fennel and Smoked Yoghurt
- Cod Terrine with Smoked Mashed Potatoes, Red Capsicum Oil and Pickled Mushrooms
- Coral Trout with Potato Scales
- Fennel, Lime and Sumac Prawns with Russian Salad
- Baby Squid with Crisp Confit Duck Neck
- Snapper with Toasted Walnut Crumble and Yoghurt Relish
- Smoked Diver Scallops
- Millefeuille of Calamari and Salmon
- Antipasto of Octopus and Artichokes

Fruit & Vegetables

- Salad of Pickled Baby Beetroot, Crispy Quinoa and Manchego Custard
- Compressed Honey Pineapple with Whipped Ham, Pickled Curry Tapioca and Chilli Oil
- Carrot Cake Starter
- Mushroom Bird's Nest
- Spicy Syrian Eggplant with Labneh
- Kipfler Potato Salad with Seeded Mustard Dressing
- Braised Shallots with Golden Raisins
- Moroccan Carrot Salad
- Peach Schnapps and Strawberry-infused Watermelon with Black Peppercorn Sorbet
- Apples and Rhubarb with Anzac Biscuit Ice Cream
- Thyme-poached Apricots with Sticky Orange Cake
- Pears in White Wine with Chocolate and Sponge
- Poached Blood Plum Merengada

Basics

- Beetroot Relish
- Confit Garlic
- Stocks and Jus
- Pickled Quince
- Instant Raspberry, Chilli and Thyme Vinegar

Baileys Irish Cream Cheesecake with Hazelnuts

Dale Prentice

The texture of this dish is the same as the centre of a baked cheesecake without the crust, and you can make it using any baked cheesecake recipe. Once cooked, the mix can be pressed into moulds to create fun desserts—use animal-shaped cookie cutters to make an edible cheesecake farmyard, or ninja cutters for an action-packed dessert.

Time: 3 hours 30 minutes, includes 2 hours cooking and 1 hour chilling time. Serves 4

Cheesecake

400 grams cream cheese
¼ cup sugar
3 eggs
6 tablespoons flour
½ cup cream
½ cup Baileys Irish Cream
pinch of salt

Preheat a water bath to 80°C/176°F.

In a mixer, beat the cream cheese and sugar until smooth. Add the eggs, one at a time, and beat until well incorporated, scraping down the sides to achieve an even mix. With the mixer still running, add the flour, and then the cream, Baileys and salt. Scrape the mixture into a large vacuum pouch and place in the freezer for 10 minutes to firm. Vacuum-seal the pouch as tightly as you can, and cook for 2 hours in the preheated water bath—if the pouch floats you may need to hold it under the water with a plate. Transfer immediately to an ice slurry.

When chilled, press into 4 moulds and place in the freezer for around 60 minutes to partially freeze (this makes it easier to remove the cheesecakes from their moulds).

Hazelnuts

200 grams sugar
100 grams hazelnuts, toasted
20 grams white chocolate bits
20 grams dark chocolate bits

While the cheesecakes are freezing, preheat oven to 160°C/320°F.

Place 80g of the toasted hazelnuts on a tray lined with baking paper. In a saucepan, gently heat the sugar over medium heat until melted and golden in colour, then immediately pour this sugar syrup over the hazelnuts on the tray. Place in the freezer for 10 minutes until cold. Break the toffee into small pieces and place in a food processor, then blend to a fine powder.

Chop the remaining 20g of hazelnuts and mix together with the chocolate bits and a tablespoon of the toffee powder. Set aside. Spread the rest of the toffee powder on a tray lined with baking paper, and bake in the preheated oven until the toffee melts to form a biscuit (about 10-15 minutes). Allow to cool.

To serve

cocoa powder
raspberry powder
50ml Baileys Irish Cream
150ml cream

Unmould the cheesecakes, and dust or roll some of them in cocoa and the others in raspberry powder. Bring to room temperature before serving.

When ready to serve, whisk together Baileys and cream to medium peaks. Place a spoonful of the chocolate hazelnut mix on each plate, followed by the cheesecake and Baileys cream. Garnish with the toffee crisp.



