

andrew James

Sous Vide



Please read the manual fully before using the appliance and keep the manual safe for future reference.

Safety Instructions

When using any electrical appliance, basic safety precautions should always be followed, including:

- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised. Keep the appliance and its cord out of reach of children less than 8 years.
- Always ensure the voltage on the rating label corresponds to the voltage in your home.
- Check the power cord and plug regularly for any damage. If the cord or the plug is damaged, it must be replaced by a qualified electrician or a service repair centre. If in doubt please contact our customer service team.
- The appliance is intended for domestic use only. Industrial or commercial use will void the warranty. The supplier cannot be held responsible for injury or damage if the appliance has been used for anything other than its intended use.
- Incorrect operation and use can damage the appliance and cause injury to the user.
- Do not use the appliance if it has been dropped or damaged in anyway. If the unit has been damaged take the unit for examination and or repair by an authorised service agent.
- Do not immerse or expose the motor assembly, plug or the power cord in water or any other liquid for any reason.
- If the supply cord is damaged, it must be replaced by the

manufacturer or by someone who is suitably qualified to avoid a potential hazard.

- Do not let the cord hang over the edge of a table or counter. Ensure that the cord is not in a position where it can be pulled or tripped over accidentally.
- Do not allow the cord to touch hot surfaces and do not place the cord near hot gas, electric burners or in a heated oven.
- Use of an extension cord with this appliance is not recommended. However if it is necessary to use an extension cord, ensure that the extension cord is equal to or greater than the power consumption of the appliance to avoid overheating of the appliance and extension cord. Do not use any other appliance on the extension cord. Do not place the extension cord in a position where it can be pulled on by children or animals or be tripped over.
- Always remove the plug of

the appliance safely. Do not pull on the appliances cord to remove the appliance plug from the electrical socket.

- Never handle or operate the appliance with wet hands.

Appliance specific safety instructions

- Do not use the appliance outdoors. Always use oven gloves or a cloth when removing the lid or handling contents.
- Do not use the appliance if the lid is damaged.
- Do not move the appliance when it is in use.
- Only prepare food in the appliance as described in the manual. Always ensure that the appliance isn't covered with objects e.g. dish cloths, before and whilst it is in use.
- Caution: the lid and outer body can become hot during use. To avoid the risk of burns, do not touch the hot surfaces.
- Use the tongs to place food in the hot water. Never cook food directly in the dish,

always place in water to cook.

- Only place vacuum packed foods in the appliance. Do not use the Sous Vide to cook unwrapped food.
- The appliance will retain its heat for a short while after it has been switched off. Allow the Sous Vide to cool down completely before cleaning and storage.
- Be sure to allow the glass lid to cool before cleaning it with water.
- Take care when removing the lid of the appliance; steam can condense and collect on the underside of the lid during the cooking process which could drip and cause scalds.

Before First Time Use

- Before using the sous vide cooker for the first time, remove all packaging, labels and tags from the product.
- Wash the lid and the inside of the water bath with hot water and a little washing up liquid - then dry the appliance thoroughly.

Directions For Use

All food must be vacuum sealed in a suitable bag to remove air and moisture. This ensures the food retains its natural

1. Place the Sous Vide on a flat surface and plug it in. Fill the water bath with lukewarm or hot water. The water must not be hotter than the cooking temperature. Make sure the water level is above the level of the food, but below the MAX mark on the water bath and above the MIN mark.
2. If necessary, insert the rack into the water bath to cook certain foods or to cook two of the same food at once.
3. Place the lid on the water bath.
4. Switch the appliance on by pressing the on/off button. The display will come on, and the temperature will show 56°C.
5. Adjust the temperature required for your recipe by using the + and - buttons. If required, switch the display between Celsius and Fahrenheit by using the F/C button on the panel.
6. Press the timer/temp button to adjust the cooking time. The minimum time is 30 minutes, the maximum is 72 hours. The cooking time is set to a standard of 8 hours.
7. Press the start/stop button to enable the Sous Vide to preheat to your required temperature. The display will show the current temperature of the water bath, a buzzer will sound three times when the appliance has preheated.
8. When the buzzer sounds, lift the lid off the appliance and place your food in the bath - or rack - using tongs. Make sure the food is placed within a vacuum sealer bag and that it has been vacuum sealed.
9. Press the start/stop button. The timer will now start to count down and your food will start cooking.

10. When the food has been cooked, it is best to eat it immediately. If it is to be consumed within a few hours, it can be stored in the water bath for a short time (please see holding times, page 8) If it is to be kept in the fridge, place the bags in ice water to reduce the temperature of the food.
- Only prepare food on a clean work surface.
 - Wash hands well before preparation.
 - Prepare the food to the correct thickness and temperature (refer to the table found on page 8).

