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THE **NEOVIDE**
COOK BOOK

TheSpace

Refresh your cooking space.

A New Way Of Sous Vide.

Neovide is an innovative sous vide cooker developed by The Space. With a built-in vacuum pump and an inner chamber, Neovide allows you to easily marinate, sous vide, and sear your dishes in one machine. It simplifies the sous vide cooking process and makes this technique more enjoyable for both professional chefs and home cooks.

One-stop sous vide solution, eliminating the need for extra vacuum sealers or skillets.

Built-in food probe combined with smart program, achieving accurate temperature control.

No water or bags are required in the cooking process, making sous vide more economical and sustainable.

Easy maintenance, fuss-free.

We're proud to have collaborated with BCC Innovation, the Centre for Research and Innovation in the field of gastronomy at the Basque Culinary Center, to create a collection of 20 exclusive recipes for Neovide. From tender sous vide steak to perfectly cooked salmon, our collection showcases the versatility and precision of this game-changing sous vide cooker.

This product has different variants, of which the icons on the Control Panel are slightly different. In this book, **“Manual” equals “Water Bath”** in the images shown below.

Neovide Recipes

Meat

- 1 Ribeye Steak With Garlic–Rosemary Butter And Arugula Salad
- 3 Tenderloin Steak With Mushroom Sauce And Green Beans
- 5 Coffee–Rubbed Brisket With Coleslaw And Avocado
- 7 Chicken Breast With Genovese Pesto
- 9 Five Spice Duck Breast With Pumpkin Puree
- 11 Neovide Cheeseburger
- 13 Cochinita Pibil Tacos With Pickled Onions

Seafood

- 15 Salmon With Sage Butter Sauce And Fresh Greens
- 17 Turbot With Saffron Broth And Charred Vegetables
- 19 Tuna Tataki With Toasted Sesame Seeds And Peanut–Honey Sauce
- 21 Haddock With Tomato And Sherry Vinegar Vinaigrette
- 23 Cod Bruschetta With Lemon Mayo And Crunchy Vegetables
- 25 Sweet And Sour Shrimp With Pilaf Rice
- 27 Scallops With Brown Butter–Lemon Sauce

Ribeye Steak With Garlic–Rosemary Butter And Arugula Salad



Difficulty:



Mode:

Neovide

Probe Temperature:

55°C / 131°F

Cooking Time:

≈ 45min

Ingredients For 2 Portions

For the butter:

200 g unsalted butter
6 garlic cloves
1 small bunch of rosemary
Salt to taste

For the ribeye steak:

500 g ribeye steak
1 tbsp butter
Salt to taste
Black pepper to taste

For the arugula salad:

60 g Arugula
1 tbsp lemon juice
2 tbsp extra virgin olive oil
Salt to taste

Directions

For the butter:

1. Press the garlic cloves through a garlic press into a glass bowl. Then, add the butter and chopped rosemary. Mix them thoroughly.
2. Add a pinch of Kosher salt and taste the mixture. If it needs more salt, add it pinch by pinch until it reaches the desired taste. Store, covered, in the refrigerator.

For the ribeye steak:

1. Season the ribeye steak with salt and pepper.
2. Place the steak into the Neovide cooker and insert the probe thermometer into the center of the meat. Set the Neovide cooker to 55°C and press the start button. It will take about 45 minutes for the steak to reach the internal temperature.
3. When the steak is ready, remove it from the Neovide cooker and switch to mild sear function at 210°C. Add the butter and sear it on both sides until golden brown. Remove from the Neovide cooker and let it rest while making the salad.

For the arugula salad:

1. Place the arugula in a medium salad bowl.
2. In a small bowl, mix together the olive oil, salt and the lemon juice.
3. Pour the dressing over the arugula and toss to evenly coat the leaves.
4. Taste and adjust the seasoning as needed. You can add more salt, lemon juice or olive oil according to your preference.

Serve the ribeye steak along with the garlic–rosemary butter and garnish with the arugula salad.

Tips

If you prefer strong flavors, a compound butter made with blue cheese and chives will add a rich and deep flavor to the dish.



Tenderloin Steak With Mushroom Sauce And Green Beans



Difficulty:



Mode:

Neovide

Probe Temperature:

55°C / 131°F

Cooking Time:

≈ 90min

Ingredients For 2 Portions

For the tenderloin steak:

400 g tenderloin steak
(two 200 g steaks)
150 g green beans
2 tbsp Extra virgin olive oil

1 tbsp butter
Salt to taste
Black pepper to taste

For the mushroom sauce

250g Champignons
200 g Cream
100 g white wine
1 garlic clove, minced

Black pepper to taste
Salt to taste

Directions

For the tenderloin steak:

1. Season the tenderloin steaks with salt and pepper.
2. Place the steaks into the Neovide cooker and insert the probe thermometer into the center of one of them. Set the Neovide cooker to 55°C and press the start button. It will take about 90 minutes for the steaks to reach the internal temperature.
3. Sauté the green beans for about 5–7 minutes with the butter, or until they are tender and slightly browned, stirring occasionally. Set aside
4. When the steaks are ready, remove them from the Neovide cooker and switch to mild sear function at 210°C. Add the olive oil and sear them on both sides until golden brown. Remove from the Neovide cooker and let it rest while making the sauce.

