



ZWILLING



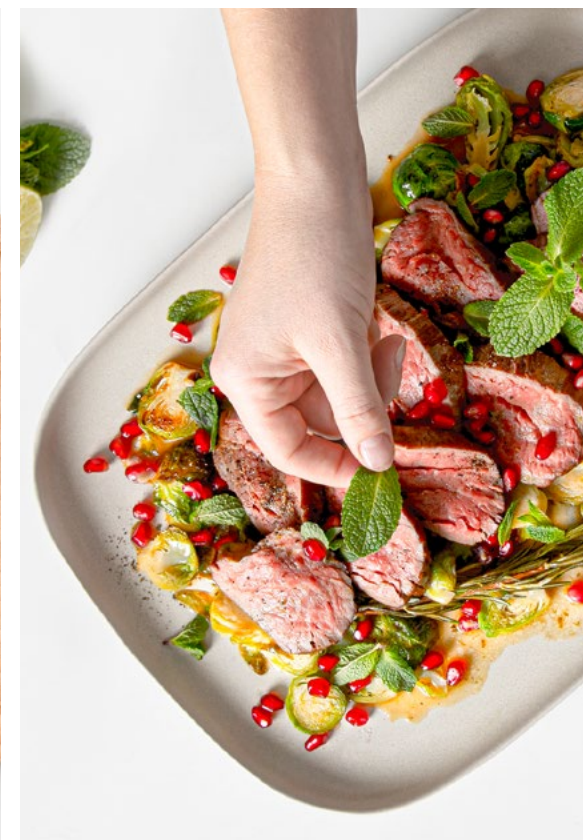
ZWILLING SOUS-VIDE



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MADE FOR BEGINNERS. TASTES LIKE A PRO.



Do you sometimes cook for hours and feel it doesn't taste good in the end? Maybe the fish is too dry or the vegetables are too soft? Or have you had your steak turn out well done instead of medium rare? Have everything turn out perfect! Prepare your food for your taste and cook it to perfection. It's simple and uncomplicated with the ENFINIGY sous-vide stick!

This method is ideal for high-quality food, resulting in restaurant-level cooking. Gently cooked under vacuum seal in a warm water, (in French: sous-vide) can create tender meat and firm al dente vegetables.

Avoid overcooking your food at high temperatures. Have your food cooked by precisely under controlled heating. This preserves the valuable nutrients and aromas in the food.

Sear the steak in a hot (grill) pan for a few seconds after cooking to get the delicious flavours of a roast or grill marks. This works for cast iron as well as stainless steel and aluminium, e.g. in STAUB or ZWILLING cookware, DEMEYERE or BALLARINI.

DOES IT REALLY WORK?



Definitely! It almost sounds too simple. Fish, steaks, chicken breasts or vegetables can be cooked in a vacuum sealed bag in warm water between 45 and 85 °C. Once the time has passed, the food is ready to serve.



The ENFINIGY sous-vide stick maintains the desired cooking temperature and consistently circulates the water throughout the cooking time. The vacuum-sealed food, which is enclosed on all sides, is cooked gently in a controlled manner..

There are many advantages to sous-vide cooking. Unlike „normal“ frying or cooking in a pan or pot, the ENFINIGY sous-vide stick prevents unwanted temperature fluctuations. This is helpful when preparing high-quality pieces of meat or delicate fish dishes, leaving you with delectable taste and consistency.

Precise temperature control also offers more choice over the texture of food than other cooking methods.

In addition, the food is cooked in a vacuum sealed bag, marinating in its own juices. This results in exceptional flavour, and overcooking the food is virtually impossible, even if you forget the time or guests arrive for dinner later than planned.

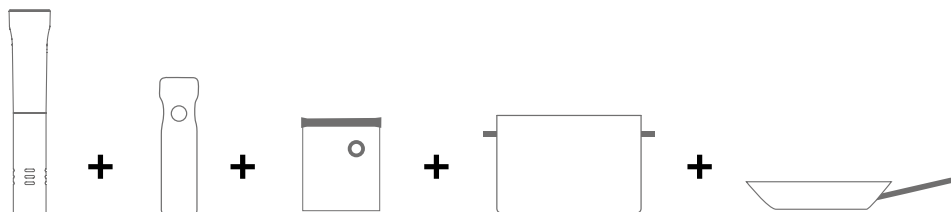
STEP BY STEP TO DELICIOUS FOOD



How long does food cook at what temperature?



ALL YOU NEED FOR SOUS VIDE



All you need for delicious meals alongside the ENFINIGY sous-vide stick is a large pot, a suitable bag and a vacuum sealer, e.g. the wireless vacuum pump from FRESH & SAVE and, if preferred, a (grill) pan for finishing.



1.

THE FIRST STEP TO THE PERFECT MEAL IS PREPARATION.

Meat, fish, vegetables or fruits can be seasoned as desired and marinated with other ingredients, such as herbs or oils before vacuum sealing. This is an essential step, especially for fish and meat to have your food turn out the best.

Pay close attention to the type of bag your food is being cooked in. For the best results, the bag should be able to be vacuum sealed, heat-resistant, food-safe, tear-resistant and, of course, BPA-free!



2.

NEXT

Attach the ENFINIGY sous-vide stick with the clip to the edge of a large pot. If needed, place the sous-vide rack in the pot. Fill with water up to the mark on the stick and set it to the desired temperature.

After a few minutes, the water reaches the correct temperature, insert the vacuum bag and its contents into the water. Secure it in the rack if necessary. This ensures that everything stays underwater for the entire cooking time. Now just set the cooking time, the ENFINIGY stick takes care of the rest.



3.

