

CASO®

D E S I G N

INNOVATIVE KITCHEN TECHNOLOGY



SOUSVIDE GUIDE

WIDE-RANGING COOKING OPTIONS

PERFECT SOUS VIDE RESULTS

Three steps to gourmet cuisine with CASO Design products

Three steps to gourmet cuisine with CASO Design products. The future of cooking will melt in your mouth just like the dishes prepared using sous vide. The advantages are obvious. Food which is cooked at low temperatures in a vacuum retains its natural flavour; the meat becomes tender and juicy; nutrients, vitamins and trace elements are preserved and vegetables stay crunchy and colourful.

We hope that you have a great time making your recipes and enjoy the results!

Enjoy food with
CASO Design



DEVICE OVERVIEW



COOKING TABLE

INFORMATION ABOUT PERFECT COOKING POINTS

Groceries	Cooking point			
	Rare	Medium-Rare	Medium	Well done
Beef, fillet & steaks	48 °C	50-52 °C	54 °C	58 °C
Pork, fillet & steaks			58 °C	60-62 °C
Lamb, fillet & steaks	50 °C	52 °C	54-56 °C	58 °C
Poultry, breast fillet			60-62 °C	65 °C
Poultry, leg			63-65 °C	67 °C
Wild, fillet & steaks			54-56 °C	58-60 °C
Wild, leg			60-65 °C	
Fish, low in fat		40 °C	42 °C	bis 46 °C
Fresh, fat-free		52 °C	54-56 °C	
	Depending on preference			
Fruit & vegetable	84-87 °C			

TABLE PREPARATION TEMPERATURES & TIMES

Meat	Strenght	Temperature	time	max. time
Fillet	25 mm	Select cooking point	1 hrs.	4 hrs.
Rumpsteak	25 mm	Select cooking point	1 hrs.	4 hrs.
Chicken breast fillet	50 mm	60-62 °C	45 min.	4 hrs.
Poultry leg/leg		63-67 °C	1.5 hrs.	6 hrs.
Fish				
Low-fat fish like Sole, halibut, salmon	12.5 mm	Select cooking point	15 min.	120 min.
Fatty/oily fish such as cod, monkfish	25 mm	Select cooking point	20 min.	120 min.
Fruit & vegetable				
Potatoes, sweet potatoes	until 50 mm	85 °C	1-2 hrs.	4 hrs.
Root vegetables (carrots, celery, asparagus)	until 50 mm	85 °C	1-2 hrs.	4 hrs.
Tender vegetables (pumpkin, fennel, cauliflower, ...)	until 50 mm	84 °C	45 min.	1.5 hrs.
Fruits (apples, pears, ...)	until 50 mm	84 °C	45 min.	2 hrs.
Soft fruits (mango, strawberries, peaches, ...)	until 50 mm	84 °C	30 min.	1 hrs.

VEGETABLE



BEETROOT WITH BURRATA

Ingredients for 2 persons:

- 2 beetroots
- 1 Burrata or mozzarella
- 2 tbsp raspberry vinegar
- 1 tbsp sugar
- Basil (for garnish)

Preparation:

STEP 1

Peel and dice the beetroot. Place the diced beetroot and peelings in separate vacuum bags. Add 1 tbsp of raspberry vinegar and 1/2 tbsp of sugar to each bag. Vacuum seal both bags and then sous vide cook at 85 °C for 60 minutes.

STEP 2

After cooking, allow both bags to cool and collect the liquid from the diced beetroot in a separate container. Place the beetroot peelings in the liquid, purée very finely and strain. Briefly boil the juice and thicken using starch.

STEP 3 | Garnish

Place the diced beetroot, purée and syrup on a plate and serve with the burrata. Season with olive oil and garnish with pistachios.