For the mushroom sauce

1. Add the sliced mushrooms to the Neovide cooker using the mild sear option at 210°C. Cook until they have released their liquid and are browned.
2. Pour in the white wine and bring to a simmer. Cook for 2–3 minutes, until the wine has reduced by half.
3. Stir in the heavy cream, salt, and pepper. Bring the mixture to a simmer and cook for 2–3 minutes, until the sauce has thickened.
4. Transfer to a food processor or blender and blend until smooth.

Plate the tenderloin steak along with the mushroom sauce and garnish with the sauteed green beans.

Tips

Chimichurri is a good option to go along with this steak. A fresh and flavorful sauce made with parsley, dried chili, garlic, and lemon juice.



Coffee–Rubbed Brisket With Coleslaw And Avocado



Difficulty:



Mode:

Manual

Cooking Temperature: **68°C / 154.4°F**

Cooking Time: **≈ 24h**

Ingredients For 2 Portions

For the brisket:

1kg Beef brisket
5 tbsp BBQ coffee dry rub
3 tbsp yellow mustard

For the coleslaw:

¼ medium-sized cabbage,
grated or cut very thinly
1 small carrot, grated
3 tbsp mayonnaise

½ tsp salt
⅛ tsp black pepper
2 tsp lemon juice
¼ tsp sugar

For the mashed avocado:

1 avocado
1 tbsp lime juice
Salt to taste

Directions

For the brisket:

1. Trim excess fat off the brisket and rub with the yellow mustard, it will help the seasoning adhere to the meat more evenly.
2. Season liberally with coffee rub and place into the Neovide cooker. Choose the water batch function and program it at 68°C for 24 hours.
3. When the brisket is ready, remove it from the Neovide cooker, wrap it tightly in a double layer of foil and let it rest for 15 minutes before slicing.

For the coleslaw:

1. In a medium-sized bowl combine the celery, salt, black pepper, mayonnaise, apple cider vinegar and sugar. Mix well.
2. Add the cabbage and carrot. Stir to combine. Taste and adjust seasonings to your preference.
3. Let sit for at least 30 minutes before serving.

For the mashed avocado:

1. Cut the avocado in half and remove the pit.
2. Scoop out the avocado flesh and place it in a medium bowl.
3. Mash the avocado with a fork or a potato masher until it reaches your desired consistency.
4. Stir in the lime juice and salt.
5. Taste and adjust the seasoning as needed.

Serve the sliced brisket along with the mashed avocado and garnish with the coleslaw.

Tips

A good BBQ sauce can add a tangy sweetness to the meat. Also, some good pickles add a nice crunch and acidity to the dish.



Chicken Breast With Genovese Pesto



Difficulty:



Mode:

Neovide

Probe Temperature:

65°C / 149°F

Cooking Time:

≈ 90min

Ingredients For 2 Portions

For the chicken breast:

400 g chicken breast
2 tbsp lemon juice
1 clove of garlic, minced
Extra virgin olive oil

Salt to taste
Black pepper to taste

For the pesto:

50 g fresh basil leaves (no stems)
35 g pine nuts or walnuts
1 large clove of garlic
80 g extra virgin olive oil

80 g freshly grated
parmesan cheese

Directions

For the chicken breast:

1. In a small bowl, whisk together olive oil, lemon juice, minced garlic, salt, and pepper.
2. Add the chicken breasts to the marinade, making sure they are fully coated. Then, place them into the Neovide cooker and program the marinate function for 15 minutes.
3. After that, insert the probe thermometer into the center of one of the breasts and set the Neovide cooker to reach an internal temperature of 65°C.
4. When the chicken is ready remove from the Neovide cooker and pat dry.
5. Switch the Neovide cooker to mild sear option at 210°C and sear them on both sides until golden brown.

For the pesto:

1. Combine basil leaves, pine nuts or walnuts, and garlic in a food processor and process until very finely minced.
2. With the machine running slowly drizzle in the oil and process until the mixture is smooth.
3. Add the cheese and process it very briefly, just long enough to combine. Store in refrigerator or freezer.

Slice the chicken breasts and serve them along with the Genovese pesto.

Tips

Pesto rosso can be a great option for this recipe also. Pesto rosso, which is made with sun-dried tomatoes, garlic, Parmesan cheese, and olive oil, will go perfectly with these chicken breasts.