TO FINISH OFF


Add the finishing touches. Heat a grill pan to sear the meat, such as a steak, to add the final flavour and appetizing appearance. Fry the meat on both sides for a few seconds, season with salt or pepper and serve!

COOKING TABLE – HOW TENDER SHOULD IT BE?


There are two factors that are important for sous-vide cooking: the core temperature and the cooking time, which is the time it takes to reach the desired temperature. These factors can vary depending on the food. Fish cooks between 41 °C and 65 °C, beef or pork as well as poultry and game between 50 °C and 75 °C. Fruits and vegetables can withstand 65 °C to 85 °C, while beans, peas and cereals cook close to boiling point.

The cooking table provides preparation guidelines.


BEEF

		Medium rare	Medium (à Point)	Medium well
		 50–55 °C	55–57 °C	57–60 °C
Fillet, Roast beef, Ribeye, Entrecôte, Rump steak	2 cm	60 min	60 min	60 min
	3 cm	100 min	100 min	100 min
	4 cm	150 min	150 min	150 min
	5 cm	200 min	200 min	200 min


PORK

		Medium rare	Medium	Medium well
		 54 °C	58 °C	60–65 °C
Pork tenderloin	4–5 cm	90 min	90 min	90 min
Cutlet	2–3 cm	60 min	60 min	60 min
Neck of pork	2–3 cm	60 min	60 min	60 min
Spareribs	–	24 h	24 h	24 h

POULTRY


		Medium	Medium well
		 55–60 °C	60–65 °C
Duck breast	2–3 cm	150 min	150 min
Duck leg	6–8 cm	8 h	8 h
Goose breast	3–4 cm	120 min	120 min
Chicken breast	2–3 cm	75 min	75 min
Turkey breast	2–3 cm	90 min	90 min


VENISON/LAMB

		Medium rare	Medium	Medium well
		 52–55 °C	55–60 °C	60–65 °C
Lamb fillet	2 cm	40 min	40 min	40 min
Lamb medallion	3 cm	50 min	50 min	50 min
Leg of lamb	–	24 h	24 h	24 h
Saddle of lamb	–	150 min	150 min	150 min
Venison fillet	2–3 cm	40 min	40 min	40 min
Saddle of roe deer venison	2–3 cm	40 min	40 min	40 min
Wild boar	5 cm	120 min	120 min	120 min
Saddle of red deer venison	2–3 cm	50 min	50 min	50 min



COOKING TABLE – HOW TENDER SHOULD IT BE?

FISH



		GLAZED	TENDER	FIRM	WELL DONE
		38–40 °C	40–45 °C	42–50 °C	46–55 °C
Salmon	2 cm	30 min	30 min	30 min	30 min
	3 cm	45 min	45 min	45 min	45 min
	4 cm	60 min	60 min	60 min	60 min
	5 cm	75 min	75 min	75 min	75 min

		GLAZED	TENDER	FIRM	WELL DONE
		40 °C	40–47 °C	45–55 °C	52–61 °C
Perch, turbot	2 cm	30 min	30 min	30 min	30 min
	3 cm	45 min	45 min	45 min	45 min
	4 cm	60 min	60 min	60 min	60 min
	5 cm	75 min	75 min	75 min	75 min
	6 cm	90 min	90 min	90 min	90 min
Shrimps, prawns	1–2 cm	40 min	40 min	40 min	40 min
Scallops	2 cm	30 min	30 min	30 min	30 min



VEGETABLES

		
Cauliflower	85 °C	40 min
Fennel	85 °C	50 min
Kohlrabi	85 °C	60 min
Pumpkin	85 °C	60 min
Carrots	85 °C	60 min
Baby carrots	85 °C	20 min
Rhubarb	85 °C	20 min
Beetroot	85 °C	60 min
Asparagus	85 °C	40 min
White asparagus	85 °C	75 min

FRUIT

		
Strawberries, Bananas	60 °C	20 min
Peaches, Plums	75 °C	80 min
Apples, Pears	80 °C	75 min
Fruit puree	85 °C	45 min

EGGS

		
poached	62 °C	75 min
Onsen egg	65 °C	75 min
soft boiled	68 °C	75 min
hard	72 °C	75 min

PRODUCT OVERVIEW

SOUS-VIDE



SOUS-VIDE STARTER SET

- All you need to start sous-vide cooking
- Easy operation & space-saving



SOUS-VIDE STICK

- Precise cooking
- Precise temperature & cooking time setting



SOUS-VIDE RACK

- Easy line up of vacuum bags
- Consistent water circulation
- Size adjustable



SOUS-VIDE LID, PRO S, 24 CM

- Saves up to 50 % worth of energy
- Silicone insert for universal use
- Suitable for all 24 cm cooking pots



PRO STOCK POT HIGH, 24 CM

- Optimal capacity and matches the sous-vide lid



PRO FRYING PAN 28 CM, STAINLESS STEEL

- Ideal for searing

FIND ALL
PRODUCTS HERE



PRODUCT OVERVIEW

FRESH & SAVE



FRESH & SAVE VACUUM PUMP

- Quiet vacuuming in seconds at the touch of a button
- Always ready for use thanks to long-life lithium-ion battery



VACUUM BAGS & LIQUID BARRIER

- Reusable thanks to zip closure
- Heat resistant and BPA free
- Great for vacuum sealing food with liquids, such as oil or meat juice



VACUUM CONTAINERS GLASS

- Microwave, freezer and dishwasher safe
- Heat resistant borosilicate glass



VACUUM CONTAINERS PLASTIC

- Microwave, freezer and dishwasher safe



VACUUM LUNCH BOXES

- Enjoy fresh food on-to-go
- Microwave, freezer and dishwasher safe

*compared to non-vacuum storage





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