

# A E N O

## Recipes for the AENO Sous Vide SV1



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# Sous vide beef steak

 Difficulty Medium	 Preparation 5 min	 Cooking 300 min	 Servings 2
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## How to cook:

Wash and dry the beef thoroughly. Salt, pepper, add thyme and put in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with meat into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 65 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 5 hours and press the POWER  button. Cook till the program runs out.

## Ingredients:

Beef (rib-eye)	300 g
Thyme	7 g
Ground black pepper	
Salt	



# Sous vide pork

 Difficulty Medium	 Preparation 5 min	 Cooking 180 min	 Servings 3-4
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## Ingredients:

Pork	600 g
Garlic	3-4 cloves
Hop suneli	
Ground black pepper	
Salt	

## How to cook:

Wash and dry the meat thoroughly. Salt, pepper, add hop suneli, stuff with garlic and put in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with meat into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 62 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 3 hours and press the POWER  button. Cook till the program runs out.

# Sous vide turkey fillet

## Ingredients:

Turkey fillet	600 g
Greek yogurt	150 g
Dijon mustard	50 g
Ground black pepper	
Salt	



Difficulty  
Medium



Preparation  
5 min



Cooking  
180 min



Servings  
3-4

## How to cook:

Wash and dry the fillet thoroughly. Salt, pepper, grease with yogurt and mustard and put in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with meat into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 65 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 3 hours and press the POWER  button. Cook till the program runs out.



# Sous vide chicken roll

○○○○○  
Difficulty  
Medium

🕒  
Preparation  
15 min

🔥  
Cooking  
120 min

🍲  
Servings  
2-3



## Ingredients:

Chicken fillet	400 g
Champignons	100 g
Hard cheese	100 g
Ground black pepper	
Salt	

## How to cook:

Slice the mushrooms. Grate the cheese on a coarse grater. Thoroughly wash the chicken fillet, dry it and cut lengthwise into two slices. Wrap the fillet into a foil and beat it. Salt and pepper the beat meat. Put mushrooms on the meat, then cheese on top and wrap in the form of a roll. Do the same with the rest of the steaks. You will get 4 rolls.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the rolls into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 65 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 2 hours and press the POWER  button. Cook till the program runs out.

# Sous vide salmon



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
3-4

## Ingredients:

Salmon	600 g
Olive oil	10 g
Salt, sugar to your liking	

## How to cook:

Remove skin and bones from the fish, then add salt, sugar and marinate in the refrigerator for 25 minutes. After this period, put the fish in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the fish into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 58 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.



# Sous vide scomber

## Ingredients:

Scomber	450-500 g
Olive oil	10 g
Lemon	50 g
Ground black pepper	
Salt	



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
2-3

## How to cook:

Cut the lemon into half rings. Wash the fish, dry it, add salt and pepper. Make 3-4 slight cuts on both sides of the fish. Insert lemon slices into these cuts. Put the fish in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the fish into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 55 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.



# Sous vide trout

 <b>Difficulty</b> Medium	 <b>Preparation</b> 5 min	 <b>Cooking</b> 60 min	 <b>Servings</b> 2-3
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## How to cook:

Chop the garlic with a knife and mix it with olive oil. Wash the fish, dry it, add lemon zest, pepper, salt and grease with olive oil and garlic. Put the fish in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the fish into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 58 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.

## Ingredients:

Trout	450-500 g
Olive oil	10 g
Lemon zest	3 g
Garlic	1 clove
Ground black pepper	
Salt	



# Sous vide tuna



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
2-3



## Ingredients:

Tuna	500 g
Olive oil	10 g
Lemon zest	3 g
Ginger root	2-3 g
Sesame seeds (roasted)	
Honey to your liking	
Ground black pepper	
Salt	

## How to cook:

Grate ginger root on a fine grater and mix with olive oil, honey and lemon zest. Wash the fish, dry it, add pepper, salt and grate well with the resulting mixture. Put the fish in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the fish into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 58 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.