Five Spice Duck Breast With Pumpkin Puree



Difficulty:



Mode:

Neovide

Probe Temperature:

55°C / 131°F

Cooking Time:

≈ 45min

Ingredients For 2 Portions

For the duck breast:

1 duck breast
(around 400g)
2 tsp five-spice powder
100 ml demi-glace sauce

1 tbsp butter
Salt to taste

For the pumpkin puree:

500 g butternut pumpkin
1 tbsp unsalted butter
Salt to taste
Black pepper to taste

Directions

For the duck breast:

1. Score the duck breast skin in a crosshatch pattern, being careful not to cut too deep into the meat.
2. Season it with salt, pepper, and the five-spice powder. Place it skin-side down in the Neovide cooker.
3. Program the marinate function for 15 minutes and press the start button.
4. After that, switch the Neovide cooker to mild sear function at 180°C. Sear skin-side down for about 8 minutes. Then switch to Neovide function, insert the probe thermometer into the center of the duck breast and program 55°C degrees internal temperature. It will take about 45 minutes.
5. When the duck has reached the temperature desired, turn again to mild sear function and sear again for 2 minutes at 210°C both sides.

For the pumpkin puree:

1. Peel the pumpkin and cut it into small cubes.
2. Place the pumpkin cubes in a large pot and cover them with water.
3. Bring the water to a boil and then reduce the heat to low.
4. Simmer the pumpkin cubes for 15–20 minutes, or until they are tender and easily pierced with a fork.
5. Drain the pumpkin cubes and place them in a food processor or blender.
6. Add the butter, salt, and pepper to the pumpkin and puree until smooth.

Serve the sliced duck breast along with the hot demiglace and garnish with the pumpkin puree.

Tips

A marinade made with orange juice, soy sauce, garlic, and ginger will work really well with this duck breast. The citrus and soy sauce add a nice sweetness and savoriness to the duck, while the garlic and ginger add depth of flavor.



Neovide Cheeseburger



Difficulty:



Mode:

Neovide

Probe Temperature:

57°C / 134.6°F

Cooking Time:

≈ 60min

Ingredients For 2 Portions

For the cheeseburger:

2 burger patties

2 burger buns

4 cheddar cheese slices

4 romaine lettuce leaves

Salt to taste

Black pepper to taste

For the special mayonnaise:

4 tbsp mayonnaise

1 tbsp onion, chopped

1 tsp onion powder

¼ tsp garlic powder

½ tsp paprika powder

½ tsp dried dill

1 tsp Dijon mustard

1 tsp Cider vinegar

Directions

For the special mayonnaise:

1. In a small mixing bowl, combine all the ingredients and set the sauce aside.

For the cheeseburger:

1. Season the patties with salt and pepper.
2. Place the burger patties into the Neovide cooker and insert the probe thermometer into the center of one of them. Set the Neovide cooker to 57°C and press the start button. It will take about 60 minutes for the patties to reach the internal temperature.
3. When the patties are ready remove the patties from the Neovide cooker and switch to mild sear mode at 210°C.
4. Sear the patties on both sides and add the cheese on top of them in the last 30 seconds.
5. Toast the hamburger buns if desired.

Assemble your burgers by placing the patties on the bottom bun and then adding the lettuce and the special mayonnaise.

Tips

Some great toppings for this cheeseburger could be bacon, avocado, jalapenos, sautéed mushrooms, caramelized onions, or fried eggs.



Cochinita Pibil Tacos With Pickled Onions



Difficulty:



Mode: **Manual**

Cooking Temperature: **75°C / 167°F**

Cooking Time: **≈ 24h**

Ingredients For 2 Portions

For the pork neck:

600 g Pork neck, boneless
5 tbsp Pibil seasoning mix
(garlic, achiote, oregano, clove,
cinnamon, black pepper,
cumin, allspice)

3 tbsp white vinegar
150 g orange juice
2 tbsp pork fat

For the pickled onions:

½ red onion
4 tbsp lime juice
Salt to taste

For the tacos:

10 Corn tortillas
3 tbsp mayonnaise
2 tbsp cilantro, chopped

Directions

For the pork neck:

1. In a food processor or blender, mix together the pibil seasoning, white vinegar, orange juice and, pork fat.
2. Add the pork neck to the marinade, making sure it is fully coated. Then, place it into the Neovide cooker and program the marinate function for 30 minutes.
3. Switch to manual function and program at 75°C for 24 hours.
4. When the pork is ready, remove it from the Neovide cooker and let it cool for a few minutes. Using two forks or your hands, shred the pork into small pieces.
5. If desired, stir in some of the sauce that remains in the Neovide chamber.
6. Keep warm.

For the pickled onions:

1. Peel and thinly slice the red onions.
2. In a medium bowl, mix together the lime juice and salt.
3. Add the sliced onions to the bowl and toss to coat.
4. Cover and let the onions marinate in the refrigerator for at least 1 hour.
5. Drain the excess liquid before serving.

For the tacos:

1. Mix the mayonnaise together with the chopped cilantro. Set aside.
2. Heat a skillet or griddle over medium–high heat. Place the tortillas in the skillet and heat for about 20–30 seconds on each side, or until warm and pliable. Spread a small amount of mayonnaise on each tortilla. Add a generous amount of pulled pork on top of the mayonnaise. Top with pickled onions and fold the tortilla in half to form a taco. Repeat the process with the remaining tortillas and filling.