Please note: There is a visible temperature sensor located in the floor of the water tank. Do not remove or tamper with it in any way.

Tips For Sous vide Cooking

1. Season your food to enhance the flavour.
2. Vacuum seal your food (to purchase a vacuum sealer and storage bags please visit:

www.andrewjamesworldwide.com

1. Once the desired temperature has been reached, place the pouches carefully into the water.
2. After the cooking is completed, you can also sear your food to improve the appearance and flavour. This will caramelise the fats and protein for better flavour.

Food Preparation

Please follow the instructions for food preparation:

- Always ensure that the produce being cooked is of high quality and fresh.
- Make sure that the food being cooked i.e. meat, seafood, poultry has been stored below 5°C before preparation begins.
- Food pouches must be cleaned before use to ensure they are not contaminated.

Cooking Advice

- Please use the guide found on page 8 for times and temperatures of food.
- The pouch must be correctly sealed or the cooking process will be hindered.
- Ensure the pouch is correctly sealed once the cooking process has finished.

Heating Times

Original water temperature	Desired water temperature	Approximate Heating time
15c	60c	43 minutes
34c	60c	26 minutes

Food	Cooking Temperature	Cooking Time	Holding Time (After cooking)	Thickness
Beef and Lamb				
1. Tenderloin, cutlets, sirloin,	1. 49°C or higher	1 Hour	Up to 6 Hours	1-2cm
2. Rib eye, rump, T-bone	2. 49°C or higher	2 Hours	Up to 8 Hours	2-5cm
3. Blade, chuck, leg of lamb, shoulder, shanks, game meats	3. 49°C or higher	8 Hours	Up to 10 Hours	4-6cm
Pork				
Belly	82°C	10 hours	Up to 12 hours	3-6cm
Ribs	59°C	10 hours	Up to 12 hours	2-3cm
Pork chops	56°C or higher	4 hours	Up to 6 hours	2-4cm
Pork roast	56°C or higher	10 hours	Up to 12 hours	5-7cm
Poultry				
Chicken breast with bone	82°C	2 hours	Up to 3 hours	3-5cm
Chicken breast fillet	64°C	1 hour	Up to 2 hours	3-5cm
Chicken thigh with bone	82°C	1 ½ hours	Up to 3 hours	3-5cm
Chicken thigh no bone	64°C	1 hour	Up to 2 hours	3-5cm
Chicken legs	82°C	2 hours	Up to 3 hours	5-7cm
Duck breast	64°C	2 hours	Up to 2 hours	3-5cm
Fish				
Lean fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
Fatty fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
Shellfish				
Shrimp	60°C	1 hour	Up to 1 hour	2-4cm
Lobster tail	60°C	1 hour	Up to 1 hour	4-6cm
Scallops	60°C	1 hour	Up to 1 hour	2-4cm
Vegetables				
Root vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm
Tender vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm

Guide to Cooking Meat

Beef, Lamb and Pork

Rare: 49°C

Medium Rare: 56°C

Medium: 60°C

Medium well: 65°C

Well: 71°C +

Poultry

With bone: 82°C

Without bone: 64°C

Fish

Rare: 47°C

Medium rare: 56°C

Medium: 60°C

Please note: the cooking times found on page 8 are only an estimate. To achieve your personal taste please experiment with times.

Cleaning the Appliance

- Switch the sous vide off and remove the plug from the socket.
- Allow a cooling period to occur after using the appliance and before cleaning.
- Allow the water to cool in the cooking pan and then tip the appliance up to pour it out.
- Do not immerse the appliance, cord or plug in water for any reason.
- Wipe the water bath and lid with a non-abrasive cloth using warm water with a little washing up liquid.
- Clean the exterior of the appliance with a soft damp cloth.
- Do not use abrasive cleaning materi-

als, scourers or chemicals to clean any part of the appliance.

- Dry the pan and lid thoroughly with a soft cloth or tea towel before storing.

Sous Vide Recipes

Braised Shin of Beef

Ingredients

Serves 4

500g shin of beef, deboned

1 clove of garlic/15g garlic paste

20g tomato paste

60ml red wine

2 bay leaves

Sprig of rosemary

Sprig of thyme

10g horseradish

100g pancetta lardons

75g button mushrooms

30g butter

Method

1. Fill the Sous Vide with water and preheat to 82°C.
2. Place all the ingredients except the pancetta, mushrooms and butter into a vacuum bag. Massage the bag so the ingredients are combined.
3. Seal the bag and place into the Sous Vide until it is fully submerged.
4. Cook in the Sous Vide for 10 hours.
5. Once cooked, remove the beef from the sous vide and open the bag.

