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SOUS VIDE COOKING

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Here at Great British Chefs, we're all about bringing you incredible recipes and cooking guides direct from the minds of some of the best chefs in the UK. Whether you're a dab hand in the kitchen or still learning the basics, we've got everything you need to become the cook who goes above and beyond in the name of great food and drink.

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SOUS VIDE COOKING

Few appliances have been able to improve an ingredient's taste and texture more than the sous vide. By sealing food in a vacuum bag and then placing it in a water bath kept at a precise temperature, it's never been easier to create Michelin-worthy cuisine at home. These twenty recipes created in partnership with [SOUSVIDETools.com](#) are proof of just how effective the process can be. Happy cooking!

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Lisa Allen



Marcus Wareing



Tom Aikens



Mathan Outlaw



Graham Hornigold

Vin jaune-poached halibut with girolles and grilled grelot onions

by Simon Hulstone

Simon Hulstone poaches halibut sous vide with vin jaune, a delicious white wine similar to dry fino sherry. The chef finishes his dish with girolles, chargrilled grelot onions and nasturtium leaves to make a strikingly colourful and flavourful dish.

🍴 Main 📊 Medium 👤 2 ⌚ 60 minutes

Poached halibut

2 halibut fillets, each weighing 140g
100g of sea salt
100g of sugar
50ml of vin jaune

Vin jaune sauce

150ml of vin jaune
100ml of chicken stock
250g of butter
20g of chives, chopped
salt
pepper

To serve

100g of girolles, cleaned
3 grelot onions, cut into 0.5cm slices
nasturtium leaves
1 knob of butter

Equipment

Vacuum bags
Chamber sealer
Water bath
Chargrill pan

1. Preheat a water bath to 42°C
2. To prepare the fish, trim the halibut fillets into neat squares. Mix together the salt and sugar and sprinkle over the fish on all sides. Set aside to cure for 10 minutes
3. Place the halibut into individual vacuum bags with the vin jaune and seal in a chamber sealer. Cook the halibut in the water bath for 10 minutes, then remove from the bags and keep warm
4. To make the sauce, mix the vin jaune and the leftover liquor from the halibut vacuum bags in a saucepan. Reduce by half, add the chicken stock and reduce by half again. Add the butter and whisk to a sauce-like consistency. Season and set aside
5. In a medium frying pan, gently sauté the girolles over a medium heat until tender. In a grill pan, chargrill the onions until softened and browned
6. To serve, mix the mushrooms and chopped chives through the sauce and divide between serving dishes. Arrange the onion slices on top, then add a portion of halibut. Garnish with nasturtium leaves and serve

Baby leeks with truffle butter sauce and a garlic and herb crumb

by Russell Brown

Russell Brown's stunning vegetarian starter is simple to prepare but, thanks to a few sophisticated techniques and ingredients, will taste like you've spent hours in the kitchen. Cooking the leeks sous vide results in a wonderful, tender texture which contrasts perfectly with the crisp crunch of the garlic crumb, with the creamy truffle sauce adding an extra touch of luxury. If possible, prepare the vegetable stock a day in advance to give it plenty of time to infuse.

🍴 Starter | 📊 Easy | 👤 6 | ⌚ 1 hour 30 minutes, plus infusing time

Baby leeks

600g of baby leeks, after peeling and trimming
9g of maldon salt
18g of butter

Vegetable stock

2 fennel bulbs
1 stick of celery
1 leek, large
1 onion, medium
1 bunch of flat-leaf parsley
1 tbsp of fennel seeds, level
1 star anise
water

Truffle butter sauce

20g of truffle, fresh or paste
100ml of Noilly Prat vermouth
250ml of white wine
125g of unsalted butter

Garlic and herb crumb

100g of ciabatta, ground into coarse crumbs
1 garlic clove, finely crushed
1 tbsp of flat-leaf parsley, finely chopped
olive oil, for frying

Equipment

Chamber sealer
Water bath

1. Begin by preparing the stock. Slice and wash the vegetables and place them in a large pan. Add the parsley, fennel seeds and anise to the pan and pour over enough water to just cover. Bring to the boil, then reduce the heat and leave to simmer for 30 minutes. Store the stock with vegetables left in for several hours or ideally overnight
2. Preheat a water bath to 85°C
3. Arrange the baby leeks in a vacuum bag so they lie in a single layer, using multiple bags if necessary. Add the butter and salt to the bags, ensuring there is even dispersal between the leeks. Seal the bags and cook in the water bath for 35 minutes
4. Meanwhile, fry the breadcrumbs in the olive oil until just starting to brown, then add the garlic and cook for a minute longer.



Remove from the heat and stir in the parsley, then season to taste and tip onto kitchen paper to drain

5. To make a reduction for the truffle sauce, combine the alcohols in a medium pan and reduce to approximately 75ml. Pass the vegetable stock through a fine sieve and add 750 ml to the pan, continuing to heat until the liquid has reduced by a further two thirds

6. For the truffle butter sauce, transfer one tablespoon per person of the reduction into a small saucepan and gently warm. Whisk in the unsalted butter and finish with the fresh grated truffle or black truffle paste

7. To serve, remove and drain the baby leeks and divide them evenly between six warm plates. Spoon over the truffle sauce and finish with the garlic and herb crumb

Sous vide barbecue beef sirloin, grilled onions and caramelised onion broth

by Martin Wishart

Martin Wishart uses two different cooking methods in this delicious sous vide beef sirloin recipe, first cooking in a water bath to keep the meat juicy and tender before coating in a sticky kecap manis glaze and barbecuing. Kecap manis is a thick, sweet variation of soy sauce popular in Indonesian cooking; it should be available from specialist supermarkets, but if you are unable to find any simmering soy sauce with brown sugar to form a syrupy consistency would serve well as an alternative.

🍴 Main 📊 Medium 👤 4 ⌚ 2 hours

Sous vide beef sirloin

600g of sirloin of beef
20ml of kecap manis
salt
pepper

Onion broth

6 white onions, large
20ml of vegetable oil
1l chicken stock
1l water
10g of kuzu
salt

Grelot onions

12 grelot onions
50ml of olive oil

Equipment

Water bath
Bar sealer
Vacuum bags

1. Preheat a water bath to 65°C
2. Begin by preparing the onion broth. Peel and slice the onions horizontally into 1 inch thick pieces, then brush the slices with oil on both sides and lightly season with salt
3. Place a pan over a low heat, add the onion slices and allow to slowly caramelize until deep brown in colour. Once the onions are sufficiently coloured turn them over and repeat the process until the slices are evenly caramelised on both sides
4. In a separate pan, combine the water and stock and bring up to a gentle simmer, then add the caramelised onions. Continue to simmer the broth mixture until the liquid has thickened and reduced, taking on a strong flavour of onions – there should be roughly 400ml of liquid remaining in the pan
5. Strain the broth through a fine sieve and leave to cool, then add the kuzu and return the pan to the heat. Bring the onion broth back to the boil and allow the liquid to

thicken, adjusting the seasoning to taste. Set aside, keeping warm until ready to serve