Tips

Some other toppings can be used to go along these tacos, for example, guacamole, sour cream, shredded cheese, or pickled jalapeños.



Salmon With Sage Butter Sauce And Fresh Greens



Difficulty:



Mode:

Neovide

Probe Temperature:

49°C / 120.2°F

Cooking Time:

≈ 25min

Ingredients For 2 Portions

For the salmon:

400 g Salmon fillet, bone off

A handful of sage

2 tbsp butter

1 tbsp Lemon juice

Salt to taste

Black pepper to taste

For the greens:

A handful of mixed greens

2 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

Salt to taste

Directions

For the salmon:

1. Season the salmon with salt and pepper.
2. Place the fillets into the Neovide cooker and insert the probe thermometer into the center of the thicker one. Set the Neovide cooker to 49°C and press the start button. It will take about 25 minutes for the salmon to reach the internal temperature.
3. When the salmon is ready, remove it from the Neovide cooker and switch to mild sear function at 210°C. Add half of the butter and sear the salmon skin—side down until the skin is crispy and golden brown. Remove from the Neovide cooker and set aside.
4. Add the rest of the butter and the sage finely chopped. Stir fry for 1 minute and pour the lemon juice. Season with salt and pepper.

For the greens:

1. Rinse under cold water and dry the mixed greens thoroughly.
2. Whisk together the olive oil, balsamic vinegar, and salt in a small bowl to make the dressing.
3. In a large salad bowl, combine the mixed greens with the dressing and toss to coat evenly.

Serve the salmon along with the sage butter sauce and garnish with mixed greens.

Tips

Other fresh herbs like tarragon or dill can go well with salmon.



Turbot With Saffron Broth And Charred Vegetables



Difficulty:



Mode:

Neovide

Probe Temperature:

55°C / 131°F

Cooking Time:

≈ 35min

Ingredients For 2 Portions

For the turbot:

400 g turbot fillets

200 g fish stock

1 tbsp butter

Pinch of saffron threads

1 shallot, chopped

Salt to taste

Black pepper to taste

For the charred vegetables:

4 baby corn

6 baby carrot

4 Radishes

4 broccolini

1 garlic clove, chopped

Extra virgin olive oil

Salt to taste

Directions

For the turbot:

1. Season the turbot fillets with salt and pepper.
2. Place the fillets in the Neovide chamber along with the bones, butter, saffron, chopped shallot, and fish stock.
3. Insert the probe thermometer into the center of the thickest turbot fillet. Set the Neovide cooker to 55°C and let it cook with the Neovide function.

For the charred vegetables:

1. Cut the vegetables into bite-size pieces if needed.
2. Heat a large skillet over high heat. Once hot, add the olive oil.
3. Once the oil is hot, add vegetables and season with salt and pepper. Cook, stirring occasionally until the vegetables are charred in spots and tender.
4. Stir in the garlic and cook for a few seconds until fragrant.

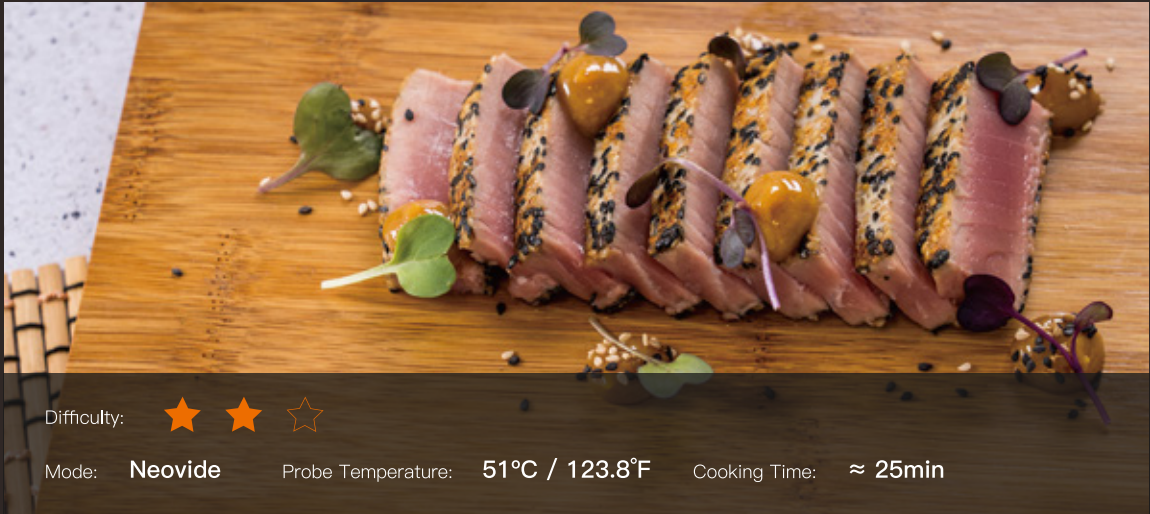
When the turbot is ready, remove the fillets from the Neovide cooker and bring the broth to a boil with the mild sear function at 210°C. Then plate the fish and garnish with the charred vegetables. Pour generously the hot broth over the turbot.

