

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions carefully before using the machine.
2. Do not touch hot surfaces. Use handles or knobs. The lid and lid handles may get hot while cooking; use of an oven mitt when handling is advised.
3. To protect against electrical shock, do not immerse cord, plug, or Sous Vide Supreme™ cooking unit in water or other liquid. CAUTION: Never submerge the cooking unit in water or other liquid.
4. Children should be supervised to ensure that they do not play with appliance.
5. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
6. Unplug from outlet when not in use and before cleaning. Allow machine to cool before putting in or taking out parts or emptying the water bath.
7. Do not attempt to operate (heat) the unit without sufficient water in the bath to completely cover the bottom rack and to reach the FILL level mark on the sidewall.
8. Take care not to overfill the water bath; allow sufficient room to accommodate the volume of food pouches when added to water bath. Top off water in bath to no more than the MAX level mark after adding pouches, if necessary, to ensure food in pouches is completely submerged.
9. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to your retailer or contact customerservice@sousvidesupreme.com for examination, repair, or adjustment.
10. The use of accessory attachments not recommended by EADES APPLIANCE TECHNOLOGY may cause fire, electrical shock or injury.
11. Do not use outdoors.
12. Do not let cord hang over edge of table or counter, or touch heated surfaces.
13. Do not place unit on or near a hot gas or electric burner, or in a heated oven.
14. Extreme caution must be used when moving an appliance containing hot water or other hot liquids, including the SousVide Supreme™ water oven. Always allow bath to cool before emptying your SousVide Supreme™ water oven.
15. Take care when removing the lid when unit is hot, as hot water will collect on the inside during cooking. Use oven mitts to remove lid and tip lid carefully to drain accumulated water into the water bath for safety.
16. Do not use this appliance for other than intended use.
17. To disconnect, press the OFF button for three (3) seconds to turn off, then remove plug from wall outlet.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

IMPORTANT NOTES

POLARIZED PLUG

This appliance may have a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet in only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm, do not use that outlet. Connect only to a power supply with a corresponding voltage to that specified on the machine.

CAUTION: to ensure continued protection against risk of electric shock, connect to properly grounded outlets only.

CAUTION FOR CERTAIN COUNTERTOPS

Some countertops, especially the Corian brand, and other surfaces are not designed to withstand the slow heat generated by your SousVide Supreme™ water oven. EADES APPLIANCE TECHNOLOGY, LLC is not liable for any damage caused to such surfaces.

DO NOT ATTEMPT TO DISASSEMBLE

There are no user-serviceable parts inside the appliance. Do not attempt to service this product. Do not immerse base in water or other liquid. A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. **AN EXTENSION CORD MAY BE USED WITH CARE; HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE SousVide Supreme™ WATER OVEN.** The extension cord should not be allowed to drape over the counter or tabletop where it can be pulled on by children or tripped over.

NOTE: During initial use of this appliance, some slight smoke and/or odor may be detected. This is normal with many heating appliances and will not recur after a few uses.

DISPOSAL

Do NOT dispose of this product as unsorted municipal waste or take to the landfill. As with all electronic appliances, please dispose of this product responsibly, in accordance with the regulations governing recycling and disposal of electronics in your community.

Introduction to

sous vide cooking

Welcome to the exciting new world of sous vide (pronounced soo-veed) cooking. The SousVide Supreme™ is the first countertop water oven designed specifically for use in the home kitchen. Now, you can treat yourself and your family to perfectly cooked meals every time at the touch of a button.

Say goodbye to...

- Ruined steaks, overcooked, burned on the outside, or raw in the middle
- Chicken, charred on the outside, but still undercooked at the bone
- Meals ruined by late arriving guests or last minute emergencies
- Tough, dried out pork chops and chicken breasts
- Burned or dried out vegetables

...and say hello to SousVide Supreme™

Just take a look at a few of the amazing things this revolutionary new cooking method—the secret of great chef's for 20 years—can do. **The SousVide Supreme™ water oven:**

Saves you money! SousVide Supreme™ is easy on the budget. Why pay for expensive beef tenderloin, when with a couple of easy steps, you can make a tough eye of round roast as tender and flavorful as filet mignon—for a tenth of the cost!

Saves you time! Cook tender, flavorful, healthy foods with your SousVide Supreme™ water oven while you're at work, at the beach, or on the golf course!

