



Fast Chat: Sous Vide - Pros and Cons

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The Chef's Table

Catering & Events



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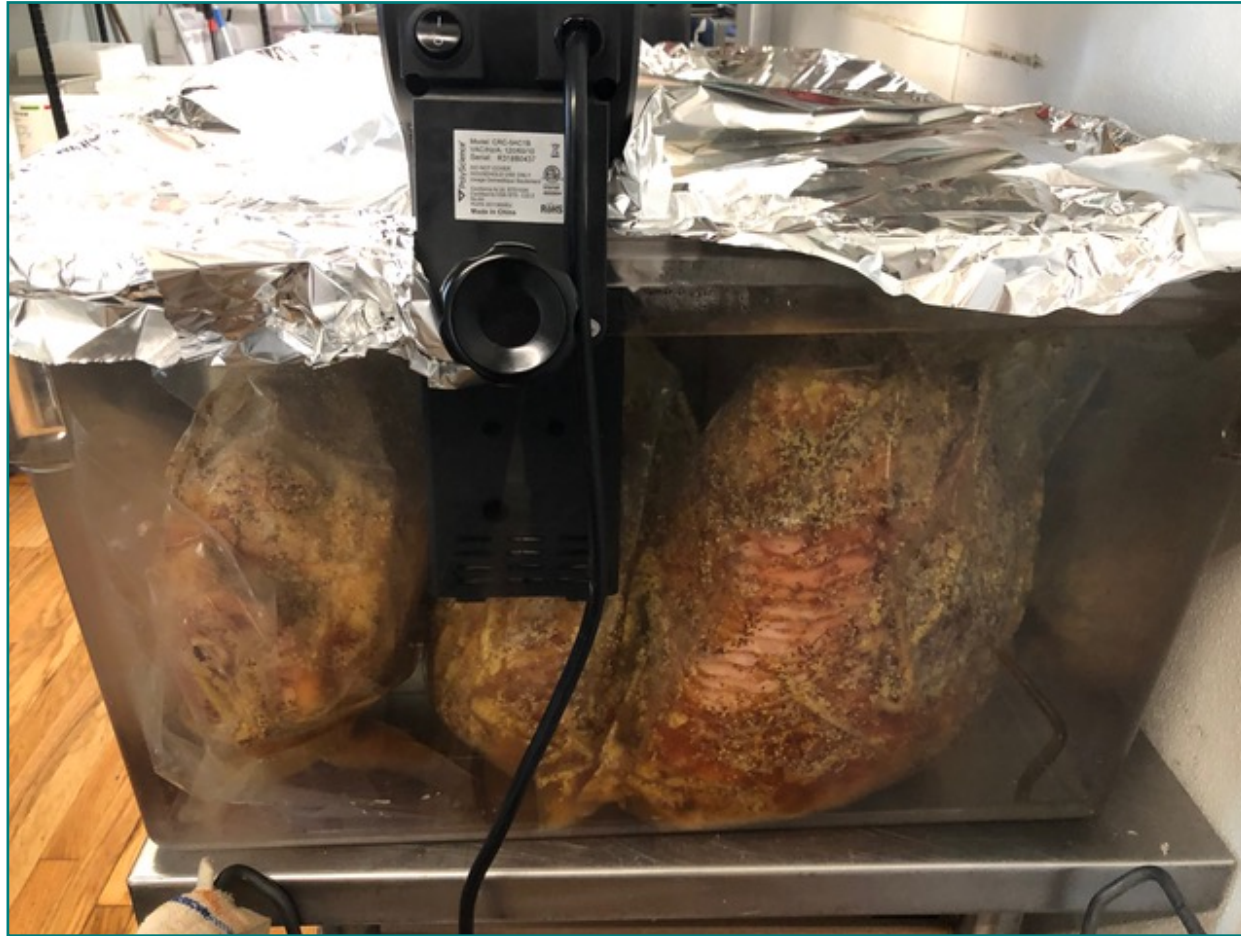
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SOUS VIDE GUIDELINES



★★★★★
Sous Vide guidelines

Ingredients

[Scale & Convert](#)

ALL BEEF TENDERLOINS:

Serious Steak Salt
Bay Leaf
Thyme
XVOO

.....

ALL SIRLOINS:

HERBS D PROVENCE
S&P
BAY LEAF
THYME
XVOO

.....

FLANK STEAK:

BBQ RUB
CANOLA OIL

.....

LAMB LOLLIES:

Tikka Masala Rubb
XVOO
Salt

.....

LAMB RACK:

Serious Steak Salt
BAY LEAF
THYME
ROSEMARY
HERBS D PROVENCE
XVOO

.....