6. To cook the beef, season well and vacuum fully in a bag. Place the bag into the water bath to cook for approximately 35 minutes, or until the core temperature reads 55°C when checked with a needle probe
7. Meanwhile, prepare the grelot onions. Bring a large pan of salted water to the boil and add the onions, simmering for

2–3 minutes until the onions are soft. Remove from the pan and set to one side

8. Remove the beef sirloin from the bag and brush it with the kecap manis. Place the beef on a hot barbecue or grill and cook on each side for 4 minutes. Toss the grelot onions in olive oil and grill alongside the beef until evenly coloured
9. To serve, divide the broth evenly between four bowls. Carve the beef into four pieces and place into the broth along with the chargrilled grelot onions



Sous vide duck leg with celeriac choucroute, bulgur wheat and cherries

by Agnar Sverrisson

Agnar Sverrisson serves up an elegant sous vide duck leg. To contrast with the rich flavour of the duck, the chef adds sweet and sour celeriac choucroute, bulgur wheat and fresh cherries – a combination that is popular on the chef's 28°– 50° Wine Workshop and Kitchen menu.

🍴 Main 📊 Medium 👤 4 ⌚ 1 hour 30 minutes, plus 6 hours sous vide cooking

Sous vide duck legs

4 duck legs

salt

Duck sauce

1kg duck bones

400ml of brown

chicken stock

100ml of white wine

1g of xanthan gum

1 garlic clove

½ tsp five-spice powder

1 pinch of black pepper

1 tsp Chardonnay vinegar

Celeriac choucroute

500g of celeriac,

cut julienne

5g of salt

25g of duck fat

25g of white wine vinegar

Bulgur wheat

100g of bulgur wheat

300ml of water

15ml of olive oil

1 tsp chives, chopped

1 tsp parsley leaves,

chopped

To serve

8 cherries

Equipment

Chamber sealer

Vacuum bags

Water bath

1. Preheat a water bath to 68°C
2. To begin, season the duck legs with salt and place in a vacuum bag with the duck fat. Seal in a chamber sealer and cook for 6 hours in the water bath. Once cooked, set aside in the fridge
3. Preheat the oven to 180°C/gas mark 4
4. To make the duck sauce, place the bones on a baking tray and roast in the oven until deep golden brown
5. Bring the chicken stock to the boil in a large saucepan and add the duck bones. Reduce the heat, cook for 1 hour then strain into a clean pan. Discard the bones
6. Bring the white wine to the boil in a separate pan and add to the chicken stock. Add the garlic, five-spice, black pepper, Chardonnay vinegar and bring to a gentle simmer. Cook for a further 2

minutes, then pass through a sieve and thicken with xanthan gum. Keep warm until ready to serve

7. To make the choucroute, place the celeriac in a bowl with the salt and mix well. Leave the salted celeriac for 30 minutes to draw out the moisture
8. After 30 minutes, squeeze out any excess moisture from the celeriac and place in a saucepan with the duck fat. Place the pan over a medium heat and sweat for 20 minutes without colouring. Remove from the heat and finish with the white wine vinegar
9. Place the bulgur wheat and the water in a medium saucepan, bring to boil and cook for 8 minutes. Remove from the heat and stir through the chives, parsley and olive oil
10. When ready to serve, place a frying pan over a high heat and cook the duck legs skin-side down until crisp and golden. Meanwhile, add the cherries to the duck sauce and heat through
11. To serve, place a pile of the choucroute on each plate and top with the bulgur wheat. Place the duck legs on top then finish with the duck sauce and whole cherries





Sous vide potato rösti

by Will Holland

Will Holland's sous vide potato rösti is the perfect accompaniment for meat-based main courses but is also delicious when simply topped with a fried egg and served for lunch.

🍴 Side 📊 Medium 👤 8 ⌚ 4 hours 30 minutes

Sous vide potato rösti

2kg Maris Piper potatoes, grated
120g of duck fat,
plus extra for pan-frying
salt

Equipment

Chamber sealer
Water bath
Vacuum bags

1. Preheat a water bath to 80°C
2. Place the grated potato in a mixing bowl and season heavily with salt. Mix well, then transfer to a colander and leave to drain for 15 minutes. Place the potato in a clean, dry tea towel and wring out as much of the starchy potato water as possible
3. Place the potato in a mixing bowl. Melt the duck fat in a small saucepan, pour over the potato and mix well
4. Transfer the mixture to a large vacuum bag, seal in a chamber sealer and cook in the water bath for 4 hours
5. Allow the rösti to completely cool before removing from the vacuum bag and cutting into your preferred shapes
6. To finish, pan fry the rösti in a little duck fat until crisp and golden

Fennel and orange quinoa salad

by Shaun Rankin

Shaun Rankin's vibrant quinoa salad is bursting with Middle Eastern flavours, with sesame, pomegranate and saffron adding another dimension to the nutty flavour of the grain. Cooking the fennel in a water bath with a little orange juice results in a wonderful, tender texture as well as infusing the bulb with a zesty hit of citrus.

🍴 Starter 📊 Medium 👤 2 ⌚ 45 minutes

Quinoa salad

100g of quinoa
500ml of vegetable stock
2 tbsp of pomegranate seeds
1 tsp sesame seeds, toasted
2 tsp fresh coriander, finely chopped
3 tbsp of extra virgin olive oil
1 tbsp of lemon vinegar salt
freshly ground black pepper

Fennel

1 fennel bulb, cut into eighths
50ml of orange juice
1 pinch of saffron

Tahini dressing

1 tbsp of tahini
20ml of lemon juice
50ml of olive oil

To serve

2 tsp pine nuts
1 pinch of salt
6 orange segments
nasturtium leaves
coriander cress

Equipment

Vacuum bags
Chamber sealer
Water bath

1. Preheat a water bath to 85°C
2. Add the quinoa and vegetable stock to a medium saucepan and bring to a simmer. Continue to cook for 15 minutes, or until the quinoa is cooked through but retains a bit of bite. Remove from the heat and leave to cool
3. Meanwhile, prepare the fennel. Place the fennel pieces in a vacuum bag and add the orange juice and saffron. Seal the bag and place in the preheated water bath for 20 minutes
4. Place a frying pan over a high heat, then remove the cooked fennel from the bag and add to the hot pan. Sear the fennel until coloured on all sides, then remove from the heat and mix together with the cooked quinoa. Stir through the pomegranate seeds, toasted sesame seeds and chopped coriander and mix together until combined



5. In a small bowl, mix together the olive oil and lemon vinegar to make a lemon dressing. Stir a little into the quinoa and season with salt and pepper. Check the quinoa salad for taste and seasoning and add more dressing to taste if required
6. Place the frying pan over a low heat and add the pine nuts, toasting gently until evenly coloured. Sprinkle over a pinch of salt and toss rigorously in the pan to combine. Tip the toasted pine nuts onto a small plate to cool slightly before adding to the salad
7. To serve, divide the fennel and quinoa salad between serving plates, topping each portion with a sprinkling of the toasted pine nuts. Arrange the orange segments on top of the salad and garnish with the nasturtium leaves and coriander cress. Whisk together the tahini, lemon juice and olive oil in a small bowl and drizzle over to finish

Sous vide beef rump with blue cheese, broccoli and smoked pommes anna

by Ollie Moore

Vibrant broccoli adds freshness and bite to Ollie Moore's rich combination of tender sous vide beef rump and tangy blue cheese. The beef is cooked gently in a water bath with the blue cheese, which helps the meat stays perfectly moist and packed with flavour. Start the pommes anna the day before to allow it to set overnight.

