



**Gourmia**

# Immersion Sous Vide Pod

Model# GSV-138

USER  
MANUAL



Read this manual thoroughly  
before using and save it for  
future reference

Model: GSV-138  
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[www.gourmia.com](http://www.gourmia.com)  
The Steelstone Group  
Brooklyn, NY

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## Welcome to the Tender & Delicious World of *Sous Vide* cooking from Gourmia

Congratulations on your purchase of the Sous Vide from Gourmia, exclusively designed for easy and precise cooking!

With your purchase of the Gourmia® Sous Vide, you've opened the door to a wonderfully tender, moist and delicious method of cooking. The ancient art of sous vide is really quite simple: a heated water bath slowly cooks food to perfection using leisurely cooking times and low cooking temperatures. The results? Perfectly tender, mouth-watering cuts of meat, crisp-tender vegetables that retain all their nutrients, and the sweet ripeness of warm fruit.

The Gourmia Sous Vide utilizes precise temperature control with circulation and produces results that you cannot achieve through any other cooking technique. Sous Vide is easy to use and guaranteed to cook your food to perfection.

The pages of this manual offer full and comprehensive instructions to guide you through the functions and features of the Gourmia Sous Vide. Inside this guide you will also find information on its modes of operation, complete step-by-step instructions for the operation, assembly, cleaning, and maintenance of your appliance.

Please read all safety instructions thoroughly to ensure safe usage at all times.

Thank you for your purchase! We sincerely hope you will enjoy this as well as all the many innovative products brought to you by our family at Gourmia.

## IMPORTANT SAFEGUARDS

Before using the electrical appliance, the following basic precautions should always be followed including the following:

- Do not touch hot surfaces and water. Use handles or knobs.
- Do not use appliance for other than intended purposes.
- To protect against electrical shock do not immerse cord, plugs, entire unit in water or other liquid.
- Do not use an extension cord with circulator-only use wall outlet.
- To avoid the possibility of personal injury, always unplug the appliance from the electrical outlet before handing or cleaning.
- For indoor use only- do not use outdoors .
- Close supervision is necessary when any appliance is used by or near children.
- Not to be used by children.
- Unplug appliance from outlet when not in use and before cleaning.
- Do not touch hot surfaces. Allow appliance to cool before putting on or taking off parts or storing..
- Do not operate the appliance with a damaged cord or plug. If the appliance malfunctions or is damaged in any way- return appliance to the nearest authorized service facility for repair, or adjustment.
- The use of accessory attachments the are not recommended by the appliance manufacturer may cause damage.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not use on or near a hot gas, electric burner or in a heated oven.
- The use of unapproved accessory attachments is not recommended for the appliance and may cause injuries.
- Keep safe. If the appliance is dropped in water, damaged, malfunctions, or the plug or power cord appears damaged in any way, do not use the appliance, contact us for repair.

