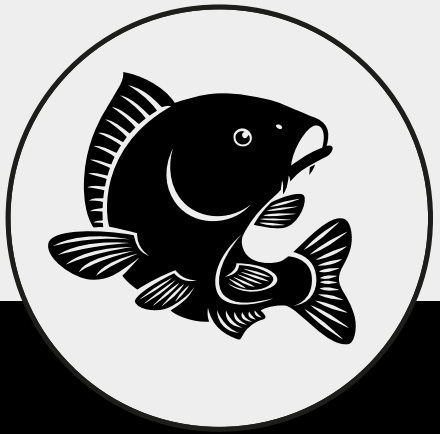
GUIDE TO SEAFOOD

THE FRUITS OF THE SEA

THE SEAFOOD SOUS VIDE RULE OF THUMB

125.6°F (52°C) medium rare -
minimum recommended to ensure destruction of pathogen bacteria
140°F (60°C) medium

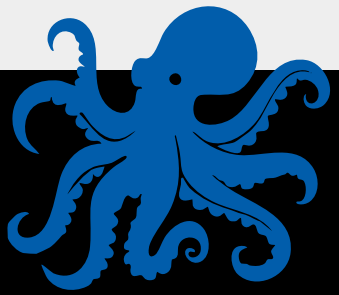
20 mins for 1/2 inch thickness
30 mins for 1 inch thickness



Note that the times above are not pasteurized times and therefore should not be served to immuno compromised individuals.

OCTOPUS

Octopus is very popular cooked sous vide for a tender and flavorful result. Just cook at 170°F (77°C) for 6 -7 hours and grill for a nice char before serving.



LOBSTER, SHRIMP & SCALLOPS

Shelled, 125.6°F (52°C), 20-30 minutes at maximum.



LEAN FISH

Examples are cod, haddock, plaice, hake, lemon sole, monk-fish, pollock, mullet, red snapper, sea bass, sea bream, turbot, whiting. Great cooked to medium rare at 125.6°F to 166.6°F (52°C - 74.7°C) for 20 - 30 minutes, depending on thickness.

OILY FISH

Examples are tuna, trout, swordfish and salmon. They can be enjoyed medium rare at 125.6°F (52°C). For those who prefer it more "done", go for medium at (55°C - 60°C). Again, cook for 20 - 30 minutes, depending on thickness.**

**** For salmon, an extra brining step is necessary before cooking sous-vide. This prevents the secretion of white protein (albumin) when cooked, firms up the fish for easier handling and preserves the vibrant orange colour even after it's cooked.**