Tips

Adding some capers to the recipe will make it even more interesting. The tangy and briny flavor of the capers can add a nice contrast to the rich and oily flavor of turbot.



Tuna Tataki With Toasted Sesame Seeds And Peanut–Honey Sauce



Difficulty:



Mode:

Neovide

Probe Temperature:

51°C / 123.8°F

Cooking Time:

≈ 25min

Ingredients For 2 Portions

For the tuna:

300 g tuna steak
(2,5 cm thick)

2 tbsp black sesame seeds
2 tbsp white sesame seeds

Extra virgin olive oil
Salt to taste

Black pepper to taste

For the sauce:

2 tbsp old–style yellow mustard
1 tbsp Peanut butter
1 tsp Honey

Directions

For the sauce:

1. In a small mixing bowl, combine all the ingredients together and set aside.

For the tuna:

1. Season the tuna steak with salt and pepper on both sides.
2. In a shallow plate, mix the white and black sesame seeds together.
3. Press the tuna steak firmly into the sesame seeds on both sides, making sure they adhere to the fish.
4. Place the tuna steak into the Neovide cooker and insert the probe thermometer into the center of the steak. Set the Neovide cooker to 51°C and press the start button. It will take about 25 minutes for the steak to reach the internal temperature.
5. When the tuna is ready, remove it from the cooker and cool down in the fridge for 10 minutes.
6. Switch the Neovide cooker to mild sear function at 210°C and sear the tuna steak on both sides. It must be done very quickly, so it does not overcook.

Carefully place the sliced tuna tataki on a tray or plate and add a little sauce to each slice.

Tips

Other options can substitute the tuna in this recipe, for example, swordfish or mahimahi will match perfectly with the flavors of this recipe.



Haddock With Tomato And Sherry Vinegar Vinaigrette



Difficulty:



Mode:

Neovide

Probe Temperature:

50°C / 122°F

Cooking Time:

≈ 60min

Ingredients For 2 Portions

For the haddock:

400 g haddock fillet
Extra virgin olive oil
Salt to taste

For the vinaigrette:

1 large vine-ripe tomato
2 branches of parsley, chopped
1 spring onion, chopped
3 tbsp extra virgin olive oil

2 tbsp sherry vinegar
2 tbsp black olives, chopped
Salt to taste
Black pepper to taste

Directions

For the haddock:

1. Place the haddock fillets into the Neovide cooker and choose the Neovide function. Insert the probe thermometer into the center of the thicker fillet and set the cooker to 50°C. It will take around 60 minutes for the fillets to reach the internal temperature.
2. Once the haddock is ready, the Neovide cooker will keep it warm.

For the vinaigrette:

1. Rinse the tomato under cool water and pat dry with a kitchen towel.
2. Cut it in half crosswise, use your finger or small spoon to remove the seeds. Keep the seeds aside.
3. Finely dice the tomato using a sharp knife.
4. In a small mixing bowl, combine the diced tomato, sherry vinegar, chopped parsley, chopped spring onion, and chopped black olives.
5. Slowly drizzle in the olive oil while whisking continuously until the dressing becomes emulsified.
6. Season the vinaigrette with salt and pepper to taste.

Place the haddock on the bottom of a plate and serve on top the tomato vinaigrette.

Tips

Fresh tomato and sherry vinegar pair well for this dish but also, a dill vinaigrette made with chopped fresh dill, olive oil, white wine or champagne vinegar, Dijon mustard, and a pinch of sugar can bring a nice freshness and a subtle sweetness to the dish.



Cod Bruschetta With Lemon Mayo And Crunchy Vegetables



Difficulty:



Mode:

Neovide

Probe Temperature:

52°C / 125.6°F

Cooking Time:

≈ 60min

Ingredients For 2 Portions

For the cod confit:

200 g desalted cod fillet
Extra virgin olive oil

For the mayonnaise:

3 tbsp mayonnaise
1 tsp lemon juice
1 pinch of lemon zest

For the bruschetta:

6–8 baguette toasted slices
1 tbsp brined capers
6 baby turnips or radishes
8 cherry tomatoes

A handful of mustard cress
Extra virgin olive oil to taste
Black pepper to taste
Salt to taste

Directions

For the cod confit:

1. Place the cod into the Neovide cooker and choose the Neovide function. Insert the probe thermometer into the center of the cod loin and set the cooker to 52°C. It will take around 60 minutes for the cod to reach the internal temperature.
2. Once the cod is ready, the Neovide cooker will keep it warm.

For the mayonnaise:

1. In a mixing bowl, combine the mayonnaise, lemon juice, and lemon zest. Set aside.

For the bruschetta:

1. Drizzle some olive oil over the toasted bread, and season with salt and pepper.
2. Shred the cod and place it on top of the toasted bread. Add some lemon mayonnaise to each bruschetta and some capers, no more than four or five to each toast.
3. After that, cut in half the turnips and the cherry tomatoes. Place them on every bruschetta in an aesthetically pleasing way.