Chicken and Pistachio Terrine

Dale Prentice

This classic terrine is enhanced by gently cooking the chicken in its own stock, which makes the meat wonderfully delicate and moist, and by hints of lemon, thyme and basil, and the mellow flavour of garlic poached in olive oil. A collection of chicken pieces rather than the traditional minced form, this terrine is made with the raw flesh of a whole boned chicken gathered in the skin of the chicken and cooked sous vide, then cooled and sliced. Two smaller terrines can be made by cutting the chicken skin in half lengthwise and dividing the mix. Make sure you reserve the skin to roll the terrine in—if this is too difficult or you don't have the time or patience, you can use cling film.

Time: 2 hours 20 minutes, includes 2 hours cooking time. Serves 8 as an entrée

Terrine

1 whole chicken (size 18)
or 2 chicken breasts and
2 thigh fillets
salt
50 grams whole pistachios,
blanched and skinned
5 grams thyme, leaves only
5 grams basil, leaves only, torn
6 garlic cloves, confit in oil,
strained (see page 207)
zest of ½ lemon
pepper
125ml white chicken stock
(see page 208)
1 bay leaf

Skin the chicken by using a sharp knife to cut the skin along the spine, starting at the backbone. Run the knife under the skin, and carefully remove it in one piece. Reserve.

Slice all the meat from the chicken and cut into strips—the thigh meat is best if cut across the grain. (If using chicken breasts and thigh fillets, cut into 1cm-thick strips the length of the breast.)

Weigh the chicken strips, then transfer to a bowl and add 1% of their weight in salt (for example, 10g of salt for 1kg of meat). Add the pistachios, thyme, basil, garlic, lemon zest to the bowl. Add seasoning to taste, and massage the mix into the meat. Rest for at least an hour to allow the flavours to develop.

Meanwhile, make a white stock from the chicken bones (see page 208). Pass stock through a sieve, then chill in the refrigerator.

Preheat a water bath to 68°C/154.4°F.

Lay a piece of commercial-grade cling film on the bench and spread the chicken skin on top. Season with salt and pepper. Carefully form the chicken mixture into the shape of a cylinder on top of the skin, then wrap the skin over the filling. Roll in the cling film to form a bonbon and twist the ends tightly, tying them as you would a balloon.

Slip the wrapped terrine into a vacuum pouch with the bay leaf and 125ml of the chilled chicken stock. Seal on medium using the liquids plate for vacuum machine. Cook in the preheated water bath for 2 hours. Chill using the three-stage cooling method.

To serve

Remove terrine from the vacuum pouch and discard cling film. Slice the terrine into 1cm-thick portions and serve with warm toast, cornichons and a pinch of salt flakes, or a small salad and salsa verde.

Variation: A similar method can be used with a poussin. Once the terrine has been cooked in the sous vide, brown the poussin in the oven to serve hot and produce an appetising crust. You can also bone out the poussin and leave the meat attached to the skin—they can then be rolled back into shape and served as a boneless roast.



Soy-braised Brisket Sandwich

George Diamond KEYSTONE GROUP, SYDNEY

These small morsels from George Diamond will leave you feeling satisfied and yet consumed with desire for another one. This is dude food at its best.

Time: 7 hours, includes 6 hours cooking time. Serves 4

Soy braise

40 grams garlic
10 grams black
peppercorns
200ml light soy
200ml apple juice
30ml sesame oil
100ml mirin

Crush the garlic and peppercorns in a mortar and pestle.

In a saucepan, mix together the remaining ingredients, then stir through the garlic and peppercorns. Bring braising liquid to the boil, then remove from heat and allow to cool.

This braising liquid is the master stock for the brisket and can be reused many times—the flavour will intensify with each use.

Brisket

500 grams brisket
salt, pepper

Preheat thermal circulator to 75°C/167°F.

Season the brisket, then seal in a large pan until well caramelised all over. Place in a large vacuum pouch with the soy braising liquid, and seal. Submerge the pouch in the thermal circulator for 6 hours until the meat is cooked and falling apart. Leave in the braising liquid to cool. When cool, remove the brisket from the pouch, reserving the braising liquid, and shred the meat into largish pieces.

Horseradish cream

50ml thickened cream
50ml double cream
30ml horseradish relish
juice of ½ lemon
dash of Tabasco sauce
sea salt flakes, to taste

Whisk the thickened and double cream together until they form soft peaks, then stir through the remaining ingredients. Refrigerate until required.

