

electriciQ

USER MANUAL

Sous Vide Stick

EIQSOUSVIDE



Thank you for choosing electriciQ
Please read this user manual before using this
Sous Vide Stick and keep it safe for future reference.
Visit our page www.electriQ.co.uk for our entire product range

Safety Precautions	2
Overview	3
Controls and Features	4
Troubleshooting	5
Cooking Basics	6
Cooking Settings Table	10
Temperature and Time Guide	11
Seasoning Suggestions	12

Please read carefully and retain for future use.

Technical Specifications

Temperature Range: 40 - 90°C

Temperature Adjustment: ± 0.1 °C

Timing Control: 10 minutes to 72 hours

Power: 800W Max

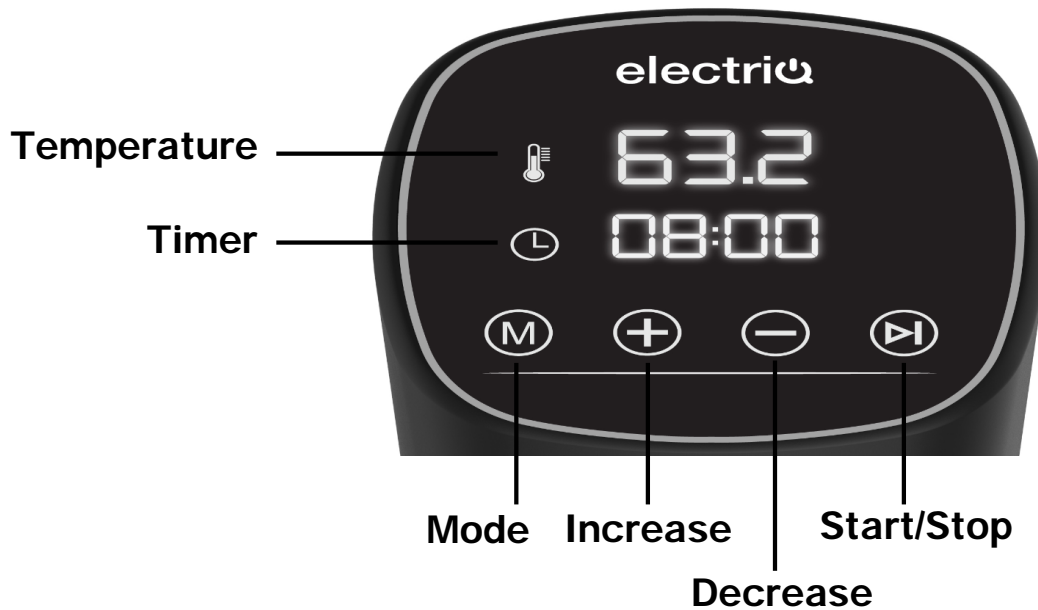
Safety Precautions

- Read all instructions before using the device.
- Do not touch the hot surfaces, always allow the system to cool before emptying water from the cooking container.
- To avoid the risk of electric shock never immerse the power cord or plugs in water and do not fill the water past the 'max' fill line. Never immerse the upper section of the machine in water or other liquid.
- Never operate the device with the stainless steel element cover removed.
- Always ensure the device is securely clamped.
- This appliance may be used by children over the age of 8 years old and by persons with reduced physical, sensory or mental capabilities or by persons with a lack of experience or knowledge if they are supervised or are instructed by a person responsible for their safety how to use the appliance safely and have understood the associated hazards.
- Unplug the device from the power outlet when not in use and before cleaning to avoid contact with moving parts. Never disassemble the device for cleaning more than is described in this guide.
- Do not operate the device with a damaged power cable or plug.
- Place your cooking container on a heat protector or mat to avoid damaging work surfaces.
- Never use deionized water.
- Always put food in a sealed bag/jar before submerging it in the water of the container being used.
- Consuming raw or under cooked meats, poultry, seafood, shellfish or eggs may increase the risk of food borne illness; always cook to the minimum time guide.

Overview




Controls and Features






Quick Start Guide

Plug in the device and the  button will begin to flash.



Place the Sous Vide stick into your chosen cooking vessel, making sure the water level is between the MIN and MAX fill levels.

Press and hold the  button for 5 seconds to turn on the display.

The Sous Vide will default to a setting of 56°C and 08:00 hours.