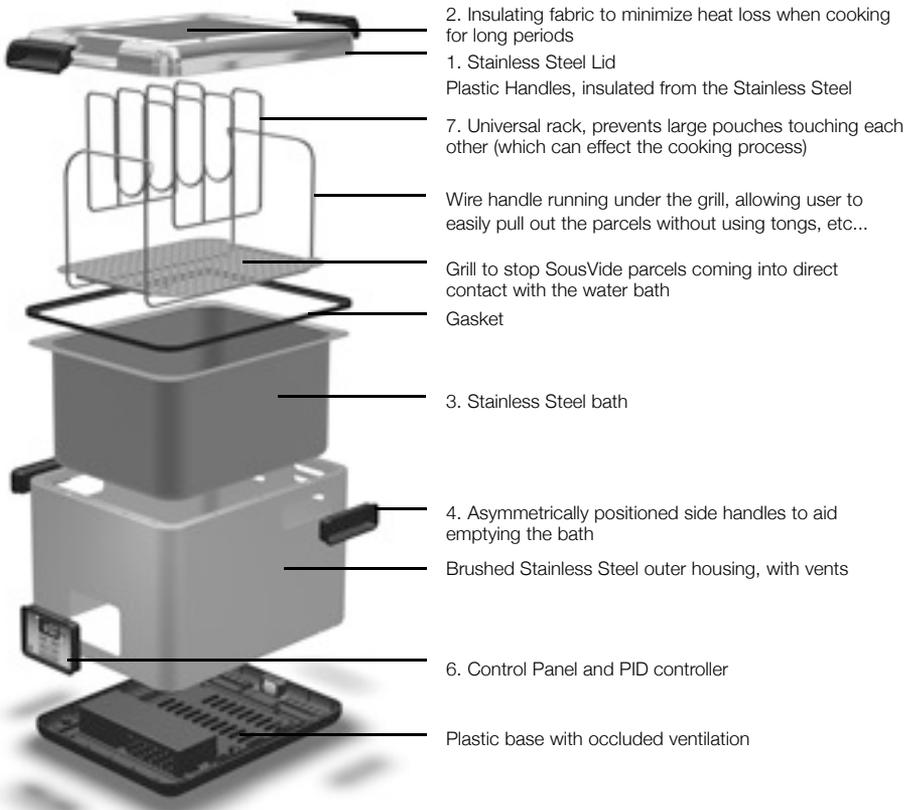
Saves you work! SousVide Supreme™ is so simple to use, anyone can cook like a chef. Just season, seal, simmer, sear, and serve! Clean up's a breeze. No messy baked-on pots and pans to wash; just toss out the cooking bag and you're done.

What is sous vide cooking?

Sous vide describes a novel method of cooking foods, sealed in plastic vacuum bags, in a water bath at precisely controlled temperatures, often much lower than those used in traditional ovens, but for a longer time. The technique was first developed in France and named *sous vide*, French for under vacuum, though it would more correctly be called 'without much air' since the vacuum sealing doesn't truly remove all the air from the bag.

Removing most of the air from the bags, however, does reduce the chance of bacterial growth and spoilage. And the vacuum-sealed pouches prevent evaporation and the loss of flavor and nutrition, keeping the foods cooked sous vide moist, tender, and flavorful.

Because the high-precision thermostat of the SousVide Supreme™ water oven maintains the temperature within a tight window around the set target temperature, food can be cooked to the perfect temperature effortlessly. Steaks prepared with the sous vide method can be cooked to the desired temperature throughout, instead of charred on the outside, overcooked below that, and perfect just at the center. A medium rare steak cooked sous vide will be medium rare from edge to edge; a medium steak will be medium throughout; a medium well steak, the same all the way through. No guess-work. No critical timing. No disappointing results with a return to the grill. You'll get a perfect steak every time, just the way you like it. The precisely controlled temperature of the water bath also prevents over cooking. Just set it and the machine does the rest. Once the food reaches the target temperature, it cannot overcook. It cannot burn or dry out.



*Please note: Only the lid and rack are removable. Do not attempt to disassemble the unit.