**Note: Appliance is designed for household use only.**

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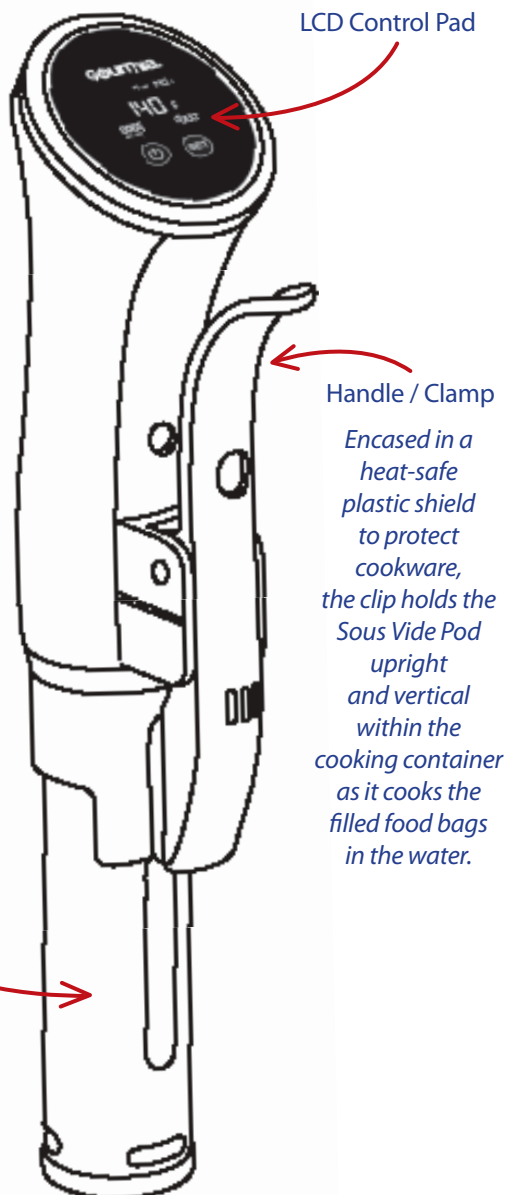
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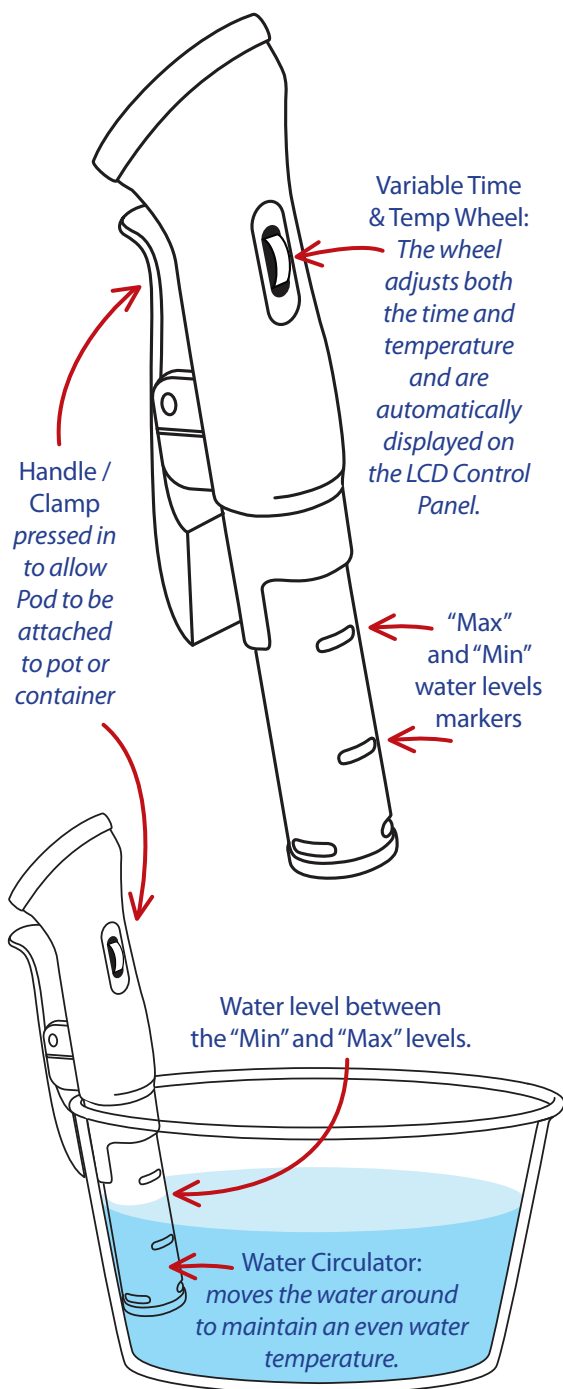