To alter the settings simply press the  button and the Temperature will begin to flash. Press the  or  buttons to increase or decrease the temperature. A single press will increase/decrease the temperature by 0.1°C, holding the button will increase/decrease the temperature by 1°C.

To alter the Timer simply press the  button again and the timer will flash.

Press the  or  buttons to increase or decrease the timer. A single press will increase/decrease the timer by 1 minute (up to 2 hours) then 30 minutes up to 72 hours.

Once your desired settings are in place, press the  button to start the unit running.

The current temperature of the water will show on the display and - - - will show in the timer. Once the desired temperature is reached the unit will beep. Place your vacuum packed food in the water to commence cooking.




Pressing the  button whilst the unit is running will stop the appliance and return it to default settings.



Holding the  button for 5 seconds will switch the unit between °C and °F.

If the unit is lifted out of the water or the water level drops below the MIN line, the unit will stop and display the error code E1. Simply replace the unit in the vessel or top up with cold water and restart the unit.


Control Panel Features



Controls and Features

Setting Adjustment Buttons  and : Touch the Mode icon  until the temperature display flashes. The Default temperature of 56 °C will flashes on the display screen, meaning that it is ready to be changed.

Press and hold the increase  or decrease  to set target temperature in increments of 1°C. Short presses will change the temperature in increment of 0.1°C.

Note: The temperature set range is 40 - 90°C.

Set cooking time: Touch the Mode icon  twice until the timer display flashes. The default time of 08:00 will flash on the display screen, meaning that it is ready to be changed,

Press and hold the increase  or decrease  to set timer in increments of 1 minute up to 2 hours, then 30 minutes intervals up to 72 hours.

Note: the time set range is up to 72:00 hours.

Settings Range

Default settings: temperature: 56 °C and time: 08:00 hours

Temperature setting range: From 40 °C to 90 °C

Time setting range: From 10 minutes up to 72 hours

Troubleshooting

If you experience any problem with your appliance, try these helpful tips.

Error code E1: When the water level falls below the MIN threshold mark on the circulator, it will trigger a sensor and cause the circulator to stop. Error code E1 will be featured on the display. Turn the appliance off, add sufficient water, turn it on again and the circulator will resume the cooking process.

Error code E4: When the water level falls below the MIN threshold mark on the circulator, and the water shortage sensor fails to activate, it will trigger the dry boil sensor and the circulator will stop. Error code E4 will be featured on the display. Turn the appliance off, add sufficient water and turn it on again. When the circulator has sufficiently cooled down, the circulator will resume the cooking process.

Cooking Basics

Sous Vide Cooking

Sous vide has been a popular cooking method in restaurants for several years. Sous vide is a French term which means “under vacuum” and is used to describe the process of packaging food in vacuum-sealed pouches and then cooking it in a water bath. Food slowly cooks at precise low temperatures over a long period of time to achieve succulent, delicious meals. Sealing food inside pouches allows it to cook in its own juices; you can also add any marinades or seasonings you like. Vitamins, minerals and juices are retained within the food and natural flavours are intensified. This allows the food to be healthier, more tender and tasty. Sous vide cooking is great for tougher and lower grade cuts of meat, such as chuck steak, for example, as the process tenderizes the meat. As it's difficult to overcook using the sous vide method, you get perfectly cooked food every time, although you may notice slight alterations in texture. The ability to cook food in individual pouches makes the sous vide method perfect for families and entertaining, as you can easily cater to personal tastes and nutritional requirements and food can be prepared ahead of time.

Temperatures: The Sous Vide Stick has a temperature range of between 40°C and 90°C, with increment options of 0.1°C. Different cooking temperatures are required for different types of food and you can always make adjustments for different degrees of doneness. See the Temperature and Time Guide on pages 11 for more information.

Time: The cooking time depends on the thickness rather than the weight of the food. The default cooking time of the unit is 8:00 hours. Time can be set from 10 minutes to 72 hours.

See the Temperature and Time Guide on page 11 - 12 for more Information.

Ideal Foods for Sous Vide Cooking

Meats are ideal to cook using the sous vide method as the process makes them more tender, succulent and flavourful.

Red meats: lamb, beef, pork

Poultry: chicken, turkey, duck

Seafood: fish, lobster tails, scallops

Eggs

Vegetables:

- Root vegetables - potatoes, carrots, parsnips, beets, turnips
- Tender vegetables - peas, asparagus, corn, broccoli, cauliflower, eggplant, onions, squash

Fruit:

- Firm fruits: apples, pears
- Tender fruits: mangoes, plums, apricots, peaches, nectarines, papayas, strawberries

Simple Steps to Sous Vide Cooking

Step 1. Seasoning your food

To enhance flavours, you may wish to add marinade, spices, herbs, butter or oil to your vacuum pouch prior to sealing.