Finally, top with some mustard cress and drizzle again with some olive oil.

Tips

There are several other citrus mayonnaise options you can try, for example, an orange mayonnaise, made with orange juice and zest, this mayonnaise has a bright and fruity flavor that can go well with this cod bruschetta.



Sweet And Sour Shrimp With Pilaf Rice



Difficulty: ★ ★ ☆

Mode: **Neovide**

Probe Temperature: **52°C / 125.6°F**

Cooking Time: **≈ 22min**

Mode: **Manual**

Cooking Temperature: **70°C / 158°F**

Cooking Time: **≈ 10min**

Ingredients For 2 Portions

For the pilaf rice:

120 g long grain white rice
240 g chicken or vegetable stock
2 tbsp Olive oil
1 tsp turmeric powder

2 tbsp chives, chopped
1 tbsp black sesame seeds
1 Birdseye chili
Salt to taste

For the shrimps:

200 g shrimp, peeled
4 tbsp sweet and sour chili sauce
1 tbsp sesame oil
Salt to taste

Black pepper to taste

Directions

For the pilaf rice:

1. Choose the mild sear option at 210°C and add the olive oil to the Neovide cooker. Also, incorporate the turmeric powder and chopped chili. Stir gently and add the rice, keep stirring for 1 minute.
2. Add the stock and program the Neovide cooker at 95°C for 35 minutes on manual function.
3. Once the rice is done, mix together with the sesame seeds and chopped chives. Remove from the Neovide cooker and keep warm.

For the shrimps:

1. Season the shrimp with salt, black pepper, and sesame oil.
2. In a mixing bowl, toss the shrimp in the sweet and sour sauce and place them into the Neovide cooker.
3. Program the Neovide cooker to 70°C for 10 minutes in manual function or you can also use the Neovide function at 52°C core temperature.

Serve the shrimp on top of the pilaf rice and sprinkle with some more sesame seeds.

Tips

Oyster sauce can also pair well with sauteed shrimp. Oyster sauce is a thick, dark sauce made from oysters, soy sauce, sugar, and other seasonings. It has a rich, savory, and slightly sweet flavor that can complement the delicate taste of shrimp.



Scallops With Brown Butter–Lemon Sauce



Difficulty:



Mode:

Manual

cooking Temperature:

52°C / 125.6°F

Cooking Time:

≈ 20min

Ingredients For 2 Portions

For the scallops:

250 g scallop meat, roe off

40 g butter

1 tbsp lemon juice

2 tbsp chives, chopped

Salt to taste

Black pepper to taste

Directions

For the scallops:

1. Season the scallops with salt and pepper and place them into the Neovide cooker. Choose the manual program and cook the scallops at 52°C for 20 minutes.
2. When the scallops are ready, remove them from the cooker and switch to mild sear function at 210°C.
3. Add the butter to the Neovide cooker and sear the scallops until golden brown. Then, add the lemon juice and a dash of black pepper.

Serve the scallops on a deep plate along with the sauce. Sprinkle with the chopped chives.



Tips

Langoustines or lobster can be used instead of scallops in this recipe. Even squid can fit this recipe too, its delicate texture and flavor will go fantastic with the butter–lemon sauce.

Sousvide Eggplant With Miso And Honey Sauce



Difficulty:



Mode:

Manual

cooking Temperature:

88°C / 190.4°F

Cooking Time:

≈ 60min

Ingredients For 2 Portions

For the eggplant:

2 small eggplants
Salt to taste
Canola oil

For the sauce:

2 tbsp miso paste
1 tbsp soy sauce
1 tbsp honey
1 tbsp sesame oil

1 Garlic clove, grated
1 tbsp rice vinegar
Black sesame seeds

Directions

For the eggplant:

1. Rinse the eggplant under cool running water and pat dry.
2. Peel them and remove the stems.
3. Slice the eggplants into 2 cm rounds or squares.
4. In a small bowl, mix together the miso paste, soy sauce, honey, minced garlic, sesame oil, and rice vinegar.
5. Choose the manual program and cook the eggplants at 88°C for 60 minutes.
6. After that, remove the eggplants from the Neovide cooker and switch to the mild sear function at 200°C. Sear them on both sides with a little bit of canola oil until golden brown.
7. Reduce the heat to 180°C and add the miso mixture to the Neovide cooker. Gently toss the eggplant in the sauce until they're evenly coated.

Serve them and garnish with sesame seeds.



Tips

Serving the eggplants along with basmati rice is the best but you can also have them as a light starter.