## KNOW YOUR Immersion SOUS VIDE POD

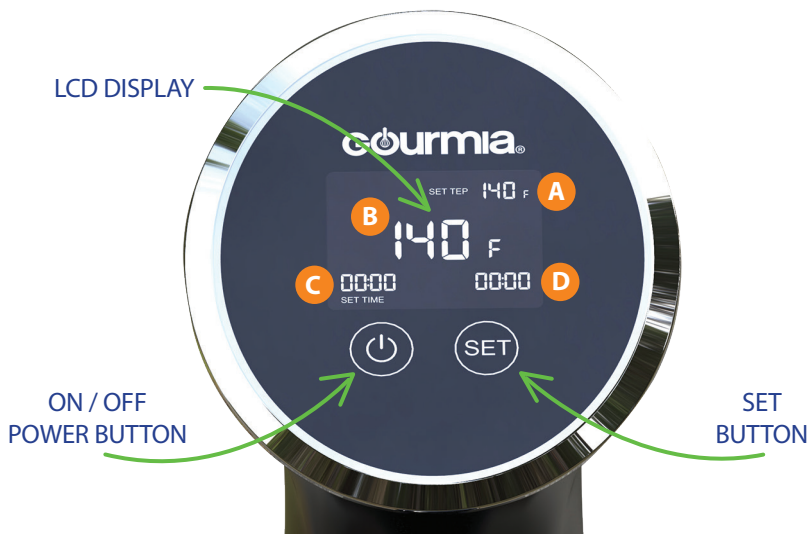
The Heating Element, Circulator and LCD Control Panel, are all conveniently integrated into this handy versatile Pod which allows the user to choose the size and shape of the heat-safe container to be used as a water bath.



## Operating Tips



- Operate appliance in water only. Keep the water level between the "Min" and "Max" levels at all times.
- Only the heating sleeve portion should be underwater: Do not immerse the appliance cord, power box, or upper portion of the appliance. If the appliance or any of its parts become submerged, unplug appliance immediately.
- As the water temperature increases, water begins to evaporate. The sous vide circulator is equipped with an alarm indicating a low water level, if the water level goes below the min mark, the circulator will automatically shut off.
- Remember circulated water can be very hot. Use a trivet to protect your countertop from any container being used with appliance. Use tongs to reach anything inside the water bath. Use caution when moving containers of hot water.
- Energy can be saved by covering the water bath with plastic wrap. However be careful not to cover any part of the appliance with the plastic wrap.



## THE LCD CONTROL PANEL

The Control Panel houses the electronic platform for the operational functions of the Immersion Sous Vide Pod.

### POWER BUTTON

ON – Press and hold for four (4) seconds

OFF – Press and hold for five (5) seconds

### SET BUTTON

Press to display variable Times & Temperatures:

**A**

SET TEMP Cooking Temp

**B**

ACTUAL TEMP Flashes until Cooking Starts

**C**

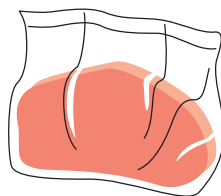
SET TIME Cooking Time

**D**

WORK TIME Timer

## Using Your Sous Vide Pod

### STEP BY STEP INSTRUCTIONS



1. Place the Sous Vide Pod into a heat-proof container deep enough so that the Pod can clip to the side without touching the bottom of the container. Secure the Pod Clip to the side of the container.

2. Fill with water to a level between the Minimum and Maximum Water level indicators on the Pod.

NOTE: Adding filled food bags will increase the water level; check again after adding food to ensure the water is not over the Maximum Water level line.

3. Plug the power cord into the outlet. Press the Power Button on the Control Panel for four (4) seconds until the Display turns ON.

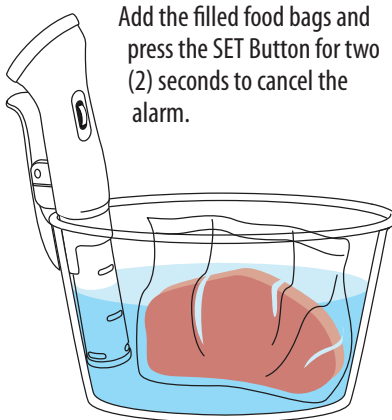
4. Set temperature to Celsius (°C) or Fahrenheit (°F) by pressing the Power Button and SET Button at the same time to reach desired setting.

5. Set the SET TEMP.  
Rotate the Variable Time & Temp Wheel to the desired cooking temperature. Cooking temperatures can reach up to a maximum of 95°C or 203°F.

