

OP Joe's

**Sous Vide
Secrets**

April 2022

Contents

Overview	1
Sous Vide Time & Temp Summary	2
Main Dishes	3
Babyback Ribs	4
Baked Ham	5
Beef Brisket	6
Burnt Ends	7
Chicken Breast	8
Chicken Legs or Thighs	9
Hamburgers	10
Pork Chops	11
Pork Tenderloin	12
Pulled Pork	13
Steak Filet, Ribeye, or Strip	14
Picanha Steak	15
Turkey Breast	16
Turkey Drumsticks	17
Vegetable Side Dishes	18
Caramelized Onions	19
Corn on the Cob	20
Sautéed Mushrooms	21
Sauces	22
Cilantro Garlic Lime Dipping Sauce	23
My Rubs & Seasonings	24
Rubs & Seasonings	25

Overview



Sous Vide Time & Temp Summary

Ingredients

Anova website:
<https://anovaculinary.com>

Directions

Item, Temperature, Time
=====

Scallops, 123, 30 - 45 minutes
Steak Medium Rare, 128 - 134, 1 - 5 hours
Steak Medium, 135 - 145, 1 - 5 hours
Brisket (steak style), 135 - 140, 48 - 72 hours
Beef Burnt Ends, 135, 48 hours
Pork Chops, 138 - 140, 1 - 2 hours
Hamburgers, 140, 1 - 4 hours
Pork Tenderloin, 140, 1 - 4 hours
Ham (pre-cooked), 140, 3 - 8 hours
Chicken Breast, 145, 1 - 2 hours
Turkey Breast, 145, 3 - 8 hours
Turkey Drumsticks, 149, 6 - 24 hours
Pork Ribs, 150, 24 hours
Brisket (traditional style), 155, 24 hours
Pulled Pork, 160, 24 hours
Chicken Thighs/Legs, 162, 1 - 4 hours
Corn on the cob, 183, 30 minutes

Main Dishes



Babyback Ribs

Ingredients

Baby back pork ribs, 3 to 4lbs
Salt
Black Pepper
Mitch Mitch rub
Liquid smoke
BBQ Sauce

Directions

Temp = 150 degrees
Time = 24 to 36 hours

Peel membrane from bottom side of ribs.
Cut slab into two half slabs.
Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

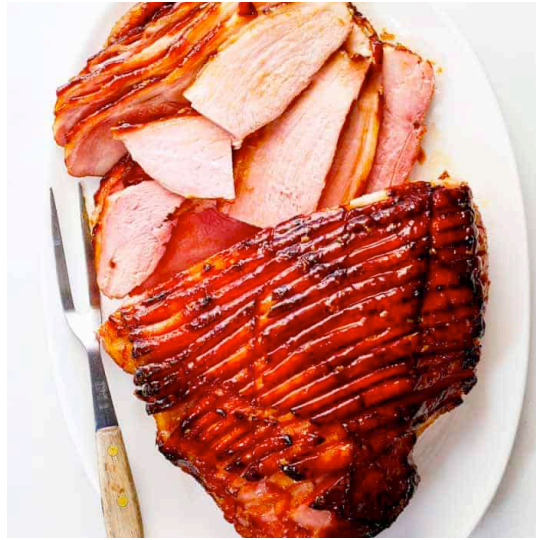
IMPORTANT: Remove from water bath and place bags directly into the freezer for 15 to 20 minutes.

Remove slabs from bags, pat dry, generously apply bbq sauce to both sides of slabs.

Place slabs on grill surface, bone side down.

Smoke/grill on high heat for 6 to 7 minutes, do not flip slabs.

Remove when there is a small hint of bbq sauce charring on the bone side of the slabs.



Baked Ham

Ingredients

Large honey baked pre cooked ham

Directions

Temp = 140 degrees
Time = 3 to 8 hours

Submerge ham in original vacuum sealed plastic.

Notes

Remove from packaging after cooked.
Generously apply glaze over all sides except bone side.
Place bone side down in large non-stick pan.
Broil on high for 3 to 5 minutes.



