



Taste Experiences with Sous-vide

Küppersbusch
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TABLE OF CONTENTS

Introduction to sous-vide cooking	4	Main courses		Desserts & baked goods	
Starters		Salmon with peppers	19	Chocolate pears	29
Salmon with mustard pickles	9	Gilthead sea bream	20	Crumble plum cake	30
Vitello tonnato	10	Stuffed filet of pork	21	Rice pudding	31
Oriental lentil soup	11	Goulash	22		
Fish soup	12	Boiled veal	23		
Burger with pickled tomatoes	13	Chicken breast wrapped in Parma ham	24		
Side dishes		Hip of beef	25		
Mashed potatoes	15	Duck drumsticks	26		
Orange-ginger carrots	16	Sweetheart cabbage rolls	27		
Oriental red beets	17				

SOUS VIDE COOKING – UNIQUE TASTE EXPERIENCES

Sous-vide cooking is a variation of low-temperature cooking (preparing food gently at low temperatures), but in a water bath or steam at a controlled, virtually constant temperature.

This method offers numerous possibilities to gently cook meat, fish and vegetables in a vacuum bag at relatively low temperatures below 100° C.



PROCEDURE

The food is sealed in a vacuum bag and then cooked at a constant water or steam temperature between 50° C und 85° C.

Food preparation

Clean the desired ingredients (raw and chilled), cut or chop if required and fill into a suitable vacuum cooking bag. Add flavouring ingredients such as oils, herbs and spices. Then seal the bag with a vacuum device, removing as much air as possible. Refrigerated storage of the bags is required if they are not cooked immediately. Vacuum-sealed bags can also be put in the refrigerator overnight for marinating.

Preparation

Take the vacuum cooking bag out of the refrigerator and cook it in a water bath or steam. The temperature of the water bath or steam has to be kept constant. Possibilities include cooking in the steam cooker or on the cook-top with the pre-programmed “fixed” power levels (warming level – melting level – pasta level). After cooking, the bag is opened and the food is served immediately.

As needed

Meat can be quickly seared after cooking if desired, browning it with a nice crust.

Cooking times

The cooking times are recommendations only. They can be varied and adapted according to your own preferences.



Notes

The recipes are adapted and optimised for everyday household use. When the vacuumed meals are cooked in a steam cooker, a warm-up time of 5 minutes has to be added to the specified cooking times.

BENEFITS OF SOUS-VIDE COOKING



Perfect flavour development through gentle preparation for an intense taste experience

Vacuuming enhances the influence and transfer of flavours from the added ingredients such as spices, herbs and oils. Nothing can escape from the food while cooking. Flavouring substances, aromas and water are largely retained thanks to vacuuming. Because there is no air in the vacuum bag, the oxidation of foods and flavours is minimised. This improves the quality of the dish while minerals and vitamins are better preserved.

Cooking results at the highest level

With this gentle cooking method, your food is prepared at gentle, low temperatures and will always be cooked to perfection. Meat and fish for example stay juicy and tender.



Improved time management

Meals can be prepared in advance, for example when guests are invited for dinner. Just place the meat or fish with the flavouring ingredients in a vacuum bag for marinating the day before, vacuum seal it, put it in the refrigerator and take it out when needed. This avoids time pressure when the guests arrive.

With the gentle cooking method at temperatures below 100° C, nothing can burn or overcook. There is no need to constantly watch it, so the cooking time can be used for other things.

Low cooking losses

Low cooking temperatures minimise the loss of juice and evaporation of water from meat. Meals remain juicy with intense flavour – overcooking is excluded.





Starters

SALMON WITH MUSTARD PICKLES

Ingredients:

300 g salmon filet

1 tbsp salt

Freshly ground black pepper to taste

2 tbsp maple syrup

2 tbsp oil for searing

Mustard pickles:

1 cucumber (about 300 g)

5 tbsp sugar

200 ml white wine vinegar

1 tsp chilli flakes

2 tbsp coarse mustard

1 tbsp chopped dill

Sea salt

Freshly ground black pepper to taste

Other ingredients:

