



OVEN AIR SOUS VIDE Cooking Guide

HOW IT WORKS

Air Sous Vide Mode requires a vacuum sealer and Sous-Vide-Compatible bags, which must be purchased independently from third-party retailers.



1. Prepare

Prepare ingredients by portioning and seasoning.



2. Vacuum-Seal

Vacuum-seal using Sous-Vide-Compatible bags.



3. Set Air Sous Vide Mode on Oven

Select your temperature - no preheat required.



4. Cook

Place vacuum sous vide bags on a sheet pan and cook desired time.



5. Finish/Sear

Add color and flavor with a quick sear, if desired.



6. Enjoy

Enjoy consistently cooked, delicious results.

Food Item	Recommended Heating Mode	Doneness	Oven Temperature in °F (°C)	Time in Minutes Optimal (Minimum)
Steak (Less Than 1 lb) <i>Recommended cooking times based on a 1.5 inch Steak and actual cooking times may vary.</i>				
New York Strip	Air Sous Vide	Rare	130° (55°)	270 (240)
New York Strip	Air Sous Vide	Medium Rare	135° (57°)	210 (180)
New York Strip	Air Sous Vide	Medium	140° (60°)	180 (150)
Rib Eye	Air Sous Vide	Rare	130° (55°)	270 (240)
Rib Eye	Air Sous Vide	Medium Rare	135° (57°)	210 (180)
Rib Eye	Air Sous Vide	Medium	140° (60°)	180 (150)
Filet	Air Sous Vide	Rare	130° (55°)	270 (240)
Filet	Air Sous Vide	Medium Rare	135° (57°)	210 (180)
Filet	Air Sous Vide	Medium	140° (60°)	180 (150)
Sirloin Steak	Air Sous Vide	Rare	130° (55°)	270 (240)
Sirloin Steak	Air Sous Vide	Medium Rare	135° (57°)	210 (180)
Sirloin Steak	Air Sous Vide	Medium	140° (60°)	180 (150)
Steak (1-1.5 lbs) <i>Recommended cooking times based on a 1.5 inch Steak and actual cooking times may vary.</i>				
New York Strip	Air Sous Vide	Rare	130° (55°)	300 (270)
New York Strip	Air Sous Vide	Medium Rare	135° (57°)	270 (240)
New York Strip	Air Sous Vide	Medium	140° (60°)	210 (180)
Rib Eye	Air Sous Vide	Rare	130° (55°)	300 (270)
Rib Eye	Air Sous Vide	Medium Rare	135° (57°)	270 (240)
Rib Eye	Air Sous Vide	Medium	140° (60°)	210 (180)
Filet	Air Sous Vide	Rare	130° (55°)	300 (270)
Filet	Air Sous Vide	Medium Rare	135° (57°)	270 (240)
Filet	Air Sous Vide	Medium	140° (60°)	210 (180)
Sirloin Steak	Air Sous Vide	Rare	130° (55°)	300 (270)
Sirloin Steak	Air Sous Vide	Medium Rare	135° (57°)	270 (240)
Sirloin Steak	Air Sous Vide	Medium	140° (60°)	210 (180)
Lamb (1-1.5 lbs)				
Lamb Chops	Air Sous Vide	Rare	130° (55°)	300 (270)
Lamb Chops	Air Sous Vide	Medium Rare	135° (57°)	270 (240)
Lamb Chops	Air Sous Vide	Medium	140° (60°)	210 (180)
Pork				
Boneless Pork Chop	Air Sous Vide	Medium Rare	145° (63°)	180 (135)
Boneless Pork Chop	Air Sous Vide	Medium	150° (66°)	150 (120)
Pork Tenderloin	Air Sous Vide	Medium Rare	145° (63°)	270 (210)
Pork Tenderloin	Air Sous Vide	Medium	150° (66°)	270 (210)

Food Item	Recommended Heating Mode	Doneness	Oven Temperature in °F (°C)	Time in Minutes Optimal (Minimum)
Poultry (Less Than 1lb)				
Boneless Chicken Breast	Air Sous Vide	Done	165° (74°)	150 (120)
Boneless Duck Breast	Air Sous Vide	Done	165° (74°)	210 (150)
Chicken Wings	Air Sous Vide	Done	165° (74°)	210 (150)
Poultry (1-1.5 lbs)				
Boneless Chicken Breast	Air Sous Vide	Done	165° (74°)	210 (150)
Boneless Duck Breast	Air Sous Vide	Done	165° (74°)	270 (210)
Split Turkey Breast	Air Sous Vide	Done	165° (74°)	240 (180)
Chicken Wings	Air Sous Vide	Done	165° (74°)	210 (150)
Boneless Chicken Thighs	Air Sous Vide	Done	165° (74°)	270 (210)
Vegetables				
Carrots	Air Sous Vide	Firmer	190° (88°)	90 (60)
Carrots	Air Sous Vide	Softer	190° (88°)	150 (120)
Yukon Gold Potatoes (Quartered)	Air Sous Vide	Firmer	200° (93°)	120 (60)
Yukon Gold Potatoes (Quartered)	Air Sous Vide	Softer	200° (93°)	180 (120)
Corn on the Cob	Air Sous Vide	Firmer	190° (88°)	90 (60)
Corn on the Cob	Air Sous Vide	Softer	190° (88°)	150 (120)
Asparagus	Air Sous Vide	Firmer	190° (88°)	90 (60)
Asparagus	Air Sous Vide	Softer	190° (88°)	150 (120)

FOOD HANDLING TIPS & TRICKS

Because Air Sous Vide cooks at relatively low temperatures, safe food handling is especially important:

- Keep foods refrigerated until you are ready to begin cooking.
 - Clean raw foods before you start cooking.
 - Ensure foods are between 34°F and 37°F when preparing to place them in the sous vide vacuum bag.
 - Foods cooked with Air Sous Vide are best enjoyed immediately; rapidly chill any items not being served and store them under cold conditions until consumption.
 - Do not use sous vide to reheat leftovers.
- Do not allow raw food to contact cooked food during preparation, and wash all tools before using them.
 - The USDA states the lowest recommended temperature for rare fresh beef is 145°F; only use cooking temperatures below this for foods that can be safely consumed raw.
 - Do not use delay start when using Air Sous Vide.
 - Do not use Air Sous Vide to prepare frozen foods.