Getting to know your SousVide Supreme™ Countertop Gourmet Water Oven

Your SousVide Supreme™ water oven, patent pending, comes complete with the following items:

1. Lid—when flipped over converts into a drip tray/basin to provide a stable vessel into which the food pouches, once removed from the bath, can drain and for transport to oven, stovetop, or grill for the finishing step, if required.
2. Insulating lid blanket—this component helps to minimize heat loss through the lid and can double as an insulating pad to protect counter top from the heat of the lid, once removed.
3. Water bath—approximately 11.5-liter capacity of food and water when filled to MAX line. (Add water only to FILL line initially.)
4. Asymmetric (Offset) handles—designed for ease of carrying the SousVide Supreme™ water oven and to facilitate pouring from the corner to empty the water bath after it has cooled completely.
5. Power socket—attachment point found at rear of machine, for connecting electrical cord (power lead) into the unit.
6. Control Panel Display (see specific discussion that follows).
7. Universal (Pouch) Rack—when cooking more than one or two pouches in your SousVide Supreme™ water oven, use the pouch rack to arrange the pouches vertically or stacked in the bath for even cooking. (See photos of rack and loading positions that follow.) Be sure that the food within the pouches is underneath the surface of the water in the bath during cooking.

Universal (Pouch) Rack Positions



Normal usage position, allows five average size pouches.

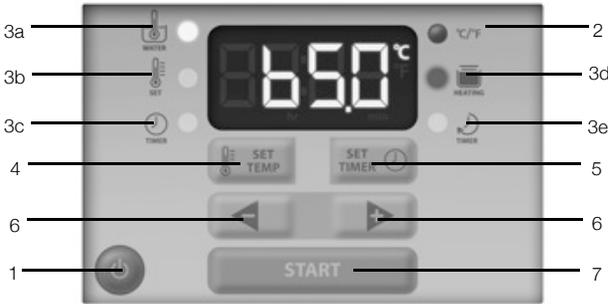


To accommodate longer pouches, this arrangement allows pouches up to 300 mm (11 inches) long.



If the pouches are very large (t-bone steaks) this arrangement will support 3 large pouches up to 48.5mm (1.9 inches) thick .

Control Panel Display



1. Power on/off button
2. Celsius /Fahrenheit switch button
3. Mode Indicator lights
 - a. 'Water' temperature indicator light
 - b. 'Set' water temperature indicator light
 - c. Countdown 'Timer' light
 - d. 'Heating' element active indicator light
 - e. Timer active indicator light
4. Set temperature button
5. Set timer button
6. Increase/decrease value toggle (+/-) arrows
7. Start button

Setting the Machine for Use

1. Be sure water bath contains water before starting the machine.
2. Properly insert the electrical cord (power lead) into the power socket on the back of the machine and plug it into the wall socket.
3. Press and hold the 'Power on/off' button for 3 seconds to turn the machine on. You should feel a slight "click" and hear a tone.
4. The water temperature indicator light should illuminate and the display will read the current temperature of the water in the bath. (The machine will be preset to either Celsius or Fahrenheit readings. To change the setting, press the small Celsius/Fahrenheit switch button.)
5. To set the desired temperature, press the 'Set Temp' button. The 'Set' temperature indicator light will illuminate. The default temperature of 140°F/

60C should appear. Using the 'Increase/decrease value' toggle arrows, increase (+) the temperature or decrease (-) the temperature to set to your desired target temperature for cooking. (Refer to Table 1 for cooking temperatures and times for various foods.) When you have reached the target temperature on the display, press START button to begin heating the water to that temperature. An audible alert sounds as the bath begins to heat. The 'Heating' indicator light will illuminate red until the target temperature is reached, at which time it will turn green. (Audible alarm, a repeating beep at 1-second intervals, will also indicate that the target temperature has been reached.)

6. Setting the Countdown 'Timer' function is not necessary to operate the machine. The heating element will operate regardless of whether the timer function has been set. Except when cooking tender or delicate foods at target temperatures that exceed their normal serving temperature—during which timing the cooking of your food pouch could be critical to prevent overcooking—precise timing of sous vide cooking usually is not necessary. To use the timer:

- a. Wait to set the timer until the water bath in your SousVide Supreme™ has reached the desired target cooking temperature and you are ready to place the food pouches into the water bath.
- b. To use the timer function, press the 'Set Timer' button. Time value in minutes will appear in the display window.
- c. Increase/decrease timer setting using the +/- arrows. The time displayed will change in 1-minute increments to 30 minutes, then will speed.
- d. When the desired length of cooking time has been reached, press START button to begin timing. After a few seconds the display will return to display the water bath temperature. To view remaining time at any point in the cooking process, press 'Set Timer' button.