1 red onion, finely chopped

4 tsp crème fraîche

Dill tips

1. Place the salmon with salt, pepper and maple syrup into a vacuum bag and vacuum at the highest level. Place in the refrigerator overnight to marinate.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 1 (melting level 42° C).
3. Once the water is hot, add the bag with the salmon and cook for 35 minutes.
4. After cooking, take the salmon out of the bag and dab it dry. Sear quickly in a hot pan with some oil. Take the fish filet out of the pan, place it in a bowl and pluck it apart with two forks.
5. Peel the cucumber, quarter it lengthwise, remove the seeds and place it in a vacuum bag. Thoroughly mix the remaining ingredients for the mustard pickles in a bowl, add to the cucumber and vacuum at the highest level. Marinate the cucumber for 1–2 hours in the bag.
6. Then take it out and finely dice it. Mix with some of the cooking liquid, diced onion and salmon pieces. Season to taste with salt and pepper.
7. Arrange the salmon on plates, add a teaspoon of crème fraîche to each and garnish with dill. Serve with crispy toasted white bread.

VITELLO TONNATO

Ingredients:

1 kg hip of veal
Fresh pepper
1 tbsp sea salt
4 tbsp olive oil
1 sprig parsley
2 sprigs thyme
200 g mixed root vegetables
2 roasted garlic cloves, unpeeled
Oil for searing

Sauce:

1 can tuna filets in olive oil
(140 g, drained)
1 tbsp small capers
2 anchovy filets
2 egg yolks
A few dashes of lemon juice
Sea salt
Freshly ground black pepper
Marinade from the vacuum bag
(without herbs and garlic)
100 ml sour cream

1. Trim fat and tendons from the meat. Cut into two pieces of equal size. Season with salt and pepper. Sear quickly on both sides in a hot pan with some oil. Then take out and allow to cool completely. After cooling, place into a vacuum bag with the oil from the pan, the root vegetables, herbs and cloves of garlic. Vacuum on the highest level.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the veal and cook for 35 minutes.
4. Either take the meat out of the bag immediately, thinly slice and serve, or leave it in the vacuum bag, cool in ice water and store in the refrigerator until use (max. 3 days).
5. Put all ingredients for the sauce in a blender and finely puree.
6. Arrange the sliced meat with the tuna sauce as desired and decorate with halved caper fruit.

ORIENTAL LENTIL SOUP

Ingredients:

280 g red lentils
3 cloves of garlic
1 onion
1 piece ginger (3 cm)
1 pinch ground cinnamon
1 tsp cloves
2 cardamom capsules, crushed
4 bay leaves
10 black pepper corns
1 tbsp curcumin
½ tsp ground paprika
1 l vegetable stock

Topping:

2 cloves of garlic
2 spring onions
1 red onion
30 g clarified butter
1 tsp cumin

1. Peel the garlic, onion and ginger, then dice finely. Together with the other soup ingredients listed above, fill into a sous-vide bag and vacuum on the highest level. Place the bag with the soup in the refrigerator overnight to marinate.
2. 1 hour before sous-vide cooking, take the bag out of the refrigerator and shake thoroughly to mix the ingredients.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 3 (pasta level 94° C).
4. Once the water is hot, add the bag with the soup and cook for 70 minutes.
5. Prepare the topping in the meantime. Clean and wash the spring onions, then cut them thinly into rings. Peel the garlic and onion, then dice finely. Heat the butter in a pan, briefly roast the cumin in it. Add the remaining ingredients and cook briefly.
6. Once the lentil soup is done, open the bag and fill the soup into bowls. Add some of the topping for decoration and serve immediately.



ASIAN FISH SOUP

Ingredients:

300 g cod filet
300 g monkfish filet
500 g prawns, peeled or unpeeled
12 greenshell mussels
(New Zealand green-lipped mussels)
1 l coconut milk
1 tbsp brown sugar
Juice of one lime
10 mini corn cobs
100 g celery (diced)
4 tbsp Thai fish sauce
Fresh coriander (to taste)
2 spring onions
Bean sprouts for decoration
2 tbsp green curry paste

1. Cut the fish filets into bite-sized pieces. Place into a bowl with the prawns and greenshell mussels. Add the curry paste and mix thoroughly. Place the ingredients in a vacuum bag. Add the coconut milk, sugar and lime juice. Thinly slice the corn cobs and celery, and add them to the bag as well. Vacuum everything at the highest level and marinate for at least 4 hours. It is best to place the bag in the refrigerator overnight.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the fish filets and cook for 1 hour and 25 minutes.
4. After cooking, open the bag and pour the stock through a strainer into a pot. Bring the soup to a boil, then season to taste with fish sauce, sugar and lime juice. Arrange the pieces of fish, prawns, mussels and vegetables in soup bowls and cover with the hot broth. Decorate with coriander leaves, the finely sliced spring onions and bean sprouts.