LAMB LEG BRT
FRESH ROSEMARY
FRESH CHOPPED HERBS
SALT & PEPPER
BAY LEAF
THYME
XVOO

Directions

ALWAYS ICE BATH WITH 75% ICE IN THE BIN ADD PRODUCT THEN COLD WATER TO COVER & ABOVE ALL CHILLED OVER NIGHT. (OUR GOAL IS TO SEE IF THERE IS STILL ICE IN VESSEL THE NEXT MORNING, THATS A WIN!)

Beef Tenderloins, whole
Butchered / Moo Glued & Trussed
129.1 degrees F. [3 1/2 hours](#) -or- [4 hours](#) if it's a bulk batch

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Filet Steaks
Moo Glued & Trussed Over Night
Butchered into Portions
129.1 degrees F. [3 hours](#)

.....
Mini Beef Filet logs For Apps
Butchered / Moo Glued & Rolled in Plastic Wrap / Overnight
129.1 degrees F. [1 hour 45 minutes](#)

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Beef Sirloin logs, whole
Butchered & Trussed
129.1 degrees F. [3 1/2 hours](#). -or- [4 hours](#) if it's a bulk batch
Sirloin steaks
129.1 degrees F. [3 hours](#)

.....

FLANK STEAK:
Rub Flank Steak With BBQ Rub & Cryo-Vac
129.1 F FOR [3 HOURS](#)

.....
Lamb Loin for "Lollies"
Butchered / Moo Glued & Rolled in Plastic Wrap / Overnight
129.1 degrees F. [1 hour 45 minutes](#)

.....

LAMB RACKS:
LEAVE RACKS WHOLE WRAP ENDS SO NOT TO PUNCTURE BAG
SEASON WELL & GO HEAVY ON ROSEMARY
129.1 F FOR [3 HOURS](#)

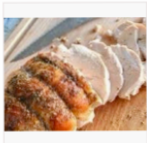
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LAMB LEG BRT:
CLEAN / RUB / TRUSS
134F FOR [18 HOURS](#)

.....
Turkey Breasts 5-8# avg Lobe
Cleaned & well seasoned with Poultry Rub
herbs down on plastic / skin side down / Rolled in plastic to hold shape
147.5 degrees for [14-18 hours](#)
PLAN ON A 25% LOSS OF WEIGHT FROM COOKED BREAST TO SLICED MEAT FOR THANKSGIVING

.....
GRILLED SOUS VIDE CHICKEN
Chicken breast should never be thicker than 1"-1.5" in thickness or you will need to pound flat
First S&P
Then bag with Bay & Thyme
One finger XVOO in each bag
cryo 100%
145.2f for [1.5 hours](#)

.....



Sous Vide Turkey Breast

★★★★★

Thanksgiving OG

[Sous Vide - TURKEY BREAST](#)

Prep 2 DAYS • Cook 14 HOURS • Total 3 DAYS • Servings 1 WHOLE BREAST • Difficulty SOUS CHEF

Ingredients

[Scale & Convert](#)

TURKEY BREAST:

PER EACH TURKEY BREAST:

4 oz Soufflé cup (Volume measurement) TCT Poultry Seasoning

ON THE SKIN SIDE:

8 sprig - FRESH THYME

2 sprig FRESH SAGE

1 half FRESH SPRIG ROSEMARY

2 each FRESH BAY LEAF

CRYOVAC:

4 EACH PER BAG (8#AVG EACH)

Directions

1. LEAVING AS MUCH SKIN ON & INTACT REMOVE BREAST FROM BONE. SPLIT IN 1/2 TO YIELD 2 LOBES



FIRST SEASON EACH TURKEY LOBE WITH ONE SCOOP (4oz SOUFFLÉ) CUP OF POULTRY SEASONING.



THEN LAY OUT PLASTIC WARP PLACE HERBS DOWN & TURKEY BREAST SKIN SIDE ON TOP THE HERBS....



THEN ROLL VERY VERY TIGHTLY IN THE PLASTIC WRAP. PRESSING DOWN ON THE THICKEST PART OF THE BREAST TO EVEN OUT THE SIZE TO A MORE UNIFORM TUBE LIKE SHAPE.



THEN CRYOVAC 4 BREASTS IN ONE BAG WITH 1 PINT CANOLA OIL & CRYO VAC TO 100%



PUT IN BATH ANY TIME AFTER 3PM THE DAY BEFORE SO ITS ALWAYS READY AFTER 9 AM THE NEXT DAY.

147.5 F FOR [18 HOURS](#)



REMOVE FROM SOUS VIDE BATH AND INTO ICE BATH IN LARGE LEXANNE OVER NIGHT.



