

October 2019 TV Recipes—SOUS VIDE RECIPES

You don't need to be an expert chef to master these tasty sous vide recipes. Once a high-end technique limited to professional kitchens, sous vide has grown in popularity among home chefs thanks to the availability of affordable water circulator wands.

Sous Vide Flank Steak Fajitas

Try this classic beef Flank Steak Fajita recipe with colorful peppers and onions cooked to perfection.

Recipe time: 1 hour 45 minutes – Makes 4 servings

- 1-pound beef Flank Steak
- 2 red bell peppers, trimmed, seeded, thinly sliced
- 1 green bell pepper, trimmed, seeded, thinly sliced
- 1 Vidalia onion, halved and sliced thin
- 1 clove minced garlic
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 2 teaspoons freshly ground black pepper
- 4 6-inch corn tortillas
- prepared guacamole (optional)

Marinade

- 1/2 cup water
- 1/3 cup fresh lime juice
- 1/2 tablespoon fajita seasoning
- 1/2 tablespoon garlic powder



1. Attach sous vide wand to stock pot. Fill pot with water according to manufacturer's instructions.
2. Preheat sous vide wand to 141°F.
3. Combine marinade ingredients in small bowl. Place steak and marinade in food-safe plastic bag; turn to coat. Seal bag, removing as much air as possible, and marinate in refrigerator for 1 hour.
Cook's Tip: For best results use a vacuum sealer.
4. Meanwhile, add peppers, onions, garlic, olive oil, salt and pepper to a food-safe plastic bag; toss to coat. Seal bag, removing as much air as possible.
5. Remove steak from refrigerator and submerge both bags in water. Set timer for 90 minutes.
6. At end of cooking time, carefully remove bags from pot.
7. Preheat grill pan or grill and cook steak 2 to 3 minutes on each side or until internal temperature reaches 145°F. Carve steak diagonally across the grain into thin slices. Place steak slices on tortillas; top with vegetables. Season with salt and pepper, as desired. Serve with guacamole, if desired.

Nutrition information per serving: 317 Calories; 107.1 Calories from fat; 11.9g Total Fat (3.7 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 5.7 g Monounsaturated Fat;) 73 mg Cholesterol; 348 mg Sodium; 24 g Total Carbohydrate; 4 g Dietary Fiber; 28.4 g Protein; 0 mg Calcium; 2.6 mg Iron; 623 mg Potassium; 0.2 mg Riboflavin; 8 mg Niacin; 0.9 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 314 mg Phosphorus; 5.1 mg Zinc; 27.7 mcg Selenium; 105.5 mg Choline.

632 Grand Canyon Drive
Madison, WI 53719
800.728.BEEF
www.BeefTips.com

**Wisconsin
BEEF COUNCIL**



Sous Vide Tenderloin Steaks with Asparagus and Onions

Try this recipe for your next special occasion. Beef Tenderloin Steaks are served with asparagus and sweet onions. This is a great way to show off your cooking skills!

Recipe time: 1 hour 55 minutes – Makes 4 servings

- 2 beef Tenderloin Steaks (Filet Mignon), cut 2-inches thick
- 3 cloves garlic
- 1 sprig fresh rosemary
- 3 sprigs fresh thyme
- 1 pound fresh asparagus, trimmed
- 8 boiler onions, peeled
- 1 tablespoon butter

1. Attach sous vide wand to stock pot. Fill with water according to manufacturer's instructions.
2. Preheat sous vide wand to 141°F.
3. Season steaks with salt and pepper, place in food-safe plastic bag with garlic, rosemary, thyme and seal, removing as much air as possible. Set aside.

Cook's Tip: For best results use a vacuum sealer.

4. Place asparagus, onions, butter, salt and pepper in separate food-safe plastic bag and seal, removing as much air as possible.
5. Submerge vegetable bag in water and set timer for 45 minutes. When timer goes off, submerge bag with steaks in same stock pot and cook for an additional hour.
6. At end of cook time, carefully remove bags from water.
7. Preheat cast iron or large skillet over medium heat. Remove steak from the bag; discard bag, including rosemary and garlic. Cook steak 2 to 3 minutes on each side or until internal temperature reaches 145°F.