BURGER WITH PICKLED TOMATOES

Ingredients:

1 kg rib eye steak
2 onions
Sea salt
Freshly ground black pepper
Olive oil

Pickled tomatoes:
6 tomatoes
1 onion, finely chopped
1 tbsp olive oil
2 tbsp tomato or white wine vinegar
2 bay leaves
1 tbsp brown sugar
Sea salt
Freshly ground black pepper

Other ingredients:
12 slices pancetta or bacon
Canola oil for frying
4 large burger buns
1 romaine lettuce heart
4–8 slices Emmentaler cheese
1 tbsp mayonnaise

1. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
2. Put the meat together with the peeled onions through the meat grinder into a bowl. Season to taste with salt and pepper. Brush four round biscuit cutters (Ø 12 cm) with oil. Evenly divide the meat between the biscuit cutters and press it down a bit. Vacuum each portion separately in a vacuum bag on the highest level.
3. Once the water is hot, add the bags with the meat and cook for 15 minutes. After cooking, take the burgers out of the bags and remove from the biscuit cutters. Sear quickly on both sides for about 1 minute in a hot pan with some oil.
4. Score the tomatoes crosswise on the bottom and dip them in boiling water for 20 seconds. Take them out and quench in cold water. Then skin and quarter them, and take out the seeds.
5. Sweat the diced onions in olive oil. Add the vinegar and remaining ingredients for the tomatoes, bring to a boil and then allow to cool completely. Fill the onion mixture with the tomato pieces into a vacuum bag and vacuum at the highest level. Marinate the tomatoes for at least 2 hours. Finally, add the bag with the tomatoes to the meat in the pot for about 2 minutes.
6. Fry the bacon (pancetta) in a hot pan with some oil until golden brown. Cut the buns in half and lightly toast from all sides in the oven under the broiler at 200° C. Then spread mayonnaise on the cut surfaces. Arrange lettuce leaves and pickled tomato pieces on the bottom halves of the buns.
7. Arrange bacon and cheese on the cooked burgers and heat for 2 minutes in the oven using the function hot air 200° C so the cheese melts. Then place on top of the tomatoes and put on the top half of the buns. Serve immediately.

Side dishes



MASHED POTATOES

Ingredients:

800 g potatoes, mealy boiling

270 g cream

60 g butter

½ tsp salt

Pinch nutmeg

1. Clean, wash and dice the potatoes (2 cm cubes). Fill all the ingredients listed above into a sous-vide bag and vacuum on the highest level.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 3 (pasta level 94° C).
3. Once the water is hot, add the bag with the potatoes and cook for 50 minutes.
4. After cooking, take the bag out of the water and allow to cool for 10 minutes. Then pour the potatoes from the bag into a bowl and puree.

ORANGE-GINGER CARROTS

Ingredients:

6 carrots, peeled and cut into
even thin strips (sticks)
20 g ginger, finely sliced
3 star anise
½ cinnamon stick
Juice of 3 oranges
2 tbsp butter
Sea salt
Freshly ground pepper to taste

1. Fill all the ingredients into a vacuum bag and vacuum on the highest level.
2. Fill a pot with water, put on the lid and place onto the induction hob.
Choose power level 3 (pasta level 94° C). Once the water is hot, add the bag with the carrots and cook for 35 minutes.
3. After cooking, cut open the bag and arrange the carrots on plates as desired.

ORIENTAL RED BEETS

Ingredients:

6 midsize red beets
200 ml red beet juice
1 tbsp light vinegar
1 tsp crushed cumin
½ tsp ground cinnamon
2 tbsp oil
1 tsp sea salt
Freshly ground pepper

1. Peel the red beets, removing the stalks and roots. Cut each into eight pieces and place into a vacuum bag. Mix the remaining ingredients in a bowl and add to the red beets in the bag. Vacuum the bag at the highest level.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 3 (pasta level 94° C).
3. Once the water is hot, add the bag with the red beets and cook for 1 hour and 20 minutes.
4. After cooking, open the bag and serve the red beets immediately. If the red beets will not be consumed right away, quench the bag in cold water directly after cooking and store in the refrigerator until use.