🍴 Main 📊 Medium 👤 4 ⌚ 2 hours, plus overnight pressing

Sous vide beef rump

400g of beef rump,
divided into 4 portions
300g of Roquefort cheese,
at room temperature
water, as needed
1 knob of butter

Smoked pommes anna

75g of unsalted butter
4 potatoes, peeled
and thinly sliced
oil, for frying
salt
freshly ground black
pepper

Broccoli purée

6 broccoli, florets finely
chopped and 4 stems
reserved for the relish
salt

Broccoli relish

100g of sugar
20g of fish sauce
20g of soy sauce

Broccoli garnish

1 broccoli, cut into florets
1 dash of lime juice
1 dash of olive oil
salt

To serve

2 French breakfast radishes,
shaved into fine slices
salty finger leaf,
a few sprigs

Equipment

Smoking gun
Water bath
Vacuum bags
Bar sealer
Blender

1. Begin with the smoked pommes anna as this will need to press overnight. Cold-smoke the butter for 20–25 minutes using a smoking gun or cold smoker
2. Preheat the oven to 180°C/gas mark 4
3. Once smoked, melt the butter in a small pan then brush a little over the base of a 15cm square baking dish. Spread an even layer of the potato slices over the base then brush over a little more butter
4. Continue with the rest of the potatoes and butter, seasoning each layer, until all of the potato has been used up. Bake in the oven for 1 hour
5. Allow to cool for 10 minutes before placing a weight on top and leaving to press overnight

6. The broccoli relish can also be made ahead of time. Place the sugar in a heavy-bottomed pan and place over a medium heat. Allow to caramelise in the pan without stirring
7. Take the 4 stems from the broccoli for the purée and dice into 5mm cubes. Once the sugar has caramelised, add the broccoli cubes and cook for a further 3–4 minutes until all of the moisture has been released
8. Drain off the excess liquid from the pan and stir in the fish and soy sauces. Continue to cook for 5 minutes or until the mixture has thickened and reduced to a sticky relish. Set aside to cool then reserve in the fridge until ready to serve
9. Before serving, preheat a water bath to 48°C
10. Place the Roquefort in a bowl and beat in just enough water to form a smooth paste (alternatively this could be done in a blender or food processor, being careful to only add a small splash of water at a time)
11. Spread the blue cheese paste all over the beef rumps and seal in a vacuum bag. Cook in the water bath for 45 minutes
12. Meanwhile, bring a large pan of salted water to the boil and add the chopped broccoli for the purée. Cook for a few minutes until tender then drain, reserving the cooking water
13. Transfer the broccoli to a blender with a little of the cooking water and blitz to create a smooth purée, adding as much of the remaining cooking water as needed – this may take up to 10 minutes. Check for seasoning then keep warm until ready to serve
14. To prepare the broccoli garnish, reserve 4 of the florets then chop the remaining florets into small green tops, discarding the stems. Mix together in a bowl with the lime juice, oil and a little salt, then taste and adjust the seasonings as needed. Set aside
15. Remove the cooked beef from the vacuum bag. Place a large frying pan over a medium-high heat and add the butter. Once the butter starts to foam, add the beef portions and allow to colour on all sides for a couple of minutes, then set aside to rest for 10–15 minutes before serving
16. Heat a large frying pan over a medium heat with a little oil. Remove the weight from the pressed pommes anna and cut into equal portions. Add to the hot pan and allow to heat through, turning until seared, golden and crispy on all sides
17. Cut the reserved whole broccoli florets into 5mm thick slices. Remove the pommes anna from the hot pan then add the broccoli slices, briefly charring on both sides

18. To serve, divide the pommes anna portions between serving plates then spoon on loose quenelles of the broccoli purée. Thickly slice the beef portions and add to the plates, drizzling over any remaining pan juices
19. Add a few spoonfuls of the reserved broccoli relish then scatter over the charred broccoli slices and lime-dressed broccoli tops. Garnish with a few fresh radish shavings and salty finger leaves to serve



Rum-poached sous vide pineapple with coconut lime sorbet

by Graham Hornigold

Graham Hornigold's impressive dessert is awash with tropical flavours, from tender chunks of sous vide pineapple poached in rum, passion fruit and spices to a zesty lime and coconut sorbet and rich coconut cream. Preparing the sorbet a day in advance makes this a fantastic dinner party dessert – simply pop the pineapple in the water bath as you're serving the main course and leave it poaching to perfection while you enjoy your evening.

🍴 Dessert 📊 Medium 👤 10 ⌚ 45 minutes, plus freezing time

Poached pineapple

2 pineapples
1l pineapple juice
500g of passion fruit
purée
100ml of Malibu
4 vanilla pods
8 star anise
400ml of coconut milk

To serve

desiccated coconut

Equipment

Ice cream maker
Vacuum bags
Chamber sealer
Water bath
Electric hand whisk

Coconut lime sorbet

1kg coconut purée
150g of sugar
230g of water
40g of lime juice
1 lime, zested

Coconut sauce

100g of coconut purée
200g of whipping cream

1. Begin by making the coconut lime sorbet. Combine all the ingredients together in a large bowl and mix well until thoroughly incorporated
2. Pour into an ice cream maker and churn according to the manufacturer's instructions, then transfer to the freezer until ready to serve
3. Preheat a water bath to 70°C
4. For the pineapple poaching syrup, mix together the pineapple juice, coconut milk, passion fruit purée, rum and spices in a large pan and place over a medium heat. Heat gently until the mixture forms a syrup
5. Peel the pineapples and cut lengthways into quarters. Remove the core, then divide the pieces between 2 or 4 vacuum bags (depending on the size of the pineapple pieces) along with 200ml of the syrup. Seal and poach in the water bath

for 30 minutes, or until the fruit becomes tender and translucent while still holding its shape

6. Meanwhile, prepare the coconut sauce. Whisk together the purée and cream in a large bowl until the mixture forms soft peaks. Set aside, keeping cool until ready to serve
7. Once cooked, remove the pineapple from the water bath and leave to drain a little,

reserving the poaching liquor. Slice the drained pineapple into even chunks

8. To serve, spread a little coconut cream across each plate and place a spoonful of desiccated coconut in the centre, topping with a quenelle of coconut lime sorbet. Divide the pineapple chunks evenly between serving plates, spooning over a little of the reserved warm poaching liquor to serve



Sous vide turbot, summer mushroom salad, apricot dressing

by Luke Holder

Luke Holder's sous vide turbot is served with beautiful girolles, spiked with a fragrant apricot dressing for sweetness. This delicate dish is perfect for a dinner party, and cooking the fish sous vide means there's no need to fret about the final result.

