

KitchenBoss Sous Vide Recipes

Salmon Filet with Lemon & Dill — Sous Vide At Home

Target Temp: 50–54°C (122–129°F) | Time: 30–40 minutes | Serving: 2 portions

Description: Sous vide perfection for flaky, tender fish

Ingredients: • 2 salmon fillets (6 oz each) • Zest of 1 lemon • 1 tbsp fresh dill, chopped • 1 tsp salt • 1/2 tsp pepper • 1–2 tsp olive oil

Steps: 1) Season and seal fillets in vacuum or high-quality zip bags 2) Preheat water bath to 52–54°C 3) Submerge and cook 30–40 minutes 4) Remove, pat dry, optional quick sear for color (15–30s per side)

Kitchen Boss note: For extra citrus, finish with a light lemon-butter sauce

Tips: Keep bags fully submerged; avoid air pockets

Ribeye Steak — Sous Vide At Home

Target Temp: 56–60°C (133–140°F) | Time: 1–4 hours | Serving: 2

Description: Bold flavor, ultra-tender texture

Ingredients: • 2 ribeye steaks (1 inch thick) • Salt & pepper • 2 cloves garlic, crushed (optional) • 1 tbsp butter

Steps: 1) Preheat to 58°C; season steaks 2) Bag and seal; cook 1–4 hours 3) Remove, pat dry; sear 1 min per side with butter

Kitchen Boss note: Consider a quick garlic-butter baste during sear

Tips: Pat dry before searing for crisper crust

Chicken Breast with Herbs — Sous Vide At Home

Target Temp: 64–66°C (147–151°F) | Time: 1–2 hours | Serving: 2

Description: Moist, herbaceous & evenly cooked

Ingredients: • 2 chicken breasts • 1 tsp salt • 1/2 tsp pepper • 1 tsp fresh thyme • 1 tsp rosemary • 1–2 tsp olive oil • 2 cloves garlic, minced

Steps: 1) Season and seal 2) Cook 1–2 hours at 64–66°C 3) Sear lightly in hot oil for color

Kitchen Boss note: Slice and serve with a herb glaze

Tips: Let rest 3–5 minutes after sear

Perfect Poached Eggs — Sous Vide At Home

Target Temp: 63–65°C (145–149°F) | Time: 45–60 minutes | Serving: 4 eggs

Description: Silky yolk, sturdy white

Ingredients: • 4 fresh eggs • 1 tsp salt • 1 tbsp vinegar (optional, helps set white)

Steps: 1) Place eggs (in shells) in bath at 63–65°C 2) Cook 45–60 minutes 3) Crack into warm bowls; season

Kitchen Boss note: Gently peel; serve on toast or salad

Tips: Peel eggs carefully for best presentation

Garlic Butter Shrimp — Sous Vide At Home

Target Temp: 60°C | Time: 15–20 minutes | Serving: 2

Description: Quick, flavorful seafood option

Ingredients: • 8 oz shrimp, peeled and deveined • 2 tbsp butter • 2 cloves garlic, minced • 1 tsp lemon juice • Fresh parsley, chopped • Salt to taste

Steps: 1) Season shrimp; seal 2) Cook 15–20 minutes at 60°C 3) Sear briefly in hot pan with garlic butter

Kitchen Boss note: Finish with lemon and parsley

Tips: Do not overcook; shrimp cook quickly in this range

Veggie Medley — Sous Vide At Home

Target Temp: 85°C | Time: 20–25 minutes | Serving: 2–4

Description: Vibrant, crisp-tender with color

Ingredients: • 1 cup carrots + 1 cup green beans + 1 cup asparagus (mixed) • 1–2 tsp olive oil • Salt & pepper • 1 tbsp butter (finish)

Steps: 1) Bag vegetables with oil, salt, pepper 2) Cook 20–25 minutes at 85°C 3) Finish with butter and herbs

Kitchen Boss note: Shock in ice water for extra crisp-tender texture (optional)

Tips: For a colorful plate, mix vegetables with varied textures