Main courses



SALMON WITH PEPPERS

Ingredients:

200 g salmon

1 tsp olive oil

1 sprig thyme

1 slice of lemon

Salt

Freshly ground pepper

Peppers:

2 red peppers

2 yellow peppers

4 onions, diced

1 sprig rosemary

1 sprig thyme

2 cloves of garlic, sliced

1 tbsp olive oil

1 tsp butter

Salt

Freshly ground pepper

1. Rinse the salmon, dab it dry and season with salt and pepper. Arrange the thyme and lemon slice on the salmon, and place into a vacuum bag with the olive oil. Vacuum everything at the highest level. Place the vacuum bag in the refrigerator for at least 2 hours to marinate.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 1 (melting level 42° C). Once the water is hot, add the bag with the salmon and cook for 45 minutes.
3. After cooking, open the bag and take out the thyme and lemon. If desired, briefly sear the salmon on both sides in a hot pan with canola oil.

Preparing the peppers

1. Cut the peppers into 4 x 4 cm pieces.
2. Put the peppers, herbs, garlic, butter and olive oil into a vacuum bag and season with salt and pepper. Vacuum everything at the highest level. Place the vacuum bag in the refrigerator overnight to marinate.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
4. Once the water is hot, add the bag with the vegetables and cook for 55 minutes. After the cooking time, open the bag and refine the vegetables with chopped parsley to taste.

GILTHEAD SEA BREAM

Ingredients:

1 gilthead sea bream per person

For each sea bream:

1 slice of lemon

1 piece of garlic

1 bay leaf

1 sprig rosemary

1 sprig thyme

1 tsp olive oil

Salt

Freshly ground pepper

1. Scale and gut the sea bream.
2. With the remaining ingredients, fill the abdominal cavity of the fish. Place each sea bream into a vacuum bag and vacuum on the highest level. Place the bags in the refrigerator overnight to marinate.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 1 (melting level 42° C).
4. Once the water is hot, add the bags with the sea bream and cook for 1 hour and 30 minutes.
5. After cooking, take the sea bream out of the bag and dab it dry. Sear quickly in a hot pan with some oil if desired, or serve immediately without searing.

STUFFED FILET OF PORK

Ingredients:

800 g pork filet
100 g pitted olives
100 g dried tomatoes
1 sprig rosemary
(only the needles, chopped)
1 sprig thyme
(only the leaves, chopped)
50 g grated parmesan
10 basil leaves (cut into strips)

1. Remove the head, tendons and silverskin from the pork filet. With a sharpening steel, make a lengthwise hole in the filet. Chop all remaining ingredients in a mixer and use stuff the pork filet with this mixture.
2. Place the pork filet into a vacuum bag and vacuum on the highest level. Place the bag with the filet into the refrigerator overnight to marinate. 1 hour before sous-vide cooking, take the bag out of the refrigerator.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
4. Once the water is hot, add the bag with the filet and cook for 40 minutes.
5. Then take the filet out of the bag, dab it dry and sear in a pan on all sides.



GOULASH

Ingredients:

400 g beef, cut into approx. 3 x 3 cm pieces
100 g diced carrots
100 g diced onion
100 g each of diced red and yellow peppers
200 g diced potato
1 tbsp olive oil
2 tbsp tomato puree
50 ml red wine
1 sprig rosemary
200 ml stock
Salt
Freshly ground pepper

1. Fill all the ingredients listed above into a sous-vide bag and vacuum on the highest level. Place the bag into the refrigerator overnight to marinate. 1 hour before sous-vide cooking, take the bag out of the refrigerator and shake thoroughly to mix the ingredients.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the goulash and cook for 3 hours and 30 minutes.
4. After cooking, open the bag and pour the goulash into a bowl. Mix thoroughly and season to taste.