Strain the beef through a sieve, separating the sauce from the beef.

6. Heat a small pan with 15g of butter. Place the pancetta and mushrooms into the pan and sauté.

7. Pour the sauce into the pan and bring to the boil. Add the remaining cold butter to the sauce and allow it to reduce and thicken.

8. Put the beef back into the pan and stir through the sauce, then serve.

Serve with Dauphinoise potatoes and green beans for a delicious accompaniment.

Teriyaki Salmon

Ingredients

Serves 4

4 salmon fillets

3 tbsp. teriyaki sauce

1 tsp. grated ginger

1 tsp. finely chopped garlic

1 tsp. chilli flakes

Method

1. Fill the Sous Vide with water and preheat to 56 °C.
2. Place Teriyaki sauce, ginger, garlic and chilli into a bowl and mix until combined.
3. Pour over salmon fillets until fully coated and cover for 15 minutes.
4. Place into pouches and vacuum seal.
5. Place into the Sous Vide and submerge in water.
6. Cook for 1 hour.

Serving suggestion: Serve with noodles, coriander and a squeeze of lime.

Steak

Ingredients

Sirloin Steak

Sprig of thyme

20g butter

Rare - 54°C

Rare / Medium - 57°C

Medium - 60°C

Medium/Well done -66°C

Method

1. Fill the Sous Vide with water and pre-heat to the required temperature.
2. Place the steak into a pouch and vacuum seal.
3. Place into the Sous Vide and submerge in water.
4. Cook for 40—90 minutes depending on the thickness of the steak.
5. Preheat a frying pan. Remove the steak from the sous vide and vacuum pouch. Place into the frying pan and sear. Add butter and thyme to the pan and baste the steak in the flavoured butter.
6. Remove from the pan once seared. Do not over cook in the pan.

Garlic Chicken

Ingredients

Serves 4

4 skinless and boneless chicken breasts

8 slices of streaky bacon

80g butter

1 tsp. minced garlic

Parsley

Method

1. Fill the Sous Vide with water and preheat to 64 °C.
2. Slice the chicken breast through the middle and stuff with chopped garlic, parsley and butter.
3. Wrap each breast in streaky bacon until the hole is sealed.
4. Place into pouches and vacuum seal.
5. Place into the Sous Vide and submerge in water.
6. Cook for 1 hour.
7. Remove from pouch and place into a preheated pan.
8. Sear the chicken in the pan until the bacon is crispy.

Serving suggestion: Slice and lie on a bed of zesty lemon Orzo.

UK and EU Guarantee

Your new Andrew James product comes with a 24 month guarantee and a 2 year fixed warranty, effective from receipt confirmation. Your receipt or order number is required as proof of purchase date so it is imperative that you keep it safe.

Returned products must be cleaned and returned to us in as close to

delivery condition as possible.

For full terms and conditions, please refer to our website:

www.andrewjamesworldwide.com

Customers are responsible for any taxes applied to our products when they are shipped outside of the EU.

All of our prices are inclusive of VAT.

Once a product has been returned to us, we will aim to repair or replace it within 30 days of receipt.

The guarantee does not cover any defect arising from improper use, damage, build-up of lime scale or repair attempts

made by third-parties. Also, the guarantee does not cover normal wear and tear of individual parts.

Electrical Information

Always ensure the voltage on the rating label corresponds to the power supply where the product is being used.

WARNING! This product must be connected to an earthed electrical power supply. The green/yellow conductor in the supply cord must be connected to the Earth terminal in the plug. The power supply must have an Earth connection.

Precautions should be followed for safe cable management and connection to the power supply

If a new mains plug needs to be fitted follow the fitting instructions supplied with good quality BS1363A plugs. If in doubt consult a qualified electrician or appliance repair agent.

- Safely dispose of the old plug.

- Connect the brown lead to the live terminal “L” in the new plug.
- Connect the blue lead to the neutral “N” terminal.
- Connect the green/yellow lead to the earth “E” terminal.

Recommended fuse: 13A

If an extension cable is required, it must have an earth conductor. To avoid overheating the extension cable should be rated no less than 13A and be fully unwound before use.

Do not attempt to modify electrical plugs or sockets or attempt to make an alternative connection to the electrical supply.

Disposal of the Appliance

Waste Electrical & Electronic Equipment (WEEE) Waste & Recycling



Disposal of Electrical and Electronic Waste

Non-household waste. This product must not be disposed of together with ordinary household waste.

Separate collection of used products, batteries and packaging allows the recovery and recycling of materials. Re-use of materials helps prevent environmental pollution and reduces the demand for raw materials.

Local authorities, retailers and collection organisations may provide for separate collection of electrical products, batteries and packaging

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