How to Clean the SousVide Supreme™ Countertop Water Oven

1. Do not leave water sitting in the bath after use. Allow water bath to cool, remove racks, and using the offset handles for stability, pour the bath contents into the sink.
2. Dry interior with a soft, clean cloth.
3. Periodically—or in the event of a cooking pouch rupture—you may need to clean the water bath of your SousVide Supreme™ water oven. Use a soft cloth or sponge and mild soapy water to wipe out the interior of the bath. Rinse with clear water and, using the offset handles on the unit, pour the water out from the corner.

4. Never immerse the SousVide Supreme™ unit in water or other liquid for cleaning or rinsing.
5. Never use abrasives or harsh chemicals to clean your SousVide Supreme™ water oven.
6. Never put the SousVide Supreme™ water oven in the dishwasher.
7. Any other servicing should be performed by an authorized SousVide Supreme™ water oven service representative. Visit our website at SousVideSupreme.com

Cooking with the SousVide Supreme™

As with any new cooking method, there are some differences in technique that you will want to become familiar with. Here are the basic principles you should understand:

Length of cooking time depends on the thickness of the food (meat especially) more than the weight. Doubling the thickness of a steak, for instance, increases the time needed for the meat to reach target temperature at its center by as much as four times. Thus if a 1-inch (2.5 cm) steak requires a minimum of 1 hour to reach the 'medium' target temperature of 140F/60C, a 2-inch (5 cm) steak will require not 2, but 4 hours to reach 140F/60C.

Foods can be cooked at their desired serving temperature and held for extended periods of time (8 hours or more) without significant loss of flavor or appeal or can be cooked at higher temperatures more quickly. When cooking meat at a temperature higher than the desired serving temperature, using the timer function is required to prevent overcooking.

Tougher cuts of lean meat require longer cooking times (6 to 8 hours or more) at desired serving temperature, which will not overcook, but rather tenderize the meat. Typical of this group would be flank steak, eye of round, grass-fed beef, ostrich filets, or bison steaks.

Tough, fatty cuts of meat, such as pot roast, pork ribs, leg of lamb, should be cooked at temperatures hot enough to 'melt' the collagen fibers into gelatin, which means at least 140F/60C and for at least 24 hours. Some very tough cuts, such as beef cheeks or beef spare ribs may require up to 72 hours. The end result is simply succulent, falling-apart-tender meat.

Very tender meats, such as lamb chops, rack of lamb, or tenderloin of beef or pork, need only to be brought to serving temperature throughout, which requires less time. Leaving tender cuts in the water bath for extended periods (over 4 to 6 hours) can cause some loss of textural quality.

Poultry is best cooked as the individual parts. Air trapped in the cavity of a

whole bird carcass can cause the bag to float in the water bath and result in uneven cooking. Half chickens, ducks, or game hens or individual breasts, legs, or thighs work best in the SousVide Supreme™ water oven.

Vegetables and fruits, which contain a significant amount of fiber, require higher temperatures than meats (usually 183F/83C to 190F/87.5C) for 1 to 2 hours to become tender. Tender vegetables, such as asparagus, broccoli, cauliflower, cabbage, summer and winter squash varieties, as well as most fruits including tomatoes may need only 1 hour. Root vegetables, such as beets, carrots, potatoes, parsnips, and turnips will usually require at least 2 hours. Longer cooking times will result in very soft fruit and vegetable textures, ideal for soups and purees.

Some foods—those for which poaching is an ideal preparation medium, such as vegetables, fish, shellfish, and skinless poultry—can be plated and served straight from the cooking pouch.

Foods in which a caramelized or crisp exterior is preferred—such as roasts, steaks, and chops—require a brief finishing step (on the grill, under the broiler, in a hot skillet, or using a kitchen torch) to sear the exterior before serving. Poultry is best cooked skinless. For crispy poultry skin, remove skin carefully before sous vide cooking. To crisp the skin, cut the skin into strips about ½-inch wide. Lay the strips in a single layer on a sheet pan lined with parchment paper and season with salt and pepper. Then place another sheet of parchment paper over the skin and another sheet pan atop the parchment paper. Place the sheet pans in a 350F/176C oven and cook until the skin is very crispy; check at about 15 to 20 minutes. Remove from the oven and let the skin cool on a wire rack until needed.

