

## SOUS VIDE FISH STEAKS

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I just finished writing up Sous Vide Fish Filets, but what about steaks? Well, I have not had a lot of luck until recently. Part is probably due to my insistence on trying to sear the fish after Sous Vide, but most likely it is due to me overcooking the fish. Now here is where it gets tricky. The temperatures and cook times may be considered unsafe by some, so PLEASE do your own research to determine what is best for you and the people you are serving. DO NOT TRY THIS AT HOME!!!

### INGREDIENTS

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<u>Qty.</u>	<u>Unit</u>	<u>Items</u>
AR	-----	Fish Steaks
AR	-----	EVO
1	TSP per Steak	Lemon Juice
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. 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 116 deg. F [v]
- 3) Make 1 vac seal bag for each steak
  - a. Create two seals, each one double sealed
- 4) Unwrap the fish and pat each steak dry with paper towels
- 5) Apply a thin coat of EVO all over each steak
- 6) Apply seasoning of choice to both sides
- 7) Place one steak in each bag along with 1 TSP of lemon juice and vac seal
- 8) Stick vac sealed steaks in the fridge until the Sous Vide machine reaches temperature
- 9) Sous Vide for [iv]

- a. 45 minutes for non-frozen steaks
  - b. 60 minutes for frozen steaks
- 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. 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!
- v. OK... 116 deg. F was based on some research and was the last good temperature that I liked. Everything above that was overcooked in my opinion. Some people may consider this unsafe, so PLEASE do your own research to determine what is best for you and the people you are serving. DO NOT TRY THIS AT HOME!!!  
P.S. I am probably going to try 110 deg. F next time

## PICTURES

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No pictures yet!