🍴 Main 📊 Easy 👤 4 ⌚ 60 minutes

Sous vide turbot

720g of turbot fillet,
cut into 4 even portions
4 dashes of olive oil
4 garlic cloves
4 sprigs of thyme

Apricot dressing

100g of water
100g of white wine
vinegar
100g of sugar
2 lemons, zested
1 sprig of thyme
5 apricots, finely diced

Mushroom salad

120g of girolles
15g of butter, cold
2 apricots, finely diced
1 sprig of tarragon
1 sprig of mint
flaked almonds, toasted
salt
pepper

Equipment

Water bath
Small vacuum bags (4)
Bar sealer

1. Preheat a water bath to 55°C
2. To make the apricot dressing, bring the water, vinegar, and sugar to the boil with the lemon zest and thyme then allow to cool. Pass through a sieve and add the diced apricots
3. Bring to the boil, simmer for 15 minutes then allow to cool. Pass through a fine sieve and reserve for later
4. Place the turbot portions in vacuum bags with olive oil, garlic and a sprig of thyme. Seal with a bar sealer and poach for 12 minutes
5. To make the mushroom salad, add the butter and girolles to a cold pan and season. Slowly warm the mushrooms in the butter, making sure they don't start frying. You want to allow the salt to draw out the mushroom liquor and form a mushroom emulsion

6. Cook the mushrooms for 2 minutes, then season with the apricot dressing to taste. Dice the apricots finely and add to the mushrooms with the freshly picked tarragon, mint and toasted flaked almonds

7. Place spoonfuls of the mushroom salad on each plate and place the poached turbot to the side. Serve immediately



Sous vide cod cheeks with kimchi and peanut

by Chantelle Nicholson

This simple sous vide cod cheek from Chantelle Nicholson is served with a zingy cabbage and fennel kimchi. The kimchi needs two days to start fermenting, so make sure you plan ahead for this dish.

🍴 Starter 📊 Easy 👤 4 ⌚ 30 minutes, plus at least 2 days for the kimchi to ferment

Sous vide cod cheeks

12 cod cheeks
2 tbsp of rock salt
1 tbsp of olive oil
1 tsp sesame oil
¼ tsp coriander seeds,
toasted and crushed

Kimchi

2 garlic cloves, peeled
1 knob of ginger,
4cm in length, peeled
and finely grated
15g of palm sugar,
finely grated
3 tbsp of fish sauce
15g of Korean red pepper
powder, or gochujang
if unavailable
3 tbsp of rice wine
vinegar
1 tsp table salt
1 Chinese cabbage,
finely chopped
1 fennel bulb, finely sliced

To serve

80g of blanched peanuts,
toasted and finely
chopped
coriander cress

Equipment

Large vacuum bags (2)
Bar sealer
Water bath

1. To begin, make the kimchi as it needs to be made at least 2 days in advance of serving. Place all the ingredients, apart from the cabbage, in a blender and blitz to form a paste. Transfer to a bowl with the cabbage and fennel and, using gloves, massage the paste into the vegetables for 5 minutes
2. Place in 2 large vacuum pack bags and seal well with a bar sealer. Leave somewhere cool for a minimum of 48 hours
3. For the cod cheeks, cover in the rock salt and leave for 6 minutes. Rinse off well and pat dry
4. Preheat a water bath to 65°C
5. Place the cod cheeks, oils and coriander seeds in a vacuum bag and seal with a bar sealer. Place in the water bath for 6 minutes
6. To assemble, place a large spoonful of kimchi on each plate. Toss the cod cheeks in the toasted peanuts, place on the kimchi and garnish with the coriander cress

Sous vide salmon with pickled kohlrabi, garden pesto and new potatoes

by Danny Kingston

This simple sous vide salmon recipe shows off the power of cooking in a water bath, giving the salmon a perfectly tender finish. A quick sear in the pan ensures you don't have to miss out on delicious crispy skin. The dish is served with lightly pickled kohlrabi, roasted new potatoes and garden pesto for a dish full of contrast and intrigue.

🍴 Main 📊 Easy 👤 4 ⌚ 1 hour 30 minutes

Sous vide salmon fillets

4 salmon fillets, each weighing approx. 130g
1 tsp flaky sea salt
1 tsp sugar
½ tsp fennel seeds
½ tsp coriander seeds
3 tbsp of olive oil

1 bunch of basil, small
60g of pine nuts, toasted
60g of Parmesan, grated
150ml of olive oil, half extra virgin, half normal
1 dash of lemon juice
salt
black pepper

New potatoes

500g of baby Charlotte potatoes
1 bunch of dill, small

Equipment

Water bath
Small vacuum bags (4)
Bar sealer
Food processor
Pestle and mortar

Garden pesto

1 bunch of curly parsley, small
1 bunch of mint, small

1. To begin, pickle the kohlrabi. To make the pickling liquor, combine the vinegar, water, salt and sugar in a pan and warm so that the salt and sugar dissolves
2. Slice the top leaves and hardened root area from the kohlrabi then peel the outer layer. Pass through a spiraliser to make long noodles
3. Submerge the kohlrabi in the pickling liquor and leave for an hour in the fridge
4. Preheat the oven to 180°C/gas mark 4 and set a water bath to 52°C
5. To cook the potatoes, place them in a pan of water and bring to the boil. Reduce to a simmer, cook for 10 minutes then drain and leave to steam for a little while
6. Tip the potatoes into a roasting tin and lightly press on each one so it squashes

and cracks slightly. Drizzle with rapeseed oil and roast for 40 minutes, turning over halfway through

7. To make the pesto, simply blitz all the ingredients (apart from the oil) in a food processor for a minute or two, then slowly pour in the olive oil until blended
8. To prepare the salmon, lightly toast the seeds in a dry frying pan then transfer to a pestle and mortar. Roughly grind the seeds down a little
9. Place each salmon fillet in a vacuum bag with the seeds, salt, sugar and a dash of oil. Seal with a bar sealer

10. Cook in the water bath for 15 minutes. Once ready, remove the fillets from the bags and drain on kitchen paper
11. Heat a non-stick pan with a dash of oil until hot then add the salmon skin-side down. Cook until the skin is lightly golden, then remove from the pan
12. Drain the pickled kohlrabi well and place a nest on each plate. Place some potatoes next to it and add the salmon fillets to each plate. Drizzle over some pesto and serve



Sous vide lamb ribs with spicy green miso dipping sauce

by Danny Kingston

This sous vide lamb ribs recipe is perfect for parties and get-togethers. Beautifully tender from sous vide slow-cooking and infused with cumin, paprika and garlic, these tiny bites pack a real punch, as does the vibrant, tangy miso dipping sauce they are served with.