Step 2. Vacuum sealing

Sous vide cooking requires food to be vacuum sealed inside pouches to remove excess air and moisture in order to lock in the food's natural taste and nutrients. Vacuum sealing also helps to relax the fibres in meat, poultry and seafood so that marinades and seasonings are more readily absorbed for greater intensity in flavour. Vacuum sealing can be easily achieved using zip-lock bags or similar. Simply fill a sink or large vessel with water and place the food and seasonings in a zip lock bag. Holding the top corners of the bag, slowly immerse in the water and the air will be pushed out. Once the bag is immersed up to the zipper, seal the bag. Take care not to immerse the bag too far before sealing as this may contaminate the food with water.

At electriQ we also offer a range of vacuum sealers and accessories that are perfect for preparing food for sous vide cooking.

Step 3. Cooking your food

When the desired sous vide water temperature has been reached, carefully place the pouches in the water. Ensure the pouches are fully submerged, and that water can easily circulate around the pouches for even cooking.

Step 4. Searing your food

After sous vide cooking, you may wish to finish off your dish by searing it to enhance the food's taste and appearance; this is particularly helpful when cooking meat. Remove the meat from the pouch and quickly sear it in a hot pan. This will enable the caramelisation of fats and proteins to bring out extra flavour.

Food Preparation

- Start with fresh, high quality ingredients.
- Ensure that all meat, seafood and poultry have been stored at below 5°C. We recommend using a digital food thermometer to check the temperature.
- Make sure that the food pouches are clean and that they've not been contaminated by dirt or other food items.
- Use detergent and warm water, or a sanitizing solution to clean the food preparation area.
- To avoid any cross-contamination, ensure that the area used for raw ingredient preparation does not come into contact with any cooked foods.
- Wash hands well before any food preparation.

Cooking

- Follow guidelines provided according to food type and thickness, as described in the Temperature and Time Guide on page 11.
- Note that smaller cuts of meat will cook faster.
- Ensure that the cooking pouch is completely sealed before starting the cooking process and check that the seal has remained sealed after cooking.

Storage

If the food you have cooked is not going to be consumed immediately, plunge the pouch into ice water to reduce temperature quickly. Keep refrigerated.

Setting Table

Cooking Settings

The default Temp.	Temp. setting range	Hold press Interval (+/-)	Short press Interval (+/-)	The default Time	Time setting range	10min - 2hours, Interval (+/-)	2hours-72hours, Interval (+/-)
56 °C	40-90°C	1 °C	0.1 °C	8:00	00:10-72:00 hours	1 min	30 mins

Temperature and Time

The following section provides some general guidelines to setting the temperatures and times for your sous vide cooking. You can always adjust according to your personal preferences

FOOD	COOKING TEMPERATURE	Miniumum Cooking Time	Maximum Cooking Time	THICKNESS
BEEF & LAMB				
Tender Cuts				
Tenderloin, cutlets, sirloin,	49°C or higher	1 hour	Up to 6 hours	1-2cm
rib eye, rump, T-bone	49°C or higher	2 hours	Up to 8 hours	2-5cm
Tougher Cuts				
Blade, chuck, leg of lamb, shoulder, shanks, game meats	49°C or higher	8 hours	Up to 10 hours	4-6cm
PORK:				
Belly	82°C	10 hours	Up to 12 hours	3-6cm
Ribs	59°C	10 hours	Up to 12 hours	2-3cm
Pork Chops	56°C or higher	4 hours	Up to 6 hours	2-4cm
Pork Roast	56°C or higher	10 hours	Up to 12 hours	5-7cm
POULTRY:				
Chicken breast with bone	82°C	2 hours	Up to 3 hours	3-5cm
Chicken breast without bone	64°C	1 hour	Up to 2 hours	3-5cm
Chicken thigh with bone	82°C	1½ hours	Up to 3 hours	3-5cm
Chicken thigh without bone	64°C	1 hour	Up to 2 hours	3-5cm
Chicken legs	82°C	2 hours	Up to 3 hours	5-7cm
Duck breast	64°C	2 hours	Up to 2 hours	3-5cm