Beef Brisket

Ingredients

Beef Brisket
Black pepper
Salt
Meat Mitch rub
Liquid Smoke

Directions

Medium rare = 133 to 140 Degrees
Time = 48 -72 hours

Medium = 155 Degrees
Time = 24 - 36 hours

Consider: Trim fat cap away or leave it, chef's choice

Apply salt, pepper, and rub
Bag and add liquid smoke

Notes

Move from water bath to freezer for 15 minutes.

Add more rub/seasoning before searing 1 minute per side, then cold smoke on upper rack for 1 minute each side (total time in the grill is 4-5 minutes).

Slice against the grain when serving.



Burnt Ends

Ingredients

Beef brisket "point"
Salt
Black pepper
Meat Mitch rub
Liquid smoke
Butter, 1 stick
Brown sugar 1/2 cup

Directions

Temp = 135
Time = 48 hours

Trim excess fat.
Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

IMPORTANT: Remove bag from water bath and put directly in the freezer for 15 to 30 minutes.

Remove from bag, pat dry.
Slice into 1 x 1 inch cubes.

Melt butter and brown sugar to make glaze.
Thoroughly coat cubes in the glaze.

Finish under broiler on high for 4 to 5 minutes.



Chicken Breast

Ingredients

Boneless, skinless chicken breast
Salt
Black Pepper
Zarda's Poultry rub
Liquid Smoke
Butter

Directions

Temp = 145 degrees
Time = 1 to 2 hours

Apply salt, pepper, rub.
Bag and add liquid smoke.

Notes

Pat dry.
Sear 1 to 2 minutes each side.
Apply dab of butter to each side while searing.

Alice Springs Version:

Add sautéed mushrooms, bacon, cheddar, pepper jack cheese

Sandwich Version:

Brioche sandwich/hotdog buns, or french bagette bread.

Add pepper jack cheese.

Bake for 3 additional minutes at 350 degrees.

Serve with salsa spread.



Chicken Legs or Thighs

Ingredients

Chicken legs and/or thighs
Salt
Black Pepper
Zarda's Poultry rub
Liquid smoke

Directions

Temp = 162
Time = 1 to 4 hours

Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

Pat dry.

Crisp the skin in oven using high broiler option for 3 to 6 minutes, until skin is golden brown and slightly crispy.

Optional: Brush with bbq sauce before broiling.

Optional: Serve with long grain & wild rice, adding craisens and pecans to the rice mix.



Hamburgers

Ingredients

93% Lean Ground Beef
Salt
Black Pepper
Smokehouse Maple Rub
Mequite rub
Garlic Powder
Onion Flakes or Powder
Bacon Bits
Raw Egg (1 for each 4 burgers)

Directions

Medium rare = 135 degrees
Medium = 140 degrees
Time = 1 hour minimum, up to 4 hours max

Mix all ingredients thoroughly in mixing bowl.

Press into patties.

Bag and seal "lightly" - don't over vacuum, being careful not to smash or squeeze the burger's shape.

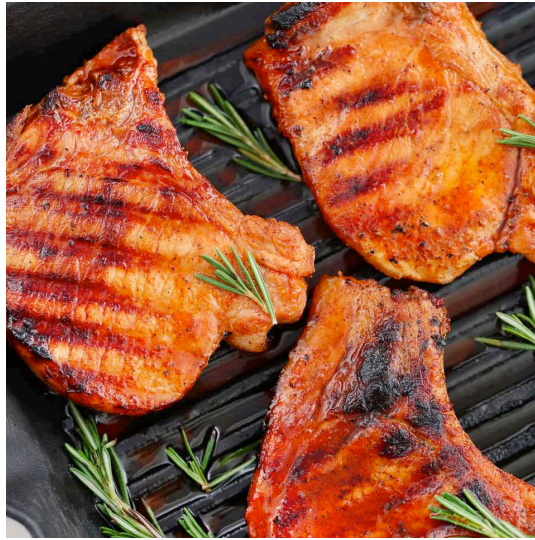
Notes

Pat dry.

Let rest 10+ minutes.

