



SOUSVIDE STICK SV 400

PREPARATION

1. Put the desired food (if refrigerated at refrigerator temperature) in a suitable vacuum bag, add herbs or marinade if necessary.
2. Vacuum the bag.
3. Attach the SousVide stick to the edge of the cooking vessel and set the desired temperature and time (setting see operating instructions, temperature and time see table on the back).
4. A signal sounds when the temperature is reached.
5. Place the bag of food in the cooking vessel.
6. Now start the timer on the SousVide stick (see operating instructions).
7. A signal sounds when the preparation time has expired. Then take the food out of the bag, dry and briefly fry it in a very hot pan or on the grill so that roasted aromas develop.
8. If necessary, season and then enjoy.

This information is supplied without liability. The minimum times should be observed.

INFORMATIONS FOR PERFECT DONENESS

Food	Doneness		
	rare	medium	well done
Beef	100 – 131 °F	131 – 136 °F	140 – 149 °F
Lamb	100 – 131 °F	131 – 136 °F	140 – 149 °F
Pork		149 °F	158 – 167 °F
Venison		122 – 140 °F	158 – 180 °F
Chicken			176 – 185 °F
Duck			176 – 194 °F
Turkey			176 – 194 °F
Fish		133 °F	140 °F
	As desired		
Fruits & vegetables	183 – 189 °F		

TABLE OF TEMPERATURES AND TIMES

Meat	Thickness	Temperature	Time	Max. time
Tenderloin (lamb or beef)	1.0 inch	Choose doneness	1 hour	4 hours
Rack (lamb or beef)	2.0 inch	Choose doneness	2 hours	5 hours
Roast / lamb leg	2.8 inch	134 °F	10 hours	24 – 48 hours
Spareribs	2.0 inch	140 °F	8 hours	48 hours
Pork tenderloin	1.5 inch	134 °F	1,5 hours	6 – 8 hours
Pork roast	2.8 inch	160 – 176 °F	12 hours	30 hours
Chicken breast	2.0 inch	140 °F	45 minutes	4 hours
Chicken leg		149 °F	1,5 hours	6 hours
Turkey		176 °F	8 hours	10 hours
Duck breast		Choose doneness	1 hour	3 hours
Leg of duck		149 °F	1,5 hours	6 hours
Fish	Thickness	Temperature	Time	Max. time
Low-fat fish as sole or halibut	0.5 inch	Choose doneness	15 minutes	45 minutes
Fatty or oily fish as salmon	1.0 inch	Choose doneness	20 minutes	45 minutes
Lobster		138 °F	15 minutes	25 minutes
Scallop	1.0 inch	117 °F	30 minutes	45 minutes
Shrimp	Jumbo	122 °F	30 minutes	45 minutes
Fruits & vegetables	Diameter	Temperature	Time	Max. time
Root vegetable (carrots, celery, asparagus)	Up to 2.0 inch	183 °F	1 – 2 hours	4 hours
Tender vegetables (pumpkin, fennel, cauliflower, ...)	Up to 2.0 inch	183 °F	45 minutes	1,5 hours
Fruits (apples, pears)	Up to 2.0 inch	183 °F	45 minutes	2 hours
Soft fruits (mango, strawberry, peach)	Up to 2.0 inch	183 °F	30 minutes	1 hour
Eggs	Piece	Temperature	Time	Max. time
Eggs soft boiled with shell (fast)	1-12 pcs	167 °F	15 minutes	18 minutes
Eggs soft boiled with shell (slow cooking)	1-12 pcs	146 °F	45 minutes	1,5 hours
Eggs hard boiled with shell	1-12 pcs	160 °F	45 minutes	1,5 hours
Scrambled eggs	5 eggs	167 °F	20 minutes	