VEGAN PULLED BURGER, WITH COLESLAW AND BBQ SAUCE

Ingredients for 2 persons:

- 2 Burger bun

Pulled eggplant

- 1 eggplant
- 100 g shiitake mushrooms
- Spice mixture BBQ rub - such as: from CASO-AirFryer cookbook
- 4 tbsp dark sweet soy sauce
- 1 tbsp light soy sauce
- Olive oil
- 1 tbsp flour

BBQ Sauce

- 500 ml of cola
- 125 g plum jam
- 1 stalk of lemongrass (halved and crushed)
- 1 tbsp (Madras) curry
- 1 slice of fresh ginger
- 2 pieces of star anise
- Lime juice, pepper, salt (according to taste)

Vegan mayonnaise

- 50 ml soy milk
- 1 tbsp green pepper mustard
- 125 ml safflower oil
- Lime juice, pepper, salt (according to taste)

Vegan coleslaw

- ¼ fresh red cabbage
- 1 large carrot
- Pinch of salt & sugar

Preparation:

STEP 1 | Pulled eggplant

Cut the eggplant in half lengthways; mix the olive oil with the BBQ rub spices and use it to marinate the eggplant. Vacuum seal both halves. Place the shiitake mushrooms and the dark and light soy sauce in a vacuum bag and vacuum seal. Sous vide cook both bags at 85 °C for 45 mins, then allow the eggplant to cool in the bag. Separate the mushrooms from the cooking liquid and reserve the liquid to use in the BBQ sauce. When the mushrooms have cooled, slice them into very fine strips. Use a fork to tear the eggplant into long strips, working lengthwise. Mix the mushrooms and eggplant. Just before serving, lightly dust them with flour and briefly fry in oil until crispy.

STEP 2 | BBQ Sauce

Boil the cola with the lemon grass and star anise until the liquid has reduced to approx. 1/3 of the original amount. Add the curry, ginger, plum compote and shiitake cooking liquid. Boil everything; strain through a sieve and season to taste with lime juice, pepper and salt. Allow to cool and if required, add starch to thicken. The consistency should be similar to ketchup.

STEP 3 | Vegan mayonnaise

Beat the soy milk, green pepper mustard, lime juice (room temperature), pepper, salt and safflower oil until creamy.

STEP 4 | Vegan coleslaw

Slice the red cabbage into very fine strips. Peel the carrots and coarsely grate. Use your hands to mix salt and sugar into the red cabbage. This will soften the cabbage. Add the carrots and combine with vegan mayonnaise.

STEP 5 | Garnish

Cut the burger buns in half and place the red cabbage on the bottom half. Put the eggplant/shiitake mix on top and pour over a generous amount of BBQ sauce.



FISH & MEAT



COD WITH SAVOY CABBAGE AND POTATO

Ingredients for 2 persons:

- 500 g small potatoes
- 50 g butter
- Coarse sea salt

- 600 g cod fillets

Mustard butter sauce

- 250 ml dry white wine
- 8 peppercorns
- 1 bay leaf
- 1 finely diced shallot
- 100 ml fish stock
- 200 g cold butter flakes
- 1 tbsp coarse Dijon mustard

Savoy cabbage

- ½ savoy cabbage
- 1 lime
- 1 tbsp olive oil
- 100 g bacon cubes
- 50 ml water
- Pepper and salt
(optional fish seasoning)

Preparation:

STEP 1

Rinse off the small potatoes, add the butter and salt and vacuum seal. Following this, sous vide cook at 85 °C for 50 mins. When the potatoes are cooked, remove from the water bath. Briefly rewarm them in the water bath just before you serve the cod.

STEP 2 | Cod

Cut the cod into filets weighing approx. 150 g each. Place the portions into a vacuum bag leaving some space between each one and vacuum seal the bag. Depending on the desired cooking point, sous vide cook them at between 52 °C and 56 °C.

STEP 3 | Mustard butter sauce

Fry the diced shallots in a small pan until they are transparent. Add the white wine which has been reduced by half; the pepper corns; the bay leaf and the fish stock and bring to a gentle boil. Put to one side.

