

## SOUS VIDE FISH FILETS

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For some reason, I did not eat a lot of fish for a good while. I am not sure why as I like most fish. I guess part of it boils down to I was never really comfortable with the fish counters in most grocery stores and there were no real fish markets nearby. Anyways, about ¾ of a year ago, I convinced myself to get some fish from a local supermarket with a pretty good fish counter. I think it was trout. You know what? It was pretty freaking good! My early cook attempts were baking and I think may have tried pan frying once or twice, but I never really found a way I was totally happy with... Until I tried Sous Vide. I mean WOW! Easy, forgiving cook times, and perfect texture. I eventually discovered that I did not like doing a sear either; it really did not add anything and just wound up overcooking the fish. I now regularly get fish every week and it usually winds up giving me two meals (depending on how hungry I am that night!)

### INGREDIENTS

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<u>Qty.</u>	<u>Unit</u>	<u>Items</u>
AR	-----	Fish
AR	-----	EVO
AR	-----	Seasoning of choice

As you can see, the ingredient list is pretty open ended. As far as the fish goes, go by what looks good and what you are in the mood for. I never really expected to like tilapia for some reason, but now it is in my regular rotation. For seasoning, I'll typically do salt and pepper, but sometimes OLD BAY or McCormick's Black Garlic Powder. But, as always, do what you like!

### SPECIAL TOOLS

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- Vacuum Sealer [i]
- Vacuum Seal Bags [ii]
- Sous Vide Machine[iii]

### PREPARATION

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- 1) Check Sous Vide machine water.
  - a. Add / replace water as required
- 2) Heat the Sous Vide machine to 135 deg. F
- 3) Make 1 vac seal bag for each filet
  - a. Create two seals, each one double sealed
- 4) Unwrap the fish and pat each filet dry with paper towels
- 5) Apply a thin coat of EVO all over each filet
- 6) Apply seasoning of choice to the non-skin side [iv]
- 7) Place one filet in each bag and vac seal

- 8) Stick vac sealed filets in the fridge until the Sous Vide machine reaches temperature
- 9) Sous Vide for [v]
  - a. 45 minutes for non-frozen fillets
  - b. 60 minutes for frozen fillets
- 10) Be careful when removing the fish from the bag, it can be fall apart tender
- 11) Plate with your sides of choice
- 12) ENJOY!!!

## NOTES

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- i. I use the Food Saver, but I do have a vac chamber sealer that I need to break out one of these days
- ii. Food Saver requires the special bags, but the vac chamber does not
- iii. I have the Sous Vide Supreme, but there are a lot of options out there
- iv. The filets are usually thin enough that seasoning both sides would be too much
- v. Sous Vide is generally pretty forgiving if you go long on cook times, but fish for some reason is not quite as forgiving. I've gone long before and the fish was still TASTY!

## PICTURES

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No pictures yet!