6. Set the SET TIME.  
Press the SET Button once. The Hour display will flash.

Rotate the Variable Time & Temp Wheel to set the desired hour. Press the SET Button twice. The Minute display will flash. Rotate the Variable Time & Temp Wheel to set the desired minutes. Cooking times extend from 00:00 to 59:59 hours.

7. Press the Power Button once to start the cooking process. When the water temperature reaches the SET Time, the alarm will beep every three (3) seconds, indicating the food should be added to the water.



Add the filled food bags and press the SET Button for two (2) seconds to cancel the alarm.

8. The TIMER will begin to display the count-down after one (1) minute.

9. When the TIMER counts down to the SET TIME, the alarm will beep every three (3) seconds indicating the cooking time has elapsed. Press the SET button for 2 seconds to stop the alarm.

10. Press the Power Button for 5 seconds to turn the appliance OFF.

11. Remove cooked food bags with tongs, as water will be hot. Unplug and cool Sous Vide Pod before cleaning.



## VACUUM SEALING

### The Key To Effective Sous Vide Cooking

The key to sous vide cooking is the “sous vide” (or “under vacuum”) part of the equation. Vacuum sealing foods prevents evaporation and allow for the most efficient transfer of energy from the water to the food. To do so, simply place your seasoned food in a plastic bag and remove all of the surrounding air to create a vacuum seal.

Here are four effective ways to create this seal:

#### 1. VACUUM SEALER

While not readily available in many homes, Vacuum Sealing is without a doubt the preferred method and is excellent for batch cooking. FoodSaver and Oliso are great options, and both are pretty affordable.

#### 2. WATER DISPLACEMENT METHOD

- A. Fill a large plastic container with cool water.
- B. Prep your food to be cooked and place the food in a BPA-free plastic freezer bag. Do not seal yet.
- C. Slowly immerse the food-filled bag into the water. This will force the air out as the bag is immersed.
- D. Continue immersing the bag until just before the water reaches the top of the bag.
- E. While still in the water, close or zip to seal, forcing out the remaining air as much as possible.

#### 3. SUCKING AIR OUT

Use zipper lock bags and suck the air out with a straw. This method is not recommended for raw meat, but you can use it for fruits and vegetables.

#### 4. CANNING JARS

Several different types of foods can also be cooked in glass canning jars. Beans and grains both work well in jars, as do desserts such as cakes and custards.

## Hints & Tips for Sous Vide Cooking

- The thickness of meat, poultry and fish will determine the length of cooking time. Use an instant-read thermometer after removing food from the cooking bag to guarantee that a safe-food temperature is indicated.
- Food safety is always a priority when handling and cooking. When unsure if food is done, add 30 minutes to the cook time to pasteurize eggs and/or poultry.
- Some tough cuts of beef can be cooked sous vide to tender perfection in 4 to 24 hours. Sear quickly when done and serve with root vegetables.
- Vegetables will cook faster if they are thinly sliced or cut into small pieces. If left whole, they will take more time to become tender. Either way, the natural sweetness and full nutritional value adds to the delight in sous vide vegetables.
- Fruit can be cooked sous vide to make toppings, purees, syrups and such. Cook for 2-2½ hours at 160°F and let it cool in the bag before using.
- To prep meat, poultry and fish before cooking, add seasonings or rubs before bagging. Vacuum seal or use the Water Displacement Method to remove the air from the bag before cooking.
- To avoid the cooked protein that surfaces in sous vide chicken and fish, called “albumin,” brine the chicken or fish for one hour in lightly salted water, drain and pat dry.
- ALWAYS use a BPA-free vacuum-sealed bag when cooking foods more than eight hours.
- Use a vacuum-sealed bag or use the “Water Displacement Method” for foods cooked fewer than 8 hours.



While sous vide foods are fully cooked and ready to eat right out of the water bath, it is highly recommended that they be finished with a blast of high heat such as placing your cut of beef on a blazing hot cast iron skillet for 30 seconds on each side. This gives the meat a nice crispy texture and an appetizing outer appearance.

Many cooks also like to use a grill to finish dishes like sous vide ribs. A broiler is also very effective, and makes quick work of sous vide chicken wings or vegetables like eggplant. Even deep frying can be a good finishing choice - sous vide French fries are seriously delicious.