The 5 Basic Steps for Cooking in the SousVide Supreme™ Countertop Gourmet Water Oven

Season

The sous vide cooking method locks in the flavor of foods, bringing out their particular character more fully. Vacuum-sealing the food and any seasonings or oils tightly together in the pouch magnifies the flavors of spices and herbs somewhat. Seasoning can be as simple as a sprinkle of salt and pepper, but adding fat or oil to herbs and spices can improve flavor quality. Here are some simple techniques:

Compound butters—mix fresh or dried herbs, spices, salt, and pepper with unsalted butter. Use to coat the inside of the empty cooking pouch, then add the meat or vegetables, and seal.

Herbed broths—mix fresh or dried herbs, spices, salt, and pepper with vegetable, mushroom, beef, seafood, or chicken broth. Freeze in small portions (in an ice cube tray or a zip closure bag) and add the frozen seasoned broth to the cooking pouch with the meat, poultry, fish, or vegetable prior to sealing. The broth will melt and envelope the food.

Chilled herbed oil—mix fresh or dried herbs, spices, salt, and pepper with olive oil (do not use extra virgin olive oil, as it will sometimes develop a bitter metallic flavor.) Chill the oil until it is semi-solid and add by the tablespoon (or more) to the cooking pouch along with the food, then seal.

DO NOT use wine or distilled spirits in the seasoning, without first heating it on the stovetop for a few minutes to drive off the alcohol, leaving only the flavor of the wine or spirit. Alcohol, especially from wine, can impart a peculiar metallic flavor to meals cooked sous vide.

Seal

Use *only* food-grade plastic vacuum-sealable pouches to package foods for cooking in your SousVide Supreme™ water oven. Seal according to manufacturer's instructions. Use only pouches certified by the manufacturer as suitable for cooking under vacuum. Do not use standard zip-closure bags meant for food storage.

1. Fold back the opening of the bag before filling to prevent seasonings or debris from becoming trapped in a zip track, if present. This debris can hamper successful sealing of the pouch.
2. Place food and desired seasonings into the bag.
3. Do not overfill the bag. Try to keep food clear of the vacuum membrane area, if present.
4. If using a zip-closure bag, zip the bag closed and check to see that it made a good seal.
5. Vacuum seal the bag.

(NOTE: If for any reason, pumping does not evacuate air from the bag, discard bag and begin again, placing food into a new bag.)

EADES APPLIANCE TECHNOLOGY, LLC does not recommend using standard or thin zip-closure bags, not designed for evacuating air, in the SousVide Supreme™ machine.

Simmer

Place the sealed pouch into the water bath once the water has reached the target temperature for cooking. If using multiple pouches, place them vertically

or horizontally in the universal pouch rack in the water bath. Be sure all the pouches are completely under the water surface for cooking.

Sear

Some foods, such as steak, chops, tenderloin, fish, seafood, or poultry with the skin are commonly served with a caramelized or crisp exterior, which is not possible in the moist environment of the sous vide cooking pouch. After coming to the proper temperature, these foods require a quick finishing sear that can only be provided by a brief exposure to a very hot temperature.

The Sear step can be done by putting the meat, fish, poultry, or seafood into a very hot, lightly oiled skillet (taken to the smoking point) or onto a hot grill, under the broiler of an oven, or by using a kitchen torch to caramelize the surface of the food.

Take care just to caramelize/brown the surface (1 to 2 minutes) to enhance color and flavor.

or Sauce

Another option is to sauce your food. Foods such as fish, seafood, or chicken are quite delicious topped with a favorite sauce. (See recipes that follow.)

Serve

You are now on your way to exploring the delightful benefits of sous vide cooking with your SousVide Supreme™ water oven. For more tips and recipes, visit our website at SousVideSupreme.com.

Note: Raw or unpasteurized food must never be served to highly susceptible immune compromised individuals. The US Food Code recommends that for safety, foods should not be kept between 41F/5C and 130F/54.4C for longer than four hours.



Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased.

SousVide
S U P R E M E™

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