

CODLO'S SOUS-VIDE *Guide* TO SEAFOOD

THE FRUITS OF THE SEA

THE SEAFOOD SOUS-VIDE RULE OF THUMB:



43°C (109°F) rare
50°C (122°F) medium rare
60°C (140°F) medium



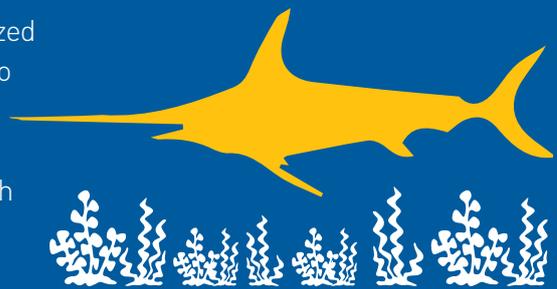
20 minutes for 1/2 inch thickness.
30 minutes for 1 inch thickness.



Note that the times above are not pasteurized times and therefore should not be served to immuno-compromised individuals.



To pasteurize fish and shellfish (up to 1 inch thick), the quickest way is to cook them to medium at 60°C (140°F) for 1.5 hour.



LOBSTER, SHRIMP & SCALLOPS

Shelled, 52°C, 20-30 minutes at maximum.



LEAN FISH:

Examples are cod, haddock, plaice, hake, lemon sole, monk fish, pollock, mullet, red snapper, sea bass, sea bream, turbot, whiting. Great cooked to medium rare at 47°C-50°C for 20-30 minutes, depending on thickness.

OILY FISH:

Examples are tuna, trout, swordfish and salmon**. They can be enjoyed rare at 43°C for a different experience, most people like them medium rare at 47°C-50°C. For those who prefer it more 'done,' go for medium at 55°C-60°C. Again, cook for 20-30 minutes, depending on thickness.

**** For salmon, an extra brining step is necessary before cooking sous-vidé. This prevents the secretion of white protein (albumin) when cooked, firms up the fish for easier handling and preserves the vibrant orange color even after it's cooked.**

2 BADASS CRUSTACEANS YOU DIDN'T KNOW ABOUT

THE MANTIS SHRIMP



The mantis shrimp has claws with an incredibly fast and powerful strike, launching with the velocity of a bullet, capable of breaking aquarium glass.



THE PISTOL SHRIMP

The pistol shrimp can deliver an explosive attack hotter than the surface of the sun and loud enough to rupture a human ear drum.



Temperature



Timing



Time to pasteurize