STEP 4 | Savoy cabbage

Slice the savoy cabbage into fine strips. Pat 2 handfuls of the savoy cabbage strips dry and mix with the lime juice and olive oil. Place in an air fryer and fry for approx. 8 mins at 140 °C until they are crispy. Drain on a piece of kitchen paper. Fry the rest of the cabbage with the bacon. Deglaze with a small amount of water and continue to cook until the liquid has evaporated. Season to taste with the fish spice mix or salt and pepper.

STEP 5 | Garnish

Cut the potatoes in half lengthways and briefly fry the sides. Warm up the mustard and butter sauce mix, adding the pieces of butter until you have a light sauce. Following this, stir in the Dijon mustard. Place the cod filets on a plate with the fried savoy cabbage and potatoes and serve with the sauce.



SALMON WITH BLACK NOODLES, FRESH HERBS AND FRIED ROCKET

Ingredients for 2 persons:

- 600 g salmon
- 1 zucchini
- 1 pkg. rocket
- Olive oil
- 1 lime (juice & zest)
- Fresh dill & chervil
- Coarse salt
- Fermented pepper
- 1 pkg. black sepia pasta

Preparation:

STEP 1

Cut the salmon into portions and remove the skin (keeping it for later). Place 300 g of salmon per person in a vacuum bag and gently vacuum seal. Depending on the desired cooking point, sous vide cook the salmon at between 42 °C and 46 °C for 20 mins. Use a straight knife blade to remove any remaining fat from the inside of the salmon skin. Following this, rub a small amount of lime juice onto the inside of the skin and fry in a pan until crispy.

STEP 2

Cut the zucchini in the desired shape and blanch in boiling water until cooked. Mix the rocket with the oil and salt, then place in the air fryer and fry for 8 minutes at 180 °C until crispy.

STEP 3

Cook the black sepia pasta as per the instructions on the packet. Chop the herbs very finely and mix with the lime juice and zest.

STEP 4 | Garnish

Place everything on a plate. Sprinkle the herb mix on the salmon and season with salt and fermented pepper. If desired, add a dash of olive oil and lime juice.

TIP



Pairs best with white wine sauce.



CHICKEN LEG WITH ASIAN VEGETABLE SALAD AND SATÉ SAUCE

Ingredients for 2 persons:

- 4 chicken drumsticks
- Dark/sweet/light soy sauce
- 4 slices of ginger
- 1 tsp Madras curry
- 1 pinch of garam masala
- 1 stalk of lemongrass (halved & quartered)
- ½ tbsp Sambal Brandal
- Rice noodles wide 7/10 mm

Green Sweet Chili Dip

- 2 green chillies
- 3 cloves of garlic
- 180 ml water
- 120 g sugar
- 60 ml mild vinegar (coconut vinegar or rice vinegar)
- Some cornstarch
- 1 lime (juice & zest)
- 10 coriander leaves

Asian vegetable salad

- 300 g broccoli and green asparagus
- 100 g enoki mushrooms and peas
- 1 shallot (strips)

Saté sauce

- 250 g peanut butter
- 100 ml coconut milk
- 50 ml chicken stock
- 1 shallot (diced) & clove garlic
- ½ tbsp Sambal Brandal
- 2 tbsp dark sweet soy sauce
- 1 tbsp light soy sauce

Preparation:

STEP 1

Remove the bones from the chicken thighs. Mix the soy sauce, sambal curry and garam masala to make a marinade. Brush the marinade onto the deboned thighs and then roll up inside the skin. Place the thighs in a vacuum bag with the lemon grass and ginger and gently vacuum seal. Following this, sous vide cook at 67 °C for at least 4 hours.

STEP 2 | Green Sweet Chili Dip

Remove the seeds from the chilli peppers and slice very finely. Chop the garlic very finely. Bring the water, sugar and vinegar to a boil and add the chilli and garlic. Gently simmer the liquid, adding starch until you achieve the desired thickness. Following this, allow to cool and then stir in the lime juice and zest and the finely chopped coriander.