Sear 2 to 3 minutes each side.

Add cheese after flipping if desired.



Pork Chops

Ingredients

Pork chops, boneless or bone-in
Salt
Black Pepper
Meat Mitch rub
Liquid smoke
Butter

Directions

Medium = 138-140 degrees
Time = 1 - 2 hours

Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

Pat dry.
Sear 1 to 2 minutes each side.
Apply small dab of butter spread each side while searing.

Serve with sauteed mushrooms.



Pork Tenderloin

Ingredients

Pork tenderloin
Salt
Black Pepper
Meat Mitch rub
Unsalted butter spread
Liquid smoke

Directions

Medium = 140 degrees
Time = 1 to 4 hours

Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

Pat dry.
Sear 1 to 2 minutes each side.
Apply small dab of butter spread each side while searing.



Pulled Pork

Ingredients

Pork shoulder/butt, 3.5 to 5lbs
Salt
Black Pepper
Meat Mitch rub
Liquid smoke

Directions

Temp = 160 degrees
Time = 24 hours

Leave netting on the shoulder.
Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

Remove from bag and remove netting.
Save a cup or two of the juice from the bag, mixed with bbq sauce, simmer on low heat in small sauce pan.
Shred the shoulder thoroughly.
Mix in juice/sauce as needed to flavor the meet, being careful not to over saturate.



Steak Filet, Ribeye, or Strip

Ingredients

Wagu or prime cuts, 6 to 8oz each
Black Pepper
Salt
Steak rubs
Smokehouse Maple rub
Liquid Smoke
Butter

Directions

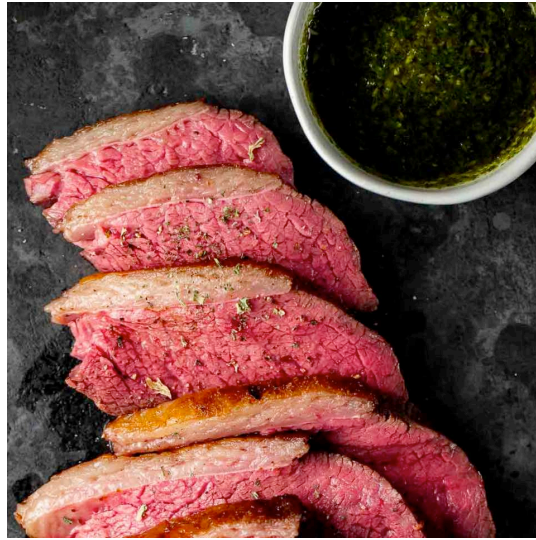
Medium rare = 128 to 134 degrees
Medium = 134 to 145
Time = 1 to 5 hours

Apply salt, pepper, and rubs.
Bag and add liquid smoke.

Notes

Pat dry.
Sear for 60 to 70 seconds per side.
Apply dab of butter to both sides while searing.

Serve with sauteed mushrooms and/or caramelized onions.



Picanha Steak

Ingredients

Picanha Steak (2-3lbs)

Salt

Garlic powder

Zarda streak rub

Smokehouse Maple rub

Optional: Cilantro Garlic Lime
Dipping Sauce

Directions

Medium rare = 131 - 135 degrees

Time = 2 to 4 hours

Apply salt and garlic (both generously).

Apply rubs if desired.

Bag and cook.

Notes

After water bath, move to freezer for 10-15 minutes.

Pat dry, then sear for 6-8 minutes fat side down, until fat renders down. Sear the other side 1-2 minutes.

Remove from grill, slice into 1.5" or 2" strips, slicing WITH the grain!

Sear each new raw side for 1 minute each. Remove from the grill and serve.

Slice the individual steaks against the grain.