Nutrition information per serving, 4 ounces Tenderloin: 326 Calories; 95.4 Calories from fat; 10.6g Total Fat (4.9 g Saturated Fat; 0.5 g Trans Fat; 0.7 g Polyunsaturated Fat; 4.2 g Monounsaturated Fat;) 93 mg Cholesterol; 57 mg Sodium; 26.6 g Total Carbohydrate; 5.1 g Dietary Fiber; 33.4 g Protein; 0 mg Calcium; 5.8 mg Iron; 917 mg Potassium; 0.6 mg Riboflavin; 6.8 mg Niacin; 0.8 mg Vitamin B₆; 4.2 mcg Vitamin B₁₂; 324 mg Phosphorus; 4.9 mg Zinc; 28.5 mcg Selenium; 86.7 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Choline.



Sous Vide Short Ribs with Smashed Avocado Toast

Are you looking for a hearty and flavorful beef breakfast dish? Shredded Beef Short Ribs plus smashed avocados on whole-grain toast make this recipe a new brunch favorite.

Recipe time: 24 hours and 5 minutes – Makes 4 servings

- 1-3/4 pounds beef Chuck Short Ribs, Boneless
- 1/2 cup prepared roasted tomato salsa
- 2 avocados, pitted
- 4 slices whole grain seedy bread, toasted
- 1 tomato, cut into 8 slices
- 1 lime, cut into 4 wedges

1. Attach sous vide wand to stock pot. Fill pot with water according to manufacturer's instructions.
2. Preheat sous vide wand to 160°F.
3. Place beef and salsa in food-safe plastic bag and seal, removing as much air as possible.



Cook's Tip: For best results use a vacuum sealer.

4. Submerge bag in water. Set timer for 24 hours.
5. At end of cooking time, carefully remove bag from pot, open bag and pour 1 cup of cooking liquid into small bowl; remove ribs; discard bag. Shred beef with two forks. Remove fat from cooking liquid.
6. Remove avocado flesh from peel. Use potato masher or fork to lightly smash avocado to spread-like consistency.
7. Divide ingredients evenly and layer each piece of bread with avocado spread, a tomato slice and shredded beef. Drizzle cooking liquid over each serving. Season with salt and pepper. Serve with wedge of lime.

Nutrition information per serving, 1 loaded toast: 643 Calories; 390.6 Calories from fat; 43.4g Total Fat (14.7 g Saturated Fat; 1.8 g Trans Fat; 3.4 g Polyunsaturated Fat; 24.1 g Monounsaturated Fat;) 123 mg Cholesterol; 496 mg Sodium; 30 g Total Carbohydrate; 8.2 g Dietary Fiber; 38 g Protein; 0 mg Calcium; 6 mg Iron; 1006 mg Potassium; 0.5 mg Riboflavin; 8 mg Niacin; 0.7 mg Vitamin B₆; 4.3 mcg Vitamin B₁₂; 320 mg Phosphorus; 13.1 mg Zinc; 43.2 mcg Selenium; 131.8 mg Choline.

Sous Vide Teriyaki Beef Noodle Bowl

Top Round Steak is the star in this teriyaki bowl with marinated zucchini and radishes. This recipe is as delicious as it is colorful.

Recipe time: 1 hour and 30 minutes – Makes 4 servings

- 1 lb. Beef Top Round Steak, cut into bite-sized strips or cubes
- 1/4 cup teriyaki sauce, divided
- 1 teaspoon sesame oil
- 2 cups cooked soba noodles
- 4 sliced radishes, refrigerated in water
- 1 green onion trimmed, cut into 1/8-inch by 2-inch strips, in cold water, refrigerated
- 1/2 teaspoon toasted sesame seeds

Green Beans (optional):

- 2 cups trimmed green beans
- 1 to 2 teaspoons hot chile sauce (Sriracha)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Truffle Orange Zucchini (optional):

- 1 medium zucchini, sliced across into 1/8 - 1/4-inch discs
- zest and juice of 1 orange
- 2 tablespoons soy or tamari sauce
- 1 teaspoon minced garlic
- 2 teaspoons grapeseed oil
- 1 teaspoon White truffle oil

1. Attach sous vide wand to stock pot. Fill pot with water according to manufacturer's instructions.
2. Preheat wand to 141°F.
3. Place steak pieces and 2 tablespoons teriyaki sauce in a food-safe plastic bag; toss to coat. Seal bag, removing as much air as possible.