🍴 Starter 📈 Easy 👤 4

⌚ 30 minutes, plus overnight marinating time and 6 hours slow-cooking

Sous vide lamb ribs

16 lamb ribs,
cut from 2 lamb breasts
1 lime, juiced and zested
2 garlic cloves,
roughly chopped
2 tsp ground cumin
2 tsp smoked paprika
100ml of olive oil
salt
pepper

Miso dipping sauce

3 tbsp of white miso
1 lime, juiced and zested
1 garlic clove,
finely chopped
1 jalapeño, roughly
chopped (the seeds can
be taken out if you
prefer less heat)
1 bunch of coriander,
small, roughly chopped
50ml of sesame oil
50ml of water
salt
pepper

To garnish

sesame seeds
1 spring onion,
finely sliced

1. To begin, blend together all the marinade ingredients and season generously. Place the lamb ribs in 2 vacuum bags and divide the marinade between them. Seal with a bar sealer and leave overnight in the fridge
2. The next day, preheat a water bath to 78°C
3. Remove the lamb from the fridge, allow to come up to room temperature then add to the water bath. Leave to cook for 6 hours
4. Meanwhile, make the spicy miso dipping sauce by blitzing all the ingredients in a blender. Pour into a bowl for dipping
5. About 30 minutes before you plan to serve the dish, preheat the oven to 220°C/gas mark 8

6. When the lamb ribs are ready, remove from the bags and spread out on a roasting tray, pouring any juices from the bags over the top. Cook in the hot oven for 5 minutes, or until they begin to crisp
7. Arrange on a sharing platter and decorate with scattered sesame seeds and chopped spring onion



Sous vide rack of lamb with zhug, buttermilk and grilled spring onions

by Chantelle Nicholson

Chantelle Nicholson serves up a stunning sous vide lamb rack, perfect for dinner parties. She serves the beautifully tender lamb with zhug (a spiced herb paste hailing from Yemen), sous vide spring onions and strained buttermilk.

🍴 Main 📊 Medium 👤 4

🕒 30 minutes, plus 6 hours to hang the buttermilk, 2 hours to brine and 3 hours sous vide cooking

Sous vide rack of lamb

2 racks of lamb
2 tbsp of olive oil
½ bunch of rosemary
25g of butter
sea salt
freshly ground black pepper

Buttermilk

120g of buttermilk

Brine

70g of table salt
¼ tsp white peppercorns
¼ tsp coriander seeds
¼ tsp fennel seeds
3 sprigs of thyme
1 bay leaf

Zhug

1 bunch of coriander, small (28g),
leaves picked
1 bunch of parsley, small (28g),
leaves picked
1 green chilli,
deseeded and finely diced
½ tsp cumin seeds,
toasted and finely crushed
1 cardamom pod, finely crushed
2 cloves, finely crushed
½ tsp agave nectar
2 garlic cloves,
peeled and finely microplaned
50ml of olive oil
½ tsp table salt

Sous vide griddled spring onions

2 bunches of spring onions,
roots left on, washed
1 tbsp of olive oil
¼ bunch of thyme

Equipment

J-cloth
Piping bags
Large vacuum bags (3)
Bar sealer
Water bath
Blender
Chargrill pan

1. To begin, place the buttermilk in a sieve lined with a J-cloth and place over a bowl. Leave to strain in the fridge for 6 hours
2. After this time, scrape the strained buttermilk out of the J-cloth into a new bowl and whisk until smooth. Place in a piping bag and refrigerate
3. To make the brine for the lamb, place all the ingredients in a saucepan, add 500ml warm water and bring to the boil. Simmer for 2 minutes then remove from the heat and add 500ml cold water. Allow to cool completely before using
4. Fully submerge the lamb racks in the brine and place in the fridge for 2 hours
5. Preheat a water bath to 55°C
6. When ready to cook the lamb, rinse the racks well and pat dry. Season well, place in 2 large vacuum bags and add some oil and rosemary to each one. Seal with a bar sealer and cook in the water bath for 3 hours
7. While the lamb is cooking, make the zhug. Place all the ingredients in a blender jug with 2 tbsp of water and blend until a chunky paste is formed. Season to taste
8. When ready, remove the lamb from the water bath and increase the temperature to 90°C (to cook the spring onions)
9. To prepare the spring onions, place in a sous vide bag with the olive oil and thyme and season well. Seal with a bar sealer and place in the water bath for 5 minutes. Meanwhile, heat a chargrill pan until almost smoking for when the spring onions are ready
10. To brown the lamb, place the butter in a frying pan over a high heat. When foaming, add the lamb racks fat-side down and cook until golden, for approximately 5 minutes. Remove from the pan and keep in a warm place to rest for 5 minutes
11. Pour any cooking juices from the sous vide bag in the pan and reduce to a glaze
12. Remove the spring onions from the bag and quickly brown in the chargrill pan
13. To serve, carve the lamb racks into 12 pieces. Divide the spring onions between the plates, add 3 lamb pieces to each plate and drizzle the pan juices over the lamb. Pipe the buttermilk on the plate, spoon over some zhug and serve



Sous vide spiced aubergine with turmeric and coconut sauce, cashew butter and crispy kale

by Chantelle Nicholson

Chantelle Nicholson's sous vide aubergine is cooked with a host of aromatic spices and served with a rich, vibrant turmeric sauce. Cashew butter and kale crisps add richness and texture to the dish.

🍴 Starter 📏 Medium 👤 4

🕒 1 hour 40 minutes, plus overnight drying time for the kale crisps

Sous vide aubergine

6 baby aubergines
½ tsp coriander seeds
½ tsp fennel seeds
½ tsp cumin seeds
50ml of olive oil
table salt
sea salt
freshly ground
black pepper

1 knob of ginger, 3cm in length, peeled and sliced
20g of cashew nuts, toasted
¼ bunch of coriander stalks
400ml of coconut milk
1 dash of vegetable oil

Cashew butter

100g of cashew nuts, toasted
100ml of warm water
salt

Kale crisps

200g of kale
1 tbsp of olive oil
1 tbsp of cashew nuts
table salt

Turmeric and coconut sauce

20g of fresh turmeric, sliced
2 shallots, sliced

Equipment

Pestle and mortar
Water bath
Large vacuum bags
Bar sealer
Piping bags
High-power blender

1. For the kale crisps, massage the oil into the leaves and season well with table salt. Microplane the cashew nuts over the kale and place in a dehydrator or 60°C oven overnight to crisp up
2. For the aubergine, preheat the water bath to 72°C
3. Place the coriander, fennel and cumin seeds in a dry frying pan over a moderate heat and toast until fragrant. Lightly crush and mix with the olive oil
4. Halve the aubergines lengthways and score the flesh in a crisscross pattern. Season liberally with table salt and leave for 10 minutes. After 10 minutes, wipe away the salt and any excess moisture