# Sous vide vegetables

## Ingredients:

Eggplant	100 g
Zucchini	100 g
Bell yellow pepper	70 g
Bell green pepper	70 g
Bell red pepper	70 g
Olive oil	25 g
Salt, spices	



**Difficulty**  
Medium



**Preparation**  
50 min



**Cooking**  
60 min



**Servings**  
2-3

## How to cook:

Cut eggplants and zucchini into circles. Dice bell peppers. Put vegetables in a bowl, add olive oil, salt, spices and mix thoroughly. Put the vegetables in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the vegetables into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 85 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.



# Sous vide vegetables



Difficulty  
Medium



Preparation  
5 min



Cooking  
180 min



Servings  
2-3



## Ingredients:

Potatoes	150 g
Carrots	100 g
Beets	150 g
Olive oil	25 g
Salt	

## How to cook:

We recommend to take potatoes and beets of the same size. Wash and peel potatoes, beets and carrots. Put vegetables in a bowl, add olive oil, salt and mix thoroughly. Put the vegetables in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the vegetables into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 85 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.

# Sous vide champignons

## Ingredients:

Mushrooms	300 g
Ground white pepper	0,5 g
Dry garlic	0,5 g
Salt, spices	



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
2

## How to cook:

We recommend to take mushrooms of the same size. Put the mushrooms into a bowl, add pepper, dry garlic, salt, spices and mix lightly. Put the mushrooms in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the octopuses into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 83 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.



# Sous vide shrimps



Difficulty  
Medium



Preparation  
5 min



Cooking  
30 min



Servings  
1



## Ingredients:

Shrimps	150 g
Lime juice	30 ml
Garlic	1 clove
Olive oil	5 g
Salt	

## How to cook:

Peel the shrimps, do not remove their tails. Finely chop the garlic with a knife. Put the shrimps in a bowl, add garlic, lime juice, olive oil, salt and mix lightly. Put the shrimps in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the shrimps into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 55 degrees. Then press the SETTINGS  button twice, use the "+/-" buttons to set the cooking time to 30 minutes and press the POWER  button. Cook till the program runs out.

# Sous vide octopus

 Difficulty Medium	 Preparation 5 min	 Cooking 240 min	 Servings 2
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## How to cook:

We recommend to take octopuses of the same size. Put the octopuses into a bowl, add lemon juice, pepper, olive oil, dry garlic, salt and mix lightly. Put the octopuses in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the octopuses into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 80 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 4 hours and press the POWER  button. Cook till the program runs out.

## Ingredients:

Octopus	200 g
Lemon	40 g
White pepper	0,5 g
Olive oil	25 g
Dry garlic	0,5 g
Salt	



# Sous vide honey apples



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
2-3



## Ingredients:

Apples	300 g
Honey	50 g
Nuts (smashed)	30 g

## How to cook:

We recommend to take apples of the same size. Remove seeds from apples, put honey, nuts inside and put the apples in a vacuum bag. Using a vacuum sealer remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the apples into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the “+/-” buttons to set the temperature to 80 degrees. Then press the SETTINGS  button, use the “+/-” buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.

# Sous vide honey cinnamon pears



Difficulty  
Medium



Preparation  
5 min



Cooking  
60 min



Servings  
2-3

## Ingredients:

Pearl	400 g
Cinnamon	1 g
Sugar	30 g

## How to cook:

We recommend to take pears of the same size. Remove seeds from pears, put sugar inside, powder the pears with cinnamon and put them in a vacuum bag. Using a vacuum sealer, remove the air and seal the bag.

Pour water 45-50 degrees into a pot to a level not exceeding the MAX mark, sink the bag with the pears into the water, install the sous vide device on the side of the pot, clamping it with a clothespin.

Press the POWER  button for 3 seconds, then press the SETTINGS  button, use the "+/-" buttons to set the temperature to 80 degrees. Then press the SETTINGS  button, use the "+/-" buttons to set the cooking time to 1 hour and press the POWER  button. Cook till the program runs out.