To serve

12 bread rolls
20 grams butter, softened
140 grams pickled
beetroot (see page 173)
100 grams caramelised
onions
20 grams beetroot leaves

In a pan over medium heat, warm the brisket in the reserved braising liquid. Slice the bread rolls in half, being careful not to cut them all the way through. Butter the rolls, then fill with the heated brisket, caramelised onions, horseradish cream, beetroot leaves and pickled beetroot. Serve with remaining horseradish cream.



All-belly Porchetta

J. Kenji López-Alt THE FOOD LAB, SERIOUS EATS (SERIOUSEATS.COM), NEW YORK

J. Kenji López-Alt has created a dish that is just to die for—a blend of juicy sweet-spiced pork wrapped in a thin, crisp crust of crackling. But be warned, this is as rich as it is moreish.

Time: 38 hours, including 36 hours cooking time. Serves 8-10

Pork belly

½ boneless rind-on pork belly
(approx. 3kg)
1 tablespoons black peppercorns
1½ tablespoons fennel seeds
salt
½ tablespoon mild chilli flakes
1½ tablespoons finely chopped
rosemary, sage or thyme leaves
6 garlic cloves, grated on
a microplane
1 tablespoon kosher salt
½ teaspoon baking powder
oil, for deep-frying

Preheat water bath to 68°C/155°F.

Place pork belly skin-side down on a large cutting board, and use a sharp knife to score the flesh on an angle, about 2.5cm apart. Rotate the knife 90 degrees, and repeat, creating a crosshatch pattern.

In a small skillet, toast the peppercorns and fennel seeds over medium-high heat until lightly browned and aromatic (about 2 minutes). Transfer to a mortar and pestle or spice grinder, and grind to a coarse powder. Season pork liberally with salt, then sprinkle with the crushed pepper and fennel seeds, mild chilli flakes, chopped herbs and garlic. Wearing food-handler gloves, use your hands to rub the mixture deeply into the cracks and crevices in the meat. Roll belly into a tight log and push to the top of the cutting board, seam-side down.

Cut 12 lengths of kitchen string long enough to tie around the pork. Place the string along your cutting board, at regular 3cm-apart intervals. Place the rolled pork seam-side down on top of string and, working from the outermost strings, tightly tie up the roast. Combine kosher salt with baking powder, and rub mixture over the entire surface of the rolled pork. Place the rolled pork into a large vacuum pouch (or cut it in half and use 2 separate vacuum pouches), and seal on high. Cook in the preheated water bath for 36 hours. If making ahead, cool using the three-stage cooling method (see page 23) after cooking. (The juices will set to a hard jelly when cold and must be peeled off before frying. To create a decadent sauce, this jelly can be reduced, then removed from heat and a little butter added.)

Rest the cooked pork at room temperature for 10 minutes in the vacuum pouch, then remove the roll and deep-fry at 180°C/356°F until the skin is very crisp and blistered. (The pork will pop and splutter during frying, so ensure you take appropriate precautions.)

To serve

Removing the string as you go, slice the porchetta. Serve with crusty bread and a salad with a sharp dressing, such as the instant raspberry, chilli and thyme vinegar on page 211, which will cut through the richness of the meat beautifully.



Moroccan Carrot Salad

Dale Prentice

This simple and tasty recipe comes from Morocco, the land of honey and spice. The carrots are cooked with butter, honey and spices, allowing the flavours to merge. When carrots are cooked sous vide they come out al dente, and their natural flavour shines through. If you find baby carrots too fiddly, you can cut batons or disks from large carrots instead. The cooking time will stay the same.

Time: 1 hour 15 minutes, includes 1 hour cooking time. Serves 4 as a side dish

2 bunches baby carrots
2 teaspoons honey
1 teaspoon cumin seeds
1 teaspoon smoked paprika
20 grams unsalted butter
salt, to taste

Preheat a water bath to 83°C/181.4°F.

Wash the carrots in cold water, then peel, trim and wash again to make sure they are not sandy. Mix the honey, cumin and paprika together. Place all of the ingredients into a vacuum pouch and seal on high. Cook in the preheated water bath for 1 hour. If making ahead, cool using the three-stage cooling method (see page 23).