BOILED VEAL AND BEANS WITH BACON

Ingredients:

1.5 kg veal for boiling

Sea salt

Freshly ground black pepper

1 sprig thyme

2 bay leaves

2 tbsp brown butter

(heat the butter until it browns)

Clarified butter for searing

Beans with bacon:

300 g green beans, finely sliced

100 g bacon, diced

1 onion, finely chopped

2 tbsp butter

Horseradish, optional

1. Remove the silverskin from the veal. Season the meat with salt and pepper. Place into a vacuum bag with the thyme, bay leaves and brown butter. Vacuum on the highest level and place in the refrigerator overnight to marinate.
2. 1 hour before sous-vide cooking, take the bag with the veal out of the refrigerator.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C). Once the water is hot, add the bag with the veal and cook for 2 hours and 20 minutes.
4. After cooking, open the bag and take out the veal. Dab the meat dry and, shortly before serving, briefly sear on both sides in a hot pan with clarified butter.
5. Blanch the beans in boiling water with salt and quench in cold water. Then drain on a strainer. Briefly sear the bacon in a hot pan. Add the onion and briefly sear as well. Fold under the beans and butter. Season to taste with salt, pepper and nutmeg.
6. Arrange the beans in the centre of a plate. Place two or three slices of boiled veal on top and serve with the horseradish.



CHICKEN BREAST WRAPPED IN PARMA HAM

Ingredients:

6 slices Parma ham
2 sprigs rosemary
2 chicken breasts
Salt
Pepper
Oil for frying

1. Arrange 3 slices of Parma ham side by side (overlapping slightly). Season a chicken breast with salt and pepper. Wrap in the ham with a sprig of rosemary. Repeat this process with the other chicken breast. Place the wrapped chicken breasts into a sous-vide bag and vacuum on the highest level.
2. Place the bag in the refrigerator overnight to marinate.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
4. Once the water is hot, add the bag with the chicken breasts and cook for 50 minutes.
5. After cooking, take the chicken breasts out of the bag and dab them dry. Sear quickly in a hot pan with some oil if desired, or serve immediately without searing.

HIP OF BEEF WITH PAPAYA SALSA

Ingredients:

1.5 kg hip of beef (from the core)

300 g papaya

4 tbsp light soy sauce

2 tbsp brown sugar

1 tsp sea salt

Freshly ground black pepper

Oil for searing

Papaya salsa:

400 g papaya, finely chopped

1 red onion, finely chopped

Juice of 1 lime

1 tbsp olive oil

Salt and pepper

1. Remove tendons and silverskin from the meat. For the marinade, finely puree the papaya in a mixer with the soy sauce, sugar, salt and pepper. Put the meat together with the marinade into a vacuum bag and vacuum on the highest level. Place in the refrigerator overnight to marinate.
2. 1 hour before sous-vide cooking, take the bag with the meat out of the refrigerator.
3. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
4. Once the water is hot, add the bags with the meat and cook for 75 minutes. After cooking, take the meat out of the bag and dab it dry. Sear quickly on all sides in a hot pan with some oil.
5. For the salsa, mix the ingredients listed above and season to taste.
6. To serve, cut the meat into 2 cm thick slices and arrange with the salsa. This goes very well with fresh baguette.

DUCK DRUMSTICKS WITH PORT WINE FIGS

Ingredients:

4 duck drumsticks
250 g room temperature duck fat
or clarified butter
2 sprigs rosemary
2 sprigs thyme
2 roasted garlic cloves (unpeeled)
Sea salt
Freshly ground black pepper

Port wine figs:
16 small figs
500 ml red port wine
3 bay leaves
4 long peppers, coarsely crushed

1. Season the duck drumsticks, place into a vacuum bag with the remaining ingredients and vacuum on the highest level. If one bag is not sufficient, divide among two or more bags.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the duck drumsticks and cook for 8 hours.
4. After cooking, open the bag and place the duck drumsticks on a baking sheet. With the grilling function, preheat the oven to 200° C. Slide the baking sheet into the oven and bake the duck drumsticks approximately 5 minutes until they are crispy.

Preparing the port wine figs

1. Wash and halve the figs. Place into a vacuum bag with the remaining ingredients. Only lightly vacuum the bag. Place the figs in the refrigerator overnight to marinate.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the figs and cook for 20 minutes.
4. After cooking, open the bag and take out the figs. Pour the stock into a pot and, on the cooking zone over medium, allow to simmer until it has the consistency of syrup. Then set aside.
5. Arrange the crispy duck drumsticks on plates with the figs and pour on the port wine syrup.