Turkey Breast

Ingredients

Fresh, skin-on turkey breast
Salt
Black Pepper
Zarda's Poultry rub
Liquid smoke
Lemon Herb Butter sauce (see recipe)

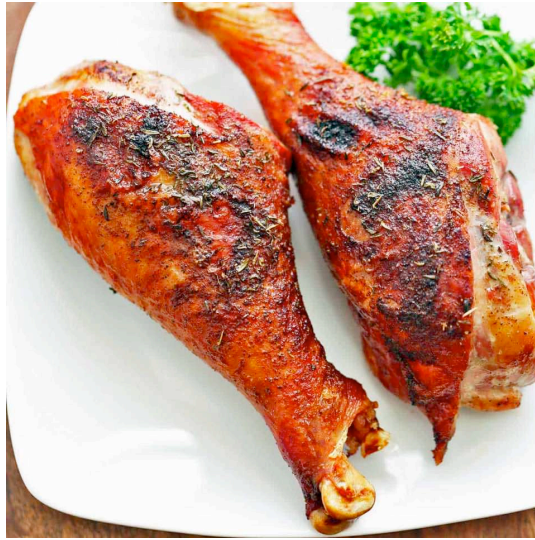
Directions

Temp = 145 degrees
Time = 3 to 8 hours

Apply salt, pepper, and rub
Bag and add liquid smoke

Notes

Pat dry.
Brush skin with lemon herb butter sauce.
Broil, skin side up, on high for 3 to 5 minutes, until skin is golden brown.



Turkey Drumsticks

Ingredients

Fresh, skin-on turkey breast
Salt
Black Pepper
Zarda's Poultry rub
Liquid smoke
Lemon Herb Butter sauce (see
receipe)

Directions

Temp = 149 degrees
Time = 6 to 24 hours

Apply salt, pepper, and rub.
Bag and add liquid smoke.

Notes

Pat dry.
Brush skin with lemon herb butter sauce.
Broil both sides on high for 3 minutes each side, until skin is
golden brown.

Vegetable Side Dishes



Carmelized Onions

Ingredients

Red onion

Butter 1tbsp

Salt

Black Pepper

Balsamic Vinegar 2tbsp

Honey 2tbsp

Directions

Temp = 185 degrees

Time = 1 hour

Chop onions

Grill and stir onions, salt, pepper, and butter for approx 10 minutes until onions soften up.

Add vinegar and let reduce.

Remove from heat and add honey, spread evenly.

Bag and cook



Corn on the Cob

Ingredients

Sweet corn cob nibblers
Salt
Black pepper
Butter

Directions

Temp = 183 degrees
Time = 30 minutes

Apply salt, pepper, butter, then seal.

Notes

Serve from the bag, pouring butter sauce on top.



Sautéed Mushrooms

Ingredients

Baby portabello mushrooms
Salt
Black pepper
Grill or Italian seasonings
Olive Oil
Butter

Directions

Temp = 130 to 150 degrees
Time = 1 to 2 hours

Slice or quarter mushrooms as desired.
Add to large mixing bowl.
Generously apply olive oil, mix thoroughly.
Apply salt, pepper, seasonings.
Mix thoroughly.

Bag and cook in same water bath as your main course, the temperature isn't critical.

Notes

Remove from bag and drain.
Simmer on low heat in sauce pan.
Add butter as desired.
Serve with the main course (steaks, chops, etc).

Sauces



Cilantro Garlic Lime Dipping Sauce

Ingredients

1 cup cilantro (stems removed)
1 large banana
4 tsp minced garlic
4 tbsp lime juice
Pinch of salt
4 tbsp olive oil
1/4 tsp cayenne (optional)

Directions

Blend, refrigerate, serve.

My Rubs & Seasonings



Rubs & Seasonings

Ingredients

Meat Mitch Womp Pork Rub
Zarda Poultry Rub
Zarda Steak Rub
Jack Stack Steak Rub
Mequite Seasoning
Red Robin French Fry Seasoning
Grill Seasoning
Salmon "Rub with Love"
Joe's French Fry Seasoning
Smokehouse Maple Seasoning
McCormick Grill Mates
Applewood Rub

Directions

These are my favorite rubs and seasonings that are mentioned in the various recipes in this cookbook.

For all sous vide recipes, you will be applying the rubs and seasonings prior to bagging and vacuum sealing the meats.

Generally speaking, all rubs are applied generously and patted down, while seasonings are applied lightly.

Photos