Braised Baby Carrots With Feta Cheese, Mint, Balsamic And Evoo



Difficulty:



Mode:

Manual

cooking Temperature:

90°C / 194°F

Cooking Time:

≈ 60min

Ingredients For 2 Portions

For the baby carrots:

400 g baby carrots

80 g feta cheese

1 tsp garam masala powder

1 tbsp sliced toasted almonds

1 tbsp chopped chives

1tbsp chopped mint

1 handful of microgreens

Balsamic vinegar to taste

Extra virgin olive oil to taste

Salt to taste

Directions

For the baby carrots:

1. Rinse the baby carrots under cool water and pat dry.
2. Add the baby carrots to the Neovide cooker and mix them with salt, garam masala, and olive oil. Choose the manual function and program it to 90°C for 60 minutes.
3. Once the carrots are cooked switch to mild sear function to 190°C and sear until golden.
4. Add the balsamic vinegar, almonds, and season with salt and pepper to taste. Stir to combine.
5. Remove the carrots from the cooker, plate them and top with the crumbled feta cheese, chopped mint, and chives.

Serve immediately, and garnish with the microgreens.



Tips

This dish is perfect to serve as a side dish or as a light lunch option. You can adjust the quantity of feta cheese or mint based on your preference.

Green Asparagus With Hollandaise Sauce



Difficulty:



Mode:

Manual

cooking Temperature: **82°C / 179.6°F**

Cooking Time: **≈ 15min**

Ingredients For 2 Portions

For the asparagus:

500g medium-sized green asparagus

Salt to taste

Extra virgin olive oil

For the hollandaise sauce:

2 egg yolks

250 g clarified Butter

3 tbsp lemon juice

1 tsp Dijon mustard

1 pinch of cayenne pepper

Salt

Directions

For the asparagus:

1. Break off the tough ends with your fingers. Bend the asparagus spears near the end and they will break naturally where the spear is no longer tough.
2. Place the asparagus into the Neovide cooker, drizzle with olive oil and add salt to taste.
3. Set it to 82°C using the manual function and program it for 15 minutes.

For the hollandaise sauce:

1. Melt the butter in a microwave for about 1 minute until hot.
2. Combine the egg yolks, lemon juice, Dijon, salt, and cayenne pepper in a high-powered blender and blend for 5 seconds.
3. Slowly stream the hot butter into the mixture as the blender runs.
4. Taste the sauce and adjust the seasoning with more acid, salt, or pepper.

Plate the asparagus and pour the hollandaise sauce over it. Serve immediately.

Tips

For an elegant presentation of the spears, use a vegetable peeler to peel off a very thin layer of the outer skin of the lower two to three inches of the asparagus spears.



Sundried Tomato And Basil Stuffed Portobellos



Difficulty:



Mode: **Manual**

cooking Temperature: **85°C / 185°F**

Cooking Time: **≈ 60min**

Ingredients For 2 Portions

For the portobellos:

250 g portobello mushrooms
Salt to taste
Extra virgin olive oil

For the filling:

100 g Semi-dried tomatoes in oil
1 tbsp grated parmesan
2 branches of basil
2 tbsp breadcrumbs

1 clove garlic, minced
Black pepper to taste

Directions

For the sundried tomato:

1. First, pinch and remove the stems of the portobellos. After that, rinse the mushrooms under cool water and pat dry.
2. Place all the ingredients, except the breadcrumbs, in a food processor or a hand mixer jar.
3. Blend until getting a lumpy paste, not too smooth. Add little by little the breadcrumbs. It is important for the filling to be thick, not too loose.
4. Fill all the portobellos using a spoon and place them into the Neovide cooker. Set the temperature to 85°C and cook for about 60 minutes.
5. Once the mushrooms are cooked, remove them from the cooker and program the mild sear option to 210°C.
6. Sear them on both sides until golden brown.

Finally, place the stuffed portobellos on a plate and grate a nice amount of parmesan cheese on top.

Tips

A meat filling, such as ground beef, pork, or turkey, mixed with herbs and spices, can be a great option too for this portobello mushrooms.



Pineapple 75°C With Rum And Vanilla Icecream



Difficulty:



Mode:

Manual

cooking Temperature:

75°C / 167°F

Cooking Time:

≈ 30min

Ingredients For 2 Portions

For the pineapple:

1/4 small fresh pineapple

50 ml aged rum

2 tbsp brown sugar

25 g butter

Pinch of cinnamon

1 branch of fresh mint

2 scoops of vanilla ice cream

Directions

For the pineapple:

1. Cut off the green crown and stem end of the pineapple.
2. Stand the pineapple on one end, then slice off the fruit's skin in strips from top to bottom. Cut just deep enough to remove the skin without removing too much of the fruit's flesh.
3. With the peeled pineapple still standing on one end, slice it into four pieces from top to bottom. Then cut the fruit away from the core on each quarter; discard the core.
4. Cut the pineapple into cubes and place it in the Neovide cooker. Choose the manual program and cook it at 75°C for 30 minutes along with the rum, sugar, butter, and cinnamon.
5. When the pineapple is ready, switch to mild sear program at 180°C and simmer until gets a thick syrup.

Finally, serve the pineapple along with the ice cream and some mint leaves.



Tips

Make sure to choose a ripe pineapple as they taste sweeter and less acidic. This dish is a great dessert or topping for pancakes, ice cream, or waffles.