STEP 3 | Asian vegetable salad

Vacuum seal the green asparagus and broccoli. Sous vide cook at 85 °C for 45 mins, then allow to cool. Fry the enoki mushrooms with the shallot. Briefly blanch the peas in boiling water, then rinse with cold water. Place all the ingredients in a bowl and mix with the sweet green chilli dip before serving with the sprouts.



STEP 4 | Saté sauce

Fry the shallot in a pan until it is transparent. Stir in all the other ingredients and bring to a gentle boil. Add a small amount of marinade from the vacuum bag, straining it through a fine sieve while doing so, and bring to the boil.

STEP 5 | Garnish

Cook the rice noodles as per the instructions on the packet. Remove the chicken thighs from the vacuum bag, pat dry and briefly fry in a small amount of oil. Place the noodles on a plate, cut the thighs into slices and place on top of the noodles. Garnish with saté sauce and toasted cashew nuts. Serve with vegetable salad.

CHICKEN FILLET WITH COLORFUL VEGETABLES AND POLENTA

Ingredients for 2 persons:

Polenta

- 500 g polenta
- 200 g dried tomatoes in oil

Chicken fillets

- 2 chicken fillets with skin
- Black Garlic Marinade (according to taste)
- 1 yellow pepper
- 1 orange pepper
- 100 g yellow cherry tomatoes
- 100 g orange cherry tomatoes
- Rosemary
- Olive oil
- 1 clove of garlic

Preparation:

STEP 1 | Polenta

Cook the polenta as per the instructions on the packet, then allow to cool slightly. Spread onto the baking paper in a 30 x 20 cm rectangle which is approx. 0.5 cm thick. Layer the dried tomatoes in 3-4 rows in the middle of the polenta. Following this, roll the polenta into a long, thin roll and allow to cool.

STEP 2 | Chicken fillets

Rub the marinade into the chicken filets and vacuum seal in a vacuum bag. Following this, sous vide cook at 62 °C for at least 60 mins. Slice the bell peppers into fine strips. Cut the cherry tomatoes in half. Fry everything with olive oil, finely chopped garlic and rosemary.

STEP 3 | Garnish

Cut the polenta roll into thick slices and briefly fry. Remove the chicken fillet from the vacuum bag and also briefly fry. Place the vegetables on a plate and add the polenta and chicken.

TIP



Pairs best with a light tomato sauce, a little olive oil or a sun-dried tomato pesto.



DRY AGED PORTERHOUSE WITH SWEET POTATO PURÉE AND CAESAR SALAD

Ingredients for 2 persons:

- 1 porterhouse of approx. 800 g

Mashed sweet potatoes

- 2 sweet potatoes (peeled & diced)
- 100 g butter
- 100 g cold butter flakes

Caesar salad

- Mini Romaine lettuce hearts
- Caesar dressing
- Baked bacon
- Parmesan
- 1 tbsp Sugar

Preparation:

STEP 1 | Steak

Place the whole porterhouse steak in a vacuum bag and vacuum seal. Following this, sous vide cook at 52-56 °C – depending on the desired cooking point, for at least 2 hours at 52 °C (medium rare), 54 °C (medium) or 56 °C (medium well done). Remove the porterhouse steak from the bag and pat dry. To give the meat the required roasted flavour, fry for approx. 1 minute per side in a griddle pan.

STEP 2 | Mashed sweet potatoes

Fry the diced sweet potatoes with a small amount of oil, then place in a vacuum bag with butter and vacuum seal. Depending on your preference, you can add extra seasoning such as fresh ginger, Italian herbs or even a few drops of rosewater to the bag. Sous vide cook the sweet potatoes at 85 °C for 50 mins. Dot the diced sweet potatoes with butter and mash until they are creamy. Following this, place the purée in a vacuum bag so that it can be kept warm in a water bath until you are ready to serve.