To serve

50 grams Persian fetta
80 grams pine nuts, toasted
3 sprigs flat leaf parsley, leaves
only, finely sliced

If cold, reheat the carrots in a 80°C/176°F water bath.

Heat a heavy-based pan, and sauté the entire contents of the vacuum pouch over medium-high heat until the carrots start to brown. Arrange the carrots on a platter and drizzle with sauce from the pan, then crumble the Persian fetta over the top. Toss together the parsley and pine nuts, and sprinkle over the carrots to garnish.



St. Louis Ribs

Jason Logsdon COOKING SOUS VIDE BLOG (COOKINGSOUSVIDE.COM), CONNECTICUT

One of the reasons Jason Logsdon loves cooking sous vide is the way tough cuts of meat can become tender and moist without being overcooked. This is particularly evident in a dish like these super simple St. Louis ribs, one of Jason's favourite recipes from his cookbook *Sous Vide: Help for the Busy Cook* (CreateSpace Independent Publishing Platform, 2011). An American cut, St. Louis ribs come with the full meat cap still attached. Here, the ribs are cooked sous vide to an incredibly tender medium-rare, and then grilled just long enough to glaze with the sauce. Once you try ribs done like this, you won't want to cook them any other way.

Time: 12 hours 15 minutes, includes 8-12 hours cooking time. Serves 4

St. Louis Ribs

1.5kg St. Louis ribs
salt, pepper
1 tablespoon ground cumin
1 tablespoon dried lemon zest

Preheat water bath to 135°F / 57°C.

Season the ribs with salt and pepper, and sprinkle with the cumin and dried lemon zest. Place the ribs into vacuum pouches and seal. Cook in the preheated water bath for 8-12 hours, depending on how you like them cooked—at 8 hours they are tender, but cooking them for 12 hours will soften the connective tissue more.

When the ribs are done, remove from the water bath and cool using the three-stage cooling method (see page 23). Refrigerate until ready to serve.

To serve

approx. 1-2 cups barbecue sauce
coleslaw, to serve (optional)
cornbread or corn biscuits,
to serve (optional)

Preheat a grill to high.

Remove the ribs from the pouches and pat dry with paper towel. Place the ribs on the hot grill and baste with barbecue sauce, turning every few minutes. Continue basting until the ribs have a nice crust on them and are heated through, then remove from heat and serve.

I like to serve these ribs with coleslaw made from shredded green cabbage, apples, pea pods and carrots, dressed with orange-chipotle vinaigrette and topped with pecans. Cornbread or corn biscuits are also a nice accompaniment.



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Dale Prentice trained as a chef in Melbourne, Australia, having worked in many venues in his 17 years at the pass. In his last role as executive chef at Stones of the Yarra Valley, he shared his kitchen with many renowned chefs—including Greg Malouf, Philippe Mouchel, Frank Camorra, George Calombaris and Riccardo Momesso. It was at Stones of the Yarra Valley that he first implemented sous vide cooking as a way of expanding the existing kitchen. After only a short period, Dale became

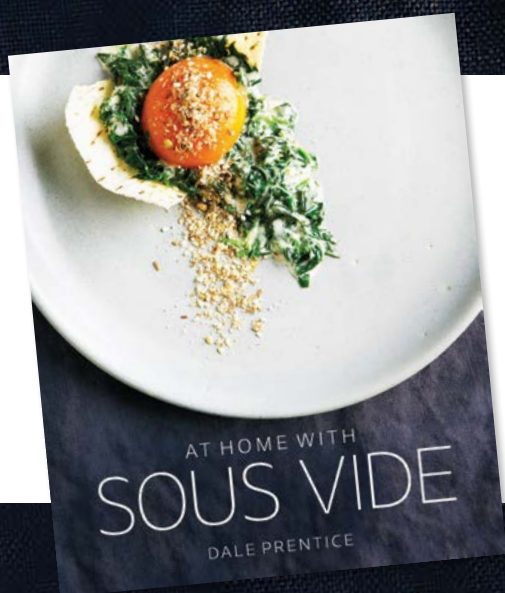
obsessed with sous vide and the benefits it brought to a commercial kitchen. Sous Vide Australia grew out of this passion and a need to share these amazing benefits with everyone he knew. Since 2009, Sous Vide Australia has grown rapidly and Dale is often asked to give lectures and training in sous vide cooking and equipment all over Australia.

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