Sous Vide Glazed Carrots



Nothing beats sous-vide cooking your vegetables, especially this delicious glazed carrots recipe. When cooked in a vacuum sealed bag with a little bit of butter, sugar and salt, the natural flavor of the carrot is intensified. It becomes much sweeter, stronger, and downright tastier.

Your Key Ingredient:

NESCO Sous Vide Cooker

Grocery Ingredients:

- 1 pound whole medium carrots
- 2 tbs. unsalted butter
- 1 tbs. granulated sugar
- 1 tsp. salt & pepper
- 1 tbs. chopped parsley (optional)

Directions:

1. Add water to your container or large pot.
2. Set the Sous Vide Cooker to the vegetable setting. (185 degrees Fahrenheit)
3. Place carrots, butter, sugar, and 1/2 tsp. salt and pepper in a vacuum sealed bag.
4. Cook carrots in the water bath until fully tender, about 1 hour.
5. Carrots can be stored i the refrigerator for up to 1 week.

When ready to eat:

1. Empty entire contents of bag into our NESCO 12 inch electric skillet and cook over high heat, stirring constantly, until liquid has reduced to a shiny glaze.
2. Season to taste with salt and pepper, stir in parsley, and serve.

Sous Vide Chicken Drumsticks



It only takes three steps to get these delicious, tender sous vide chicken drumsticks; Season, Sous Vide, and Sear!

Sous Vide Sirloin Steak



Your Key Ingredient:

NESCO Sous Vide Cooker

Grocery Ingredients:

- 1 sirloin steak (around 1 lb.)
- 1/2 tsp. salt
- 1/2 tsp black pepper
- 1 tbs. olive oil
- 2 cloves garlic (minced)
- Fresh rosemary or thyme

Directions:

1. Add water to your container or large pot.
2. Set the Sous Vide Cooker to the meat setting. (137 degrees Fahrenheit)
3. Rub the steak with 1/2 tbs. oil on all sides.

4. Season both sides with salt, black pepper, minced garlic and optional herbs.
5. Add the seasoned steak to a vacuum sealed bag.
6. Place the steak in the water bath and make sure it is fully submerged.
7. Cook for at least 1 hour.
8. When the timer goes off, remove the bag from the water bath and transfer the steak to the fridge for 10 minutes.
9. Remove the steak from the vacuum sealed bag and wipe off the moisture with paper towels.
10. Season with more salt and pepper.
11. Turn on your 12 Inch Electric Skillet to medium-heat. Add the remaining olive oil. Once, hot, add the steak and sear about 1 minute per side.
12. Slice against the grain and serve with potatoes or veggies.