STEP 3 | Caesar salad

Cut the lettuce hearts in half lengthways, dip the cut sides into sugar and briefly grill in the griddle pan.

STEP 4 | Garnish

Place the lettuce hearts on a plate with the dressing and bacon and, if desired, sprinkle over a few thin slices of parmesan cheese. Following this, add the purée to the plate and remove the bone from the porterhouse steak. Carve the meat and serve.



TIP



Pairs best with a pepper sauce, chimichurri (see pages 24/25) or red/green pesto.



BEEF FILLET WITH ANTIPASTI SALAD, PAPAS ARRUGADAS AND CHIMICHURRI

Ingredients for 2 persons:

- 2 pieces of beef fillet – 200 g each

Chimichurri

- 1 bunch of flat-leaf parsley
- 2 large leaves of sorrel
- 1 red chili pepper
- 2 shallots
- 3 cloves of garlic
- 1 lime
- 50 ml red wine vinegar
- approx. 100 ml olive oil
- Pepper & salt

Papas Arrugadas

- 300 g purple potatoes
- 100 ml water
- ½ handful of salt

Antipasti salad

- 2 large tomatoes
- 1 red onion
- 2 artichoke hearts
- 1 pickled pepper

Preparation:

STEP 1 | Steak

Cut the beef fillet into portions and vacuum seal. Following this, sous vide cook at 52-56 °C – depending on the desired cooking point, for at least 1 hour at 52 °C (medium rare), 54 °C (medium) or 56 °C (medium well done).

STEP 2 | Chimichurri

Finely chop the herbs, chilli, shallots and garlic and mix with the oil, vinegar and lime juice. Season with salt and pepper to taste.

STEP 3 | Papas Arrugadas

Place the potatoes in a microwave-proof bowl and cover with water. Set the microwave to the highest setting and cook the potatoes for 10 mins. Add salt to boiling water and allow to evaporate until salt crystals begin to form. Place the cooked potatoes in the liquid and shake. The potatoes are ready to serve as soon as the skins are coated with the brine. *(Due to the high salt level, we do not recommend eating the salt crust).*

STEP 4 | Antipasti salad

We have served this with a salad made with tomatoes, red onions, artichoke hearts and pickled bell peppers.

STEP 5 | Garnish

After cooking, remove the fillet pieces from the vacuum bag and pat dry. Briefly fry the meat in a hot pan – please note that it should only be fried for 30-40 seconds on each side. Place all the accompaniments on a plate and serve with a generous amount of chimichurri.



DESSERT



CREME BRÛLÉE

Ingredients for 4-6 servings:

- 1 vanilla bean
- 500 ml cream
- ½ tonka bean (ground)
- 6 eggs
- 75 g sugar
- 1 pinch of salt
- Cane sugar
- 4-6 vacuum containers or small (jam) jars
- Gas burner or microwave with grill function

Preparation:

STEP 1

Warm the sous vide bath to 83 °C.

STEP 2

Pour the cream in a saucepan. Cut the vanilla pod in half and scrape out the seeds. Add the seeds and pod to the pan. Grate half a tonka bean into the pan. Bring all the ingredients briefly to the boil and then put on one side.

STEP 3

Separate the eggs. Add the sugar and a pinch of salt to the egg yolks and beat. Slowly pour the hot cream into the egg yolks (without the vanilla pod) and briefly stir. Pour the crème into the containers; place in the sous vide bath and cook at 83 °C for 60 minutes. Following this, allow to cool.

STEP 4

Shortly before serving, sprinkle the cane sugar onto the surface of the crème and spread evenly. Following this, caramelise the sugar using either the grill setting of a microwave or a torch. Serve with berries and ice cream.

TIPPS



The unopened containers can be stored in a refrigerator for several days. A second layer of cane sugar will make the caramelised crust even crunchier.



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DESIGN

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