5. Place the aubergines in 2 vacuum bags and add the spiced oil. Seal, being careful not to take all of the air out as you will crush the aubergines, and place in the water bath for 90 minutes
6. For the turmeric and coconut sauce, heat a dash of vegetable oil in a large saucepan. When hot, add all the ingredients apart from the coconut milk. Season well, cook for 10 minutes until lightly coloured then add the coconut milk
7. Simmer for 20 minutes then place in a blender and blitz until smooth. Pass through a fine sieve
8. For the cashew butter, place the cashew nuts in a blender, season well and add the warm water. Blend until smooth, adding a little more water if necessary. Transfer to a piping bag
9. Remove the aubergines from the bags and season with a little sea salt and pepper
10. Plate the aubergines with dots of cashew butter, drizzles of turmeric sauce and pieces of crispy kale



Sous vide leg of lamb with honey, thyme and sherry

by Danny Kingston

This sous vide leg of lamb is perfect for a Sunday roast. The lamb is cooked low and slow for at least six hours and finished on the barbecue for a crispy, smoky exterior, but feel free to use a large chargrill pan if the weather isn't playing ball.

🍴 Main 📊 Easy 👤 6

🕒 60 minutes, plus 24 hours to marinate and 6–8 hours in the water bath

Sous vide leg of lamb

1 leg of lamb, deboned
(approx. 1.5kg)
25ml of heather honey,
or other aromatic honey
50ml of sweet sherry
½ tbsp of sherry
vinegar
½ bunch of thyme,
leaves picked
salt
pepper

To serve

4 baby gem lettuces,
sliced in half
2 radicchio, quartered

Equipment

Large vacuum bags (5)
Bar sealer
Water bath
Barbecue

Sous vide vegetables

6 carrots, scrubbed
6 parsnips, scrubbed
6 beetroots, scrubbed
and cut into 1cm discs
(preferably a mix of
heritage beetroots)
150g of butter
1 star anise
1 bunch of thyme, small,
leaves picked
salt
pepper

1. To begin, whisk together the honey, sherry and sherry vinegar. Stir in the thyme leaves and rub the mixture all over the lamb
2. Transfer the lamb to a large vacuum bag with the marinade and vacuum seal with a bar sealer. Leave overnight in the fridge to marinate
3. Preheat the water bath to 85°C
4. To prepare the vegetables, peel them and cut the beetroots into slices. Place the carrots, parsnips and beetroot in separate vacuum bags (bag up the yellow and red beetroots separately to avoid the colour bleeding). For the carrots, add 50g butter and star anise; for the parsnips add 50g butter and the thyme; for the beetroot, just add the butter
5. Seal the bags and cook in the water bath for 1 hour, until tender. Plunge into iced water to chill and keep in the fridge until ready to reheat later

6. Preheat a water bath to 56°C for a medium-rare finish and 62°C for medium
7. Place the lamb in the water bath and cook for 6–8 hours
8. About 30 minutes before the lamb is ready, preheat the barbecue
9. Remove the lamb from the water bath and rest for 15 minutes before removing from the bag, saving all the juices from the lamb bag in a saucepan. By this time, the coals of your barbecue should be glowing white. Remove the chilled vegetables from their bags and pat dry
10. Place the lamb directly onto the hot grill and sear all over, turning quickly as it will catch due to the sugar content in the marinade
11. Place the vegetables on the grill too, turning for a light char
12. Heat the reserved lamb juices over a medium-high heat and reduce by a third
13. After about 10 minutes of searing, remove the lamb from the barbecue and cover with foil. Repeat with the vegetables. Place the lettuce and radicchio on the grill to char, cut-side down, until lightly wilted
14. To serve, slice the lamb into even portions and place on a platter. Place the vegetables on another platter and drizzle over the remaining lamb sauce



Sous vide beef and prune tagine

by Victoria Glass

Victoria Glass' sous vide beef tagine sees beef shin slow-cooked in a host of warming aromatics and sticky prunes for a comforting yet simple dish. Using ice cubes instead of water is a great way to introduce liquid to the bag in sous vide cooking without fear of sucking any into your bar sealer.

🍴 Main 📊 Easy 👤 6 ⌚ 30 minutes, plus 12–16 hours in the water bath

Sous vide beef shin tagine

1kg beef shin, cut into cubes
2 onions, finely chopped
1 pinch of saffron,
ground to a powder
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp garlic powder
250g of prunes, stoned
1 tbsp of runny honey
50g of unsalted butter, chilled
5 ice cubes
1 tbsp of olive oil
salt
pepper

To serve

300g of couscous
1 tbsp of extra virgin olive oil
75g of flaked almonds, toasted
1 tbsp of toasted sesame seeds
1 handful of coriander, chopped

Equipment

Large vacuum bags
Water bath
Bar sealer

1. Preheat a water bath to 75°C
2. Generously season the diced beef. Heat the oil in a large frying pan and sear the beef in batches, for a couple of minutes, or until browned all over. Transfer the seared meat to a large dish and set aside
3. Reduce the heat under the pan, add the onions and stir intermittently over a low-medium heat for about 10 minutes, or until soft and golden – add a little more oil if necessary. Remove the pan from the heat
4. Tip away any meat juices that have collected in the dish that the beef has been resting in, or it will be sucked out during vacuum sealing
5. Add the onions, saffron, ginger, cinnamon, garlic, prunes and some salt and pepper to the beef and toss thoroughly to evenly distribute the aromatics
6. Transfer the meat into a vacuum bag and add the honey, butter and ice cubes
7. Vacuum seal the bag and place in the preheated water bath for 12–16 hours



8. 10 minutes before you are ready to serve, put the couscous in a bowl and mix through a good pinch of fine sea salt. Add the extra virgin olive oil and 450ml of hot water from the kettle. Cover and leave to stand while you garnish the tagine
9. Snip the bag open and pour the beef into a large, warmed bowl. Toss through half the toasted almonds and scatter the remaining half over the top, along with the sesame seeds and coriander
10. Fluff the couscous with a fork and serve with the tagine

Sous vide jerk pork shoulder with mango salsa and rice and peas

by Victoria Glass

Victoria Glass serves up a sumptuous sous vide jerk pork shoulder with a zingy and sweet mango salsa and rice and peas on the side. Cooking the pork sous vide results in perfectly tender meat with spices that really permeate the flesh for a deep, spicy flavour.