AT CLOSING CHECK THAT THE ICE LEVELS WILL MAKE IT THRU THE NIGHT

NEXT DAY CHECK THERE IS STILL ICE IN LEXANNE BEFORE HAVING STAFF REMOVE FROM ICE BATH



Sous Vide Beef Tenderloin Roast / Prep

★★★★★

Mark's Science Folder, Sous Vide guidelines

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Prep 15 MINS • **Cook** HOURS • **Total** 3 DAYS • **Servings** 1 Whole Filet Roast • **Difficulty** SOUS CHEF

Ingredients



[Scale & Convert](#)

5 # Beef Tenderloin, cleaned of silver skin & chain removed

3-4 Grams Transglutaminase (AKA Moo-Glue)

25 Grams Kosher salt

10 Grams fresh ground Black Pepper

3 Fresh Bay Leaf

4 Sprigs of Thyme

4 oz Extra Virgin Olive Oil

Description

This is the process for the basic shaping & sous vide process here at TCT. After this the tenderloins can be Rubbed, Marinated, Seasoned & then Pan Seared, Grilled off. There are in some cases we dont season or mark off before the event. Then Brought to the event & "barked" off in an oven or on a grill.

Directions

Steps for Sous Vide Beef Tenderloin Prep:

Whole Beef Tenderloins

1. Butchered & Cleaned - Chain Removed first (leaving the lip in place), then remove all silver skin - Crovac & place in cold storage reserving all of this for Stocks



2. Form or Shape the tenderloin into an even sized uniform roast by removing only what is needed from the head. Reverse butterfly the tail piece.



3. Then Moo-Glue by dusting the areas to be joined with Transglutaminase as needed. Then Truss firmly into desired shape & wrap with butchers paper to set over night.



4. The following day after the tenders are glued. Season all tenders with Kosher Salt & pepper. Using the 8"x20" tenderloin bag individually bag each tenderloin. Then add the herbs & oil. Seal each at 100% label & date each bag

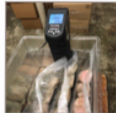


Sous Vide Temp:

129.1 degrees F.

For 2 to 6 Whole Beef Tenderloins [3 1/2 hours](#)

6 - 12 Whole Beef Tenderloins [4 hours](#) if it's a bulk batch





TEA SMOKED & SOUS VIDE SALMON

★★★★★

Mark's Science Folder, Sous Vide guidelines

[sous vide](#)

Prep 1 DAY • **Cook** 42 MINS • **Servings** 7-8 Servings

Ingredients

 [Scale & Convert](#)

1 EA Salmon Side - Pin Boned & SUSHI GRADE

CURE:

8 oz Kosher Salt

4 oz Serious Salt

8 oz Demerara Sugar

2 oz dark Brown Sugar

15 grams herb d' Province

6 grams pink peppercorns

6 each dry bay leaf

Directions

Mix the cure in robot coupe until well blended set aside

In a full hotel pan put down 1/3 of the cure

lay pin boned salmon side that has been rinsed & pat very dry of all moisture. over the cure.

Then cover the salmon with the remaining cure and important to distribute the cure according to the thickness of the filet. For example less cure on the thinner part of the filet and more cure on thicker parts of the filet. (dont over think it its that simple)

Lightly cover with plastic a wrap (so the weight can do its job) and place a full hotel pan over the plastic wrap with a 6 pound weight or one Number 10 can over the thickest part of the filet & press for [24 hours](#)

after [24 hours](#) has passed (some of the cure will have leached out some liquid from the salmon and there will be a slushy looking cure around the base of the filet... this is normal & means the cure did its job)

Remove the salmon side from the cure rinse remaining cure off and pat dry

preheat your sous vide bath to 131f

Cut into desired portions and prepare the bags for sous vide

In each of the sous vide bags (8x10) we place 2 filets - 1 sprig of picked tarragon, one bay leaf, 2 sprigs picked thyme, 2 passes of lemon over a micro-plain zester & tape bag shut around the tube of "smoking gun" (made by polyscience). Fill the guns chamber with fresh dried lavender and fill the bag with smoke. Remove the tube seal with tape shut & sit for [5 mins](#). do this process on each bag twice.

Once the smoking process is complete add just enough oil to coat the filets to each bag (about 3-4 tbl we use aria extra virgin olive oil)

Seal bags to 25% just enough to remove all the air but do not crush the filets.

Lower the bags into the water bath (you may need to weigh down the bags) cook for [42 mins](#).

Notes

FOR COLD SMOKING SALMON WE USE THE POLY SCIENCE "SMOKING GUN". WE CAN SMOKE IN SMALL BATCHES. WHICH WORKS PERFECTLY FOR THIS APPLICATION.

TYPICALLY WE GET BETWEEN 7 & 8 CENTER OF THE PLATE PORTIONS PER SIDE OF SALMON. FOR MOST OF PREP HERE AT TCT WE SKIN AND REMOVE ALL BACK FAT.... EXCEPT FOR COLD SMOKING SALMON... THIS IS THE EXCEPTION TO OUR RULE.

WHEN EITHER COMPLETELY CURING OR IN THIS CASE PARTIALLY CURING SALMON IT IS BEST TO LEAVE SKIN IN TACT..... SO THE CURE WORKS FROM FLESH SIDE OUT.