Poached Peach, Pistachios, And Greek Yogurt



Difficulty:



Mode:

Manual

cooking Temperature:

75°C / 167°F

Cooking Time:

≈ 30min

Ingredients For 2 Portions

For the peach:

2 tree-ripe peaches

2 tbsp butter

2 tbsp brown sugar

125 g Greek yogurt

1 tbsp granulated sugar or desired sweetener

1 tbsp toasted shelled pistachios

Vanilla extract to taste

Directions

For the peach:

1. Remove any stems and leaves still present on the peaches.
2. Rinse the peaches under cool running water and pat dry with a clean kitchen towel.
3. Slice them in half and twist each half in opposite directions. If necessary, slide the knife under the top and bottom of the pit and pull it away from the fruit.
4. Cut every half into wedges and place into the Neovide cooker. Add the brown sugar and butter and cook using the manual function at 75°C for 30 minutes. When the peaches are ready, switch to mild sear program at 180°C and simmer until get a thick syrup. Keep warm.
5. In a mixing bowl, combine the Greek yogurt and granulated sugar.

Serve the Greek yogurt at the bottom of a plate, then place the caramelized peaches and sprinkle with the pistachios.



Tips

Crème fraîche has a tangy and creamy flavor that can pair well with this recipe. In the same way, whipped cream can also pair with the poached peaches.

Explore more possibilities with the new way of sous vide.

Have you been looking for some inspiration to try out your Neovide? We've put together a list of recommended cooking times and temperatures for a variety of food items, so you can start experimenting in your kitchen today.

With Neovide's built-in food probe and smart program, achieving precise temperature control is a breeze. Our recommended parameters will help you get started, but feel free to adjust them to your own taste preferences.

So what are you waiting for?

Dust off your Neovide and start cooking up a storm. We can't wait to see what delicious creations you come up with!

Recommended Cooking Times and Temps for Your Neovide Creations

| Product | Neovide function | | Manual (Water Bath) function | | Searing function | | |
|-------------------|------------------|------------|------------------------------|-------------------|------------------|------------------|-------|
| | Temp. | Time (≈) | Temp. | Time | Temp. | Before | After |
| Chicken breast | 65°C / 149°F | 90 min | | | 210°C / 410°F | | X |
| Ribeye steak | 55°C / 131°F | 50 min | | | 210°C / 410°F | | X |
| Eggs | | | 65°C / 149°F | 60 min | | | |
| Pork chops | 62°C / 143.6°F | 60 min | | | 210°C / 410°F | | X |
| Pork ribs | 79°C / 174.2°F | 10 h | 75°C / 167°F | 16 h | 210°C / 410°F | | X |
| Chicken thighs | | | 75°C / 167°F | 2 h | 210°C / 410°F | | X |
| Beef ribs | | | 85°C / 185°F | 16 h | 210°C / 410°F | X | |
| Beef cheeks | | | 85°C / 185°F | 16 h | 210°C / 410°F | X | |
| Lamb shank | | | 75°C / 167°F | 12 h | 210°C / 410°F | | X |
| Lamb rack | 65°C / 149°F | 100 min | 62°C / 143.6°F | 4 h | 210°C / 410°F | | X |
| Burger patty | 56°C / 132.8°F | 60 min | | | 210°C / 410°F | | X |
| Chicken wings | 75°C / 167°F | 120 min | | | 210°C / 410°F | | X |
| Beef rump | 55°C / 131°F | 60 min | | | 210°C / 410°F | | X |
| Duck breast | 55°C / 131°F | 45 min | | | 160°C / 320°F | Before and after | |
| Pork belly | | | 75°C / 167°F | 12 h | 210°C / 410°F | | X |
| Salted cod | 52°C / 125.6°F | 60 min | | | | | |
| Salmon | 49°C / 120.2°F | 30 min | | | 210°C / 410°F | Before and after | |
| Seabass | 52°C / 125.6°F | 30 min | | | 210°C / 410°F | Before and after | |
| Octopus | | | 77°C / 170.6°F | 5 h | 210°C / 410°F | | X |
| Carrots | | | 95°C / 203°F | 60 min | 210°C / 410°F | | X |
| Potatoes | | | 95°C / 203°F | 90 min | | | X |
| Beetroots | | | 95°C / 203°F | 60 min | | | X |
| Celeriac | | | 95°C / 203°F | 60 min | 210°C / 410°F | | X |
| Zucchini | | | 85°C / 185°F | 20 min | | | X |
| Apple | | | 84°C / 183.2°F | 30 min | | | |
| Pear | | | 78°C / 172.4°F | 45 min | | | |
| Herbs infused oil | | | 60°C / 140°F | 2 h | | | |
| Creme anglaise | | | 82°C / 179.6°F | 60 min | | | |
| Chickpeas, soaked | | | 95°C / 203°F | 3 h | | | |
| Pasta | | | 95°C / 203°F | from 10 to 15 min | | | |