SWEETHEART CABBAGE ROLLS WITH CHICKEN STUFFING

Ingredients:

8 large sweetheart cabbage leaves
2 cloves of garlic, finely sliced
2 tbsp butter oil for searing
1 small onion, finely chopped
300 g chicken breast filet, finely chopped
2 sprigs thyme, finely chopped
1 sprig rosemary, finely chopped
1 tbsp finely chopped parsley
Sea salt
Freshly ground black pepper

1. Blanch the sweetheart cabbage leaves in a pot with boiling water and salt for 2–3 minutes. Then quench in cold water and spread out the leaves on paper towel. Cover with a second layer of paper towel. Flatten the stalks by firmly rolling with a rolling pin.
2. Heat the pan, add the butter oil and sweat the garlic until crisp.
3. Add the onion and sear. Add the chicken and herbs, mix thoroughly. Season to taste with salt and pepper.
4. Spread out the sweetheart cabbage leaves on the work surface. Evenly spread on the meat mixture using a tablespoon. Slightly fold in the sides, then firmly roll up the leaves. Place the sweetheart cabbage rolls into a vacuum bag and vacuum for 40 seconds.
5. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C). Once the water is hot, add the bag with the sweetheart cabbage rolls and cook for 30 minutes.
6. Take the sweetheart cabbage rolls out of the bag and serve. Goes very well with boiled potatoes.



Desserts & baked goods

CHOCOLATE PEARS

Ingredients:

4 pears (not too soft)

300 ml white wine

80 ml pear brandy

5 tbsp brown sugar

4 thin slices ginger

2 star anise

One vanilla pod, slit open and scraped out

Chocolate icing:

500 ml dark chocolate coating

(at least 60 % cocoa)

300 ml cream

100 g butter



1. Peel the pears and place into a vacuum bag with the remaining ingredients. Only lightly vacuum the bag so the pears are not crushed.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
3. Once the water is hot, add the bag with the pears and cook for 60 minutes. Then cool the bag in cold water and put the pears in the refrigerator overnight to marinate.
4. Put the chocolate coating, cream and butter in a pot. Place the pot on the cook-top at setting 1 (melting function) and melt, stirring continuously. Stir until smooth and allow to cool.
5. Take the pears out of the vacuum bag. Remove the vanilla pod and star anise. Pour the stock into a pot and simmer until it has the consistency of syrup.
6. Dab the pears dry, remove the core with a corer and slightly hollow out the fruits. Cut the bottom off flat so they stand up.
7. Dip the cold pears all the way into the lukewarm dark chocolate icing. Then allow to drip off and place on a rack. Put the rack into the refrigerator and chill the pears for at least 4 hours, ideally overnight. Finally arrange the pears on plates and decorate with some of the syrup.

CRUMBLE PLUM CAKE

Ingredients:

700 g plums

5 tbsp brown sugar

300 ml red wine

40 ml plum brandy

½ vanilla pod, slit open

1 tsp coarsely chopped cinnamon stick
(packed into a tea filter)

Streusel:

50 g butter, room temperature

50 g sugar

50 g flour

50 g almonds, chopped

1. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 2 (warming level 70° C).
2. Wash, pit and quarter the plums. Put the fruit into a vacuum bag, add the remaining ingredients and vacuum for 20 seconds.
3. Once the water is hot, add the bag with the plums and cook for 45 minutes.
4. After cooking, quench the bag in cold water. Then cut open the bag and drain the plums over a strainer. Save the cooking liquid. Remove the bag with the cinnamon and the vanilla pod. Put the cooking liquid in a pot and simmer until it has the consistency of syrup. Add the plums and put everything into an ovenware dish.
5. Preheat the oven to 200° C with the top and bottom heat function.
6. Mix the ingredients for the streusel and distribute over the plums. Slide the dish into the preheated oven and bake for 10–12 minutes until golden brown. After baking, serve while still warm.

RICE PUDDING

Ingredients:

300 ml milk
100 g rice pudding
100 ml cream
1 tsp butter
½ tsp grated lemon peel from
an untreated lemon
80 g sugar
1 vanilla pod and the pulp

1. Put all the ingredients into a sous-vide bag and vacuum on the highest level.
2. Fill a pot with water, put on the lid and place onto the induction hob. Choose power level 3 (pasta level 94° C).
3. Once the water is hot, add the bag with the rice pudding and cook for 60 minutes.
4. After cooking, open the bag, remove the vanilla pod, fill the rice pudding into small bowls and serve immediately.



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