FISH:				
Lean fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
Fatty fish	47°C or higher	1 hour	Up to 1 hour	3-5cm
SHELLFISH:				
Shrimp	60°C	1 hour	Up to 1 hour	2-4cm
Lobster tail	60°C	1 hour	Up to 1 hour	4-6cm
Scallops	60°C	1 hour	Up to 1 hour	2-4cm
VEGETABLES:				
Root vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm
Tender vegetables	83°C or higher	1 hour	Up to 2 hours	1-5cm

Please note:

- Longer cooking times may alter food texture.
- Suggested times and temperatures are intended as guidelines; additional cooking time may be required to achieve desired result.
- All thicknesses in preceding table are measured once the food has been vacuum sealed.
- Thinner cuts of meat will cook faster.

Seasoning

Sous Vide cooking is all about the main ingredient and enhancing its natural flavor. The seasoning options with this style of cooking are endless. The Sunbeam Test Kitchen has provided suggestions for some great flavor combinations, as inspiration to get you started.

Lamb: (approximately 500g or 1 lb)

- 2 sprigs fresh rosemary and 1 teaspoon garlic powder
- 2 sprigs fresh mint
- 2 sprigs fresh thyme
- 3 anchovies, finely chopped

- 1 teaspoon ground coriander and 1 teaspoon ground cumin
- 1 tablespoon Moroccan spice rub
- 2 tablespoons olive oil, 1 tablespoon of lemon zest and 1 teaspoon garlic powder

Beef: (approximately 500g or 1 lb)

- 50 g / 2 oz butter, 2 cloves crushed garlic, 2 sprigs fresh thyme
- 50 g / 2 oz butter, 2 cloves crushed garlic, 2 sprigs fresh parsley
- 50 g / 2 oz butter, 2 tablespoons fresh chives, 1 tablespoon grainy mustard
- 1 tablespoon olive oil, 2 sprigs fresh thyme, 50 g / 2 oz cooked bacon

Salmon: (approximately 500g or 1 lb)

- 1 tablespoon soy sauce, 1 tablespoon honey and 1 teaspoon grated ginger
- 2 tablespoons maple syrup, 1 tablespoon soy sauce and 1 teaspoon garlic powder
- 2 tablespoons teriyaki sauce, 1 teaspoon grated ginger, 1 teaspoon garlic powder and 1 teaspoon chili flakes

White Fish: (approximately 500g or 1 lb)

- 2 slices lemon, 2 sprigs fresh dill
- 1 stalk lemon grass, 1/4 cup fresh basil, 2 slices lime
- 1 tablespoon soy sauce, 1 teaspoon sesame oil and 2 sprigs fresh coriander
- 1 tablespoon fresh dill, 1 teaspoon smoked paprika, 1 teaspoon lemon rind, 1/2 teaspoon cayenne

Chicken: (approximately 500g or 1 lb)

- 2 slices lemon, 2 sprigs fresh thyme
- 50 g / 2 oz browned butter, 4 fresh sage leaves, salt and black pepper
- 20 g / 1 oz butter, 2 sprigs fresh flat leaf parsley, 2 tablespoons capers
- 1 onion, 1 clove garlic, 1/2 cup chopped tomatoes, 1/4 cup fresh basil
- Mix 1 tablespoon ricotta with 1 tablespoon lemon zest and stuff mixture into chicken breasts

Pork: (approximately 500g)

- 1 tablespoon fennel seeds, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1/4 cup apple sauce, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1 tablespoon lemon zest, 1 tablespoon fresh thyme, 1 tablespoon fresh sage, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1 tablespoon ground cumin, 1 tablespoon ground coriander, 1 teaspoon cinnamon, 1 teaspoon brown sugar, 1 teaspoon chili flakes

electriQ UK SUPPORT

Complete online support form on www.electriQ.co.uk/support

Service Line: 0871 620 1057

Office hours: 9AM - 5PM Monday to Friday

www.electriQ.co.uk

Unit 2, The Nursery

Berristow Lane South Normanton

Derbyshire, DE55 2FX



PRODUCT DISPOSAL

Do not dispose this product as unsorted municipal waste. Collection of such waste must be handled separately as special treatment is necessary.

Recycling facilities are now available for all customers at which you can deposit your old electrical products. Customers will be able to take any old electrical equipment to participating civic amenity sites run by their local councils. Please remember that this equipment will be further handled during the recycling process, so please be considerate when depositing your equipment. Please contact the local council for details of your local household waste recycling centres.