## FOOD PREP & COOKING GUIDE

The art of sous vide cooking is truly an art! It is simple in nature, yet this cooking method is often used by gourmet chefs to prepare the most complex, rich entrées and vegetables. Because the foods are cooked at low temperatures for longer times, the texture and flavors are authentically and naturally good-for-you and flavorful. Beef, poultry, fish and pork are fork-tender when done, with rich and inviting textures. Vegetables retain all their nutrients when cooked sous vide, so many of the natural sugars are retained, offering delightfully sweet and nutritious side dishes. In fact, everything about sous vide says, “naturally good-for you!”

The following Cooking Chart, along with our favorite Hints & Tips, will help determine how you'll prep food, how long and at what temperature you'll want to cook your foods for safety and flavor. Because temperatures are low and the cooking times are extended, be sure to follow all safety precautions. Enjoy!



# Sous Vide Pod Cooking Chart

BEEF	Cook Temp	Cook Time	Chef's Finish
Filet or Steak			
rare	120° - 135°F	1 hour	Sear in hot skillet/top with butter
medium	140°F	1 hour	Sear in hot skillet/top with butter
well-done	160°F	1 hour	Sear in hot skillet/top with butter
Tri tip Roast	140°F	6-8 hours	Sear all sides when done. Slice thinly.
Prime rib roast	140°F	6-14 hours	Sear all sides when done. Slice thickly.
PORK	Cook Temp	Cook Time	Chef's Finish
Boneless or Chop			
medium	144°F	1-1.5 hours	Sear in hot skillet/top with butter & herbs
well-done	160°F	1-1.5 hours	Sear in hot skillet/top with butter & herbs
POULTRY	Cook Temp	Cook Time	Chef's Finish
Chicken breast	150°F	1-1.5 hours	Splash olive oil in skillet/sear all sides
Chicken dark meat	167°F	1-3 hours	Splash olive oil in skillet/sear all sides
FISH	Cook Temp	Cook Time	Chef's Finish
Filet or steak	122°F	45 - 1 hour	Sear in hot butter for 30 seconds
EGGS	Cook Temp	Cook Time	Chef's Finish
Poached	146°F	45 minutes	Semi-soft cooked
VEGETABLES	Cook Temp	Cook Time	Chef's Finish
Green Vegetables	180°F	5 - 20 min	Toss w/ olive oil, kosher salt & toasted nuts
Root Vegetables	180°F	1.5-3 hours	Quarter/toss in mustard butter & herbs

## BEFORE FIRST USE

1. Remove all packaging and discard plastic bags.
2. Using a slightly damp cloth, wipe the Sous Vide Pod. Dry well.

## CLEANING AND MAINTENANCE

1. When cool, clean the Sous Vide Pod with a slightly damp soft cloth. Dry well.
2. Store the Sous Vide Pod in a dry place. Do not wrap or secure in plastic.
3. After several uses, descaling may be required, particularly if hard water is used.
  - a. To descale, place the Pod in a heat-safe container and attach with clip
  - b. Fill the container with water to the Maximum Fill Level line on the Pod
  - c. Set the Temperature to 158°F.
  - d. Add one (1) ounce citric acid descaling powder (food grade).
  - e. Allow the water to circulate for 20 minutes after Temperature has been reached.
  - f. Press the Power Button OFF and unplug.
  - g. When cool, rinse the bottom of the Pod in clear water and wipe dry with a soft cloth.

NOTE: If the LCD display reads E02 at any time, the digital thermometer is inoperable. Contact customer service.

NOTE: If the LCD Display reads error code E05 while cooking, there is too little water. Turn the Power Button OFF and add water. Re-start the Pod and continue cooking. If the water level drops below the Minimum Water Level line while cooking, the alarm will beep and the power will turn OFF. Fill the water above the Minimum Water Level Line and restart the Pod.

### ENVIRONMENT

Do not throw away the appliance with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

### GUARANTEE AND SERVICE

If you need service or information or if you have a problem, please visit our website or contact your distributor.

## WARRANTY & SERVICE

This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

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