Cook's Tip: For best results use a vacuum sealer.

4. Submerge bag in water. Set timer for 1 to 1-1/2 hours.
5. At end of cooking time, carefully remove bag from pot.
6. Preheat large skillet over medium heat. Remove steak pieces from the bag; discard bag and teriyaki sauce. Toss steak in reserved teriyaki sauce. Cook 2 to 3 minutes until internal temperature reaches 145°F.



7. Divide noodles evenly into bowls. Top with beef, radishes, onions, sesame seeds. Green beans and zucchini may be added as desired.

Cook's Tip: Green beans and zucchini can be made ahead and held, refrigerated, until ready to use for up to 1 week. Green beans may be served warm or cold.

GREEN BEANS (OPTIONAL): Place green beans, chili sauce, garlic powder, onion powder and salt in plastic bag; seal. Submerge in sous vide vessel set at 183°F for 45 minutes to 1 hour to desired tenderness.

TRUFFLE ORANGE ZUCCHINI (OPTIONAL): Place zucchini (in single layer), soy sauce, zest, juice, garlic and oils in plastic bag; seal. Refrigerate 1 hour or overnight.

***Nutrition information per serving, 3/4 cups beef and noodles:** 263 Calories; 42.3 Calories from fat; 4.7g Total Fat (1.5 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 73 mg Cholesterol; 772 mg Sodium; 24 g Total Carbohydrate; 1.1 g Dietary Fiber; 28.5 g Protein; 0 mg Calcium; 3.6 mg Iron; 428 mg Potassium; 0.3 mg Riboflavin; 8 mg Niacin; 0.8 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 308 mg Phosphorus; 4.7 mg Zinc; 30.7 mcg Selenium; 82.1 mg Choline.*

Sous Vide Top Sirloin, Farro and Compressed Watermelon Salad

Fresh and light, this cold grain salad with Top Sirloin Steak and watermelon is a refreshing change. Immerse yourself in flavor.

Recipe time: 4 hours – Makes 4 servings

- 1 pound beef Top Sirloin Steak, 3/4 to 1-inch thick
- 2 tablespoons fresh lime juice
- 1/4 teaspoon salt
- 4 sprigs fresh cilantro
- 4 cups mixed salad greens
- 2 cups farro, cooked and chilled
- 1/2 cup balsamic vinaigrette

Compressed watermelon

- 2 pieces fresh watermelon, 7 x 3 x 3/4-inch
- 2 tablespoons fresh lime juice

1. Add watermelon and 2 tablespoons lime juice to food-safe plastic bag and seal, removing as much air as possible. Refrigerate for 2 hours.
2. Meanwhile attach sous vide wand to stock pot. Fill pot with water according to manufacturer instructions.
3. Preheat sous vide wand to 141°F.
4. Add beef, lime juice, salt and cilantro to food-safe plastic bag and seal, removing as much air as possible. Submerge bag in water for 45 to 60 minutes. Carefully remove from bag; discard bag.
5. Preheat non-stick skillet or grill to medium. Cook steak 2 minutes on each side to 145°F for medium-rare doneness. Rest 5 minutes. Slice into 3/4-inch cubes. Season with salt and pepper as desired.
1. Remove watermelon from bag; discard bag. Slice watermelon into cubes. Divide greens, watermelon, farro and beef evenly among 4 plates. Top with balsamic vinaigrette, as desired.



***Nutrition information per serving, 3 oz beef, 1/2 cup watermelon, 2 tablespoons vinaigrette, 1/4 cup farro:** 419 Calories; 119.7 Calories from fat; 13.3g Total Fat (2.6 g Saturated Fat; 0.2 g Trans Fat; 0.3 g Polyunsaturated Fat; 1.7 g Monounsaturated Fat;) 56 mg Cholesterol; 635 mg Sodium; 47.6 g Total Carbohydrate; 4.4 g Dietary Fiber; 29.7 g Protein; 0 mg Calcium; 3 mg Iron; 667 mg Potassium; 0.2 mg Riboflavin; 6.9 mg Niacin; 0.6 mg Vitamin B₆; 1.2 mcg Vitamin B₁₂; 218 mg Phosphorus; 4.3 mg Zinc; 26.3 mcg Selenium; 94.1 mg Choline.*