🍴 Main 📶 Easy 👤 6 ⌚ 60 minutes, plus 16–20 hours slow cooking

Sous vide jerk pork

1.5kg pork shoulder,
skin removed and cut in half
1 tbsp of dark rum
5 spring onions
2 tbsp of garlic powder
2 scotch bonnet chillies,
deseeded and chopped
1 tsp allspice powder
1 tsp ground cinnamon
1 pinch of ground cloves
¼ tsp nutmeg, freshly grated
2 bay leaves
5 sprigs of fresh thyme
65g of dark muscovado sugar
1 lime, zested and juiced
1 tsp ground ginger
1 tsp salt
black pepper
olive oil, to brown the meat

Rice and peas

400g of long grain rice
25g of unsalted butter
1 tbsp of olive oil
1 onion, finely chopped
1 garlic clove, crushed
1 pinch of allspice powder
400ml of coconut milk
230g of black beans, rinsed
(drained weight)
2 sprigs of thyme
1 scotch bonnet chilli,
left whole
salt
pepper

Mango salsa

2 mangoes, ripe,
diced into small cubes
1 garlic clove, crushed
1 red chilli,
deseeded and finely chopped
3 spring onions, finely sliced
1 lime, juiced
1 handful of coriander leaves,
chopped
1 pinch of salt

Equipment

Water bath
Bar sealer
Large vacuum bags
High-power blender

1. Preheat the water bath to 83°C
2. Place the rum in a small saucepan and set over a gentle heat to warm through. Turn the hob off, but leave the pan on the stove top. Carefully light the rum with a lit match and leave the flames to naturally die out (about 30 seconds), to burn off the alcohol. Decant the rum into a high-power blender and add the spring onions, ginger, garlic, chillies, allspice, cinnamon, ground cloves, nutmeg, bay, thyme, sugar, lime and salt and pepper. Blitz the ingredients to a paste
3. Rub the mixture evenly all over the pork, transfer to a vacuum bag (or 2, depending on the size of your bags) and vacuum seal. Carefully place the bag in the waterbath and cook for 16–20 hours
4. Half an hour before serving, prepare the rice. Melt the butter in a large saucepan over a medium heat and add the oil. Fry the onion until soft and golden. Stir in the garlic and cook for a minute or so before adding the allspice and rice
5. Stir until the rice is coated in the fragrant butter, then pour over the coconut milk. Fill the coconut milk tin up with water and add that to the pan too, along with the drained black beans. Season generously and bury the thyme leaves and Scotch bonnet in the rice. Leave to cook for about 15–20 minutes, or until the rice is tender
6. Turn off the heat and place the lid on the pan for 5 minutes before removing the thyme and chilli and fluffing the rice up with a fork
7. While the rice is cooking, make the mango salsa by tossing all the ingredients together. Taste for seasoning and acidity – adjusting the salt and lime levels to taste – and leave to sit at room temperature
8. Snip open the jerk pork bag and remove the meat. Pour the juices into a saucepan and reduce over a medium heat
9. Pat dry and sear each piece of pork in a hot frying pan with a splash of olive oil until the meat has a nice brown crust. Tear the meat into rustic chunks and drizzle over some of the sauce. Serve the jerk pork with the rice and peas and mango salsa





Sous vide rib-eye steak cooked in Café de Paris butter

by Luke Holder

Luke Holder serves up a sous vide rib-eye steak, poached in a generous lump of Café de Paris butter before searing in a hot pan for a caramelised exterior. Served with some simple broccoli, this is a steak dish to remember.

🍴 Main 📊 Easy 👤 4 ⌚ 45 minutes, plus setting time for the butter

Sous vide steaks

4 rib-eye steaks

Café de Paris butter

500g of soft butter

1 tbsp of paprika

½ tsp cayenne pepper

1 ½ tbsp of curry powder

5 anchovies, salted

½ lemon, zested

½ orange, zested

200ml of ketchup

100ml of English mustard

30ml of brandy

30ml of Madeira

12ml of Worcestershire sauce

¼ bunch of parsley

¼ bunch of chives

¼ bunch of marjoram

1 tbsp of thyme leaves

½ bunch of tarragon

1 sprig of rosemary, leaves picked

25g of capers

2 ½ garlic cloves, crushed

Tenderstem broccoli

tenderstem broccoli
salt

Equipment

Vacuum bags (4)

Bar sealer

Water bath

1. To begin, make the Café de Paris butter. Whisk the butter until light and fluffy then add the dried spices, anchovy fillets and zests. Slowly add the tomato sauce and mustard. Once incorporated add the rest of the wet ingredients. Once all are homogenised add the herbs, capers and garlic
2. Mix lightly then roll into a long log. Wrap in cling film and place in the fridge to set
3. Preheat a water bath to 55°C
4. When the butter is set, place each steak in a vacuum bag with 50g of the butter. Seal with a bar sealer and cook in the water bath for 20 minutes
5. After this time, remove the steak from the bags and pat dry. Fry in a hot pan for 3 minutes on each side to caramelise then set aside to rest
6. Cook the broccoli in salted boiling water until tender, then drain
7. Slice the steaks and serve with the broccoli on the side

Barbecued sous vide pork chop with borlotti beans and candied tomato

by Luke Holder

This beautiful sous vide pork chop from Luke Holder will provide you with perfectly tender meat without a hint of dryness. Simply served with plump borlotti beans and candied tomatoes, this perfect marriage of flavours is a delight to eat.

🍴 Main 📶 Easy 👤 4 ⌚ 1 hour 30 minutes

Sous vide pork chop

4 pork chops
4 slices of lemon zest
4 garlic cloves
salt
olive oil

Borlotti beans

1kg borlotti beans, freshly podded
100g of pancetta
1 onion, quartered
2 carrots, peeled
2 celery sticks
1 bulb of garlic, cut in half
1 bay leaf
1 bunch of thyme
3l water, or chicken stock

Candied tomatoes

4 plum tomatoes, large

Liquor for candied tomatoes

500g of honey
100g of sherry vinegar
1 star anise
1 vanilla pod
1 sprig of rosemary
1 tsp coriander seeds
2 garlic cloves

To finish the beans

fresh parsley, finely chopped
fresh basil, finely chopped or torn
lemon juice
olive oil

Equipment

Water bath
Vacuum bags (4)
Bar sealer

1. Preheat the oven to 90°C and the water bath to 64°C
2. To begin, prepare the candied tomatoes. Blanch the tomatoes in boiling water, refresh in iced water then peel away the skins. Keeping whole, dry out in the oven for 90 minutes
3. To cook the beans, place everything in a pan and cover with the water or stock. Simmer for 40 minutes, or until tender. Allow the beans to cool in the liquor
4. Place each pork chop in an individual vacuum bag and add a dash of oil, a strip of lemon zest, a clove of garlic and pinch of salt to each one. Seal in a bar sealer, place in the water bath and cook for 45 minutes
5. To make the liquor for the tomatoes, bring all of the ingredients to the boil and add the tomatoes. Reduce until glazed

6. Remove the pork chops from the bags, pat dry and barbecue or chargrill the chops over a high heat for a beautifully golden exterior

7. Bring the beans up to heat with some of the braising liquor and add lots of fresh

parsley and basil. Finish with lemon juice and the tomato chopped into 4 large pieces. Season well with large glugs of olive oil

8. Serve the pork chops with the borlotti beans and candied tomatoes



Sous vide prawns with teriyaki sauce, rice noodles and wakame salad

by Victoria Glass

These sous vide prawns are glazed in a rich teriyaki sauce and served with a simple wakame salad and rice noodles. A beautiful variety of Japanese flavours for a midweek meal.

🍴 Main 📶 Easy 👤 4 ⌚ 40 minutes

Sous vide prawns

400g of king prawns,
deveined (fresh)
½ tsp bicarbonate
of soda

Wakame salad

15g of wakame seaweed,
rehydrated in cold water
½ cucumber
1 tsp salt
1 tsp sugar
200g of rice noodles
1 tbsp of rice
wine vinegar
½ lime, juiced
1 tbsp of tamari
1 tbsp of mirin
1 tsp honey
1 tsp sesame oil
½ tsp dried chilli flakes,
(or more depending
on taste)
10g of bonito flakes

Teriyaki sauce

50ml of tamari
100ml of mirin
30g of caster sugar
1 garlic clove, crushed
1 knob of ginger,
peeled and finely grated

To serve

black sesame seeds,
and white, to garnish

Equipment

Sous vide or water
bath
Vacuum bags
Bar sealer

1. Fill and preheat your water bath to 58°C
2. Toss the prawns in the bicarbonate of soda, place them in a vacuum bag in a single layer (you may need two bags, depending on size) and vacuum seal it using a bar sealer
3. Place the prawns in the water bath for 15 minutes, or for up to 30, but no longer as they can become unpalatably mushy
4. In the meantime, slice the cucumber lengthways and use a teaspoon to scoop the seeds out. Finely slice the cucumber into half moons, sprinkle over the salt and sugar and leave for 10 minutes before rinsing
5. Place all the ingredients for the teriyaki sauce in a saucepan and stir over a moderate heat until the sugar has dissolved. Stop stirring and simmer for 5–10 minutes, or until the sauce has thickened enough to glaze the prawns



once they are cooked. Turn off the heat and set aside until your prawns are ready

6. Boil the rice noodles in a saucepan of salted water for 5–7 minutes, or until cooked through. Drain and set aside
7. Meanwhile, whisk together the rice vinegar, lime juice, tamari, mirin, honey, sesame oil and chilli flakes to make the salad dressing

8. Drain the wakame and squeeze out any excess water. Roughly chop, add to the cucumber and pour over the dressing. Toss the salad together and sprinkle over the bonito flakes
9. Once the prawns are cooked, heat up the teriyaki sauce and remove from the heat. Snip open the bag and tumble the hot prawns into the hot teriyaki sauce to coat quickly before plating up. Serve the prawns and wakame salad with rice noodles and a sprinkling of black and white sesame seeds

How to use a sous vide vacuum bar sealer

The sous vide method takes its name from the French for 'under vacuum'. Vacuum sealing is, therefore, an integral part of the process. There are two types of vacuum sealer: chamber and bar sealers. Here's how to use a bar sealer, a simpler version of vacuum packing. Unlike the chamber sealer which creates a complete vacuum around the bag, the bar sealer simply sucks the air from the bag. This means that liquids must not be present in the bag as they will be sucked into the machine and damage it.

1. Place your ingredients in the vacuum bag
2. Place the top of the vacuum bag in the bar sealer
3. Press the button to seal
4. Press the release button and remove the bag from the machine. Your food is now ready to place in the water bath



Meet the chefs



Russell Brown

With years of Michelin-starred experience to fall back on, Russell Brown is now a font of culinary knowledge and offers consultancy services alongside his newfound passion for food writing and photography.



Victoria Glass

Victoria is a London-based cook, recipe developer and food writer. She has written for various print and online publications. Her first four books, *Boutique Wedding Cakes*, *Deliciously Vintage*, *Baking Mash-Up* and *Boozy Shakes* are out now. She cooked her way through the alphabet from artichokes to za'atar zebra on her blog, Alphabet Soup.



Luke Holder *Hartnett Holder & Co at Lime Wood*

Luke Holder, the co-head chef at Hartnett Holder & Co at Lime Wood, a five-star hotel in Hampshire, is a chef well versed in provenance. He champions local, sustainable produce, creating cuisine that is simultaneously rustic and sumptuous.



Will Holland *Coast*

Will Holland has been working in Michelin-starred restaurants since the age of 18, spending nearly two decades in some of the finest classical restaurants in the country. Now running his own restaurant on the beautiful Pembrokeshire coast, his style is more relaxed and informal, but the focus remains on fantastic British ingredients, excellent technique and mouthwatering food.



Graham Hornigold *Yauatcha Soho*

Graham Hornigold's expert pastry skills have been refined in some of the best restaurants and hotels in London. As executive pastry chef of Hakkasan Group, he brings a delicate, refreshing touch to their restaurants' dessert menus, as well as training legions of pastry chefs around the world in the art of delicate, beautifully flavoured patisserie.



Simon Hulstone *The Elephant*

With multiple successes at the highest levels of competitive cooking behind him, Simon Hulstone is now achieving in the restaurant arena, holding a Michelin star at his Torquay eatery since 2004. His beautiful, seasonal plates feature the best of West Country produce, most of which is grown at his remarkable dedicated farm.

Meet the chefs



Ollie Moore

Ollie Moore combines expert technique with lesser-known ingredients to create truly unique dishes. After making a name for himself at Winchester's The Black Rat, he now cooks his innovative food in Spain.



Chantelle Nicholson *Tredwells*

From New Zealand law student to group operations director and now chef-patron of Tredwells in London, Chantelle Nicholson's hard work and determination has seen her rise through the ranks of Marcus Wareing's restaurant empire. By setting up, running and cooking in some of London's most popular restaurants, she knows the industry inside out.



Shaun Rankin *Ormer*

Born in Ferryhill in County Durham, Shaun Rankin is better known these days for presiding over Jersey as one of the most eminent chefs on the island. His food displays a passion for his environment – this is a place he affectionately refers to as his kitchen garden – alongside a skilful handling of local ingredients to create simple dishes with stunning flavour.



Agnar Sverrisson *Texture*

Agnar Sverrisson's modern European food combines seasonal British ingredients with Icelandic specialities, serving rustic, Nordic-inflected plates that highlight textural contrast and clean, intense flavours. With accomplished technical skills developed in some of London's best restaurants and honed during his time as head chef at Raymond Blanc's Le Manoir, his dishes look deceptively simple, though they taste anything but.



Danny Kingston

Danny is a food adventurer, home grower, supper club host and writer of the entertaining and quirky epicurean blog, Food Urchin. When Danny is not busy digging holes to pit-roast lamb or hanging marrows in tights to make rum or foraging for snails in his garden to throw into paella, he is often left in charge of a pair of cheeky twins; with sometimes disastrous results in the kitchen.



Martin Wishart *Restaurant Martin Wishart*

Martin Wishart trained under many masters of classical French cuisine before returning to his native Edinburgh, where he has earned himself a legion of loyal fans across his four restaurants. Making the most of his surroundings, his seasonally changing menus showcase the best in famed Scottish produce such as shellfish and game.



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