

# SOUS VIDE INSTRUCTIONS

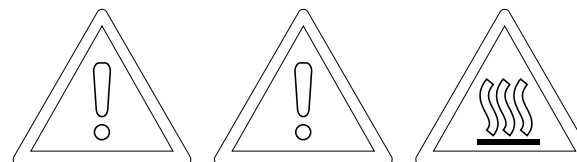
Clicking on the PicoBrew logo will take you back to the first page of the instructions.



# IMPORTANT SAFETY INFORMATION

- Exercise common sense while operating the Pico.
- Always use the keg cozy to shield the hot metal of the keg.
- Close supervision is needed when used around children.
- Allow machine to fully cool before removing or replacing parts.
- Do not operate with a frayed cord or broken plug.
- Do not remove Step Filter from the Pico unless in pause mode or brew cycle is completed.
- The Step Filter and contents may be hot when removing from the machine.
- Do not immerse or soak the machine.
- Make sure all hoses are connected properly before starting a brewing, rinse, or cleaning cycle.
- To avoid risk of electrical shock hazard do not disassemble the Pico. There are no user serviceable parts inside.
- Various surfaces can get extremely hot during the brewing cycle, use caution when handling the keg, hoses and components.
- Do not remove the hose clamps, hot liquid spray may result.
- Do not remove the keg attachments while brewing.
- The product is intended for household use only.
- The appliance is not to be used, or played with, by children.
- The appliance is not to be used by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.

- Per FCC 15.19(a)(3) and (a)(4) This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
- Per FCC 15.21 Change or Modifications that are not expressly approved by the manufacturer could void the user's authority to operate the equipment.
- Per RSS-Gen, Section 8.4 This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
- Par RSS-Gen, Section 8.4 Cet appareil est conforme à Industrie Canada exempts de licence standard(s) RSS. Le fonctionnement est soumis aux deux conditions suivantes: (1) ce dispositif ne peut pas provoquer d'interférences et (2) cet appareil doit accepter toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement de l'appareil.



# SAMPLE RECIPES:

			RARE	MED	WELL
	SIZE	TIME	TEMP	TEMP	TEMP
STEAK	1" Thick	1:00	129	136	154
	1.5" Thick	1:30	129	136	154
	2" Thick	2:00	129	136	154
PORK CHOP	1" Thick	1:30	136	143	158
BONELESS CHICKEN BREAST	0.5 lb	1:30	140	150	165
SALMON	1" Thick	0:40	105	123	131
	1-2" Thick	1:00	105	123	131
		TIME	SOFT	MED	HARD
EGGS	(4)	0:20	167		
		0:25		168	
		0:40			168

## RECOMMENDED:

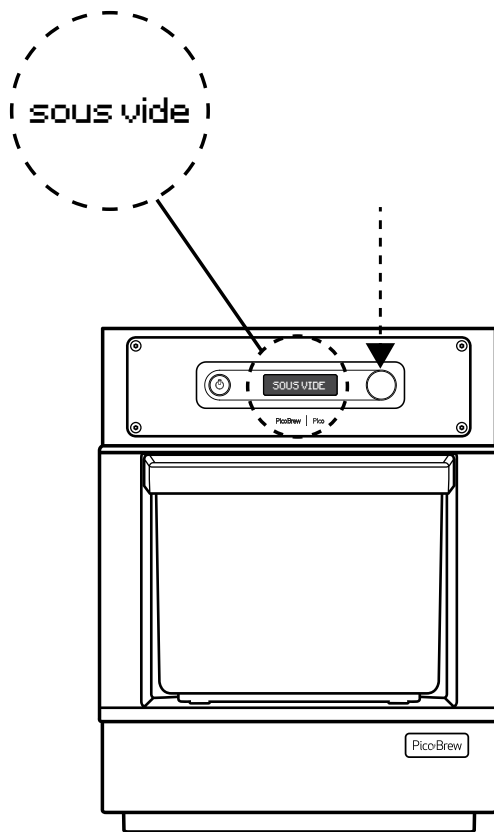
All temperatures are listed in degrees Fahrenheit.

# SOUS VIDE ADAPTER INSTRUCTIONS.

## YOU WILL NEED:

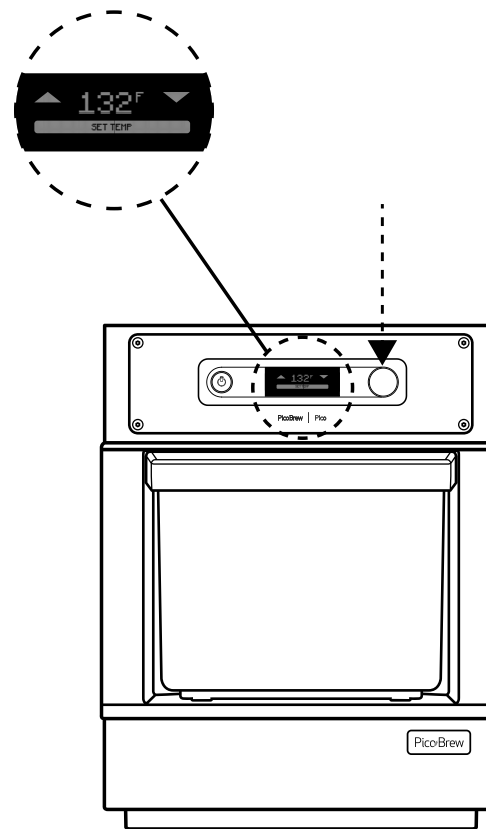
- Pico C, with Step Filter and lid
- Keg Cozy
- 3 liters distilled water (or reverse osmosis)
- Tap water
- 1 gallon heavy duty Ziploc® bag or a food vacuum sealer system
- Food to cook

- 1** Turn the Pico on. Using the Control Knob scroll to **Sous Vide** and press Control Knob to select.



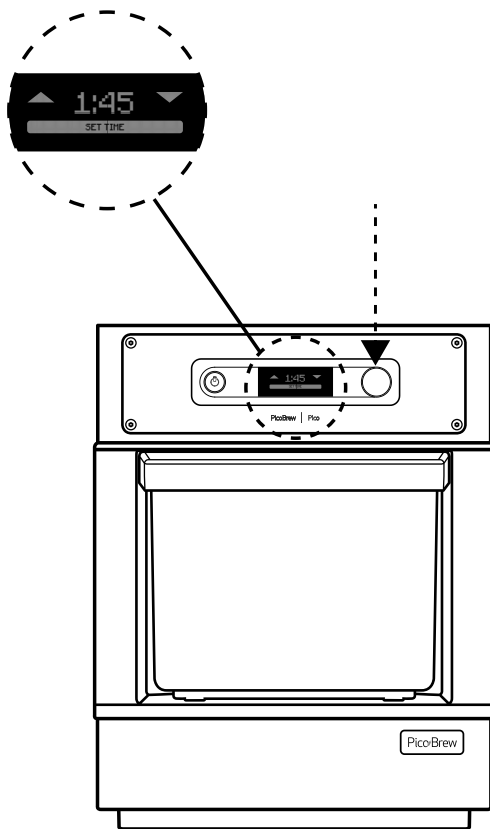
- 2** Consult the Sous Vide Recipe Table on page 160 for the food you are cooking.

Set the desired water temperature for cooking by turning the Control Knob to scroll to the correct temperature and pressing the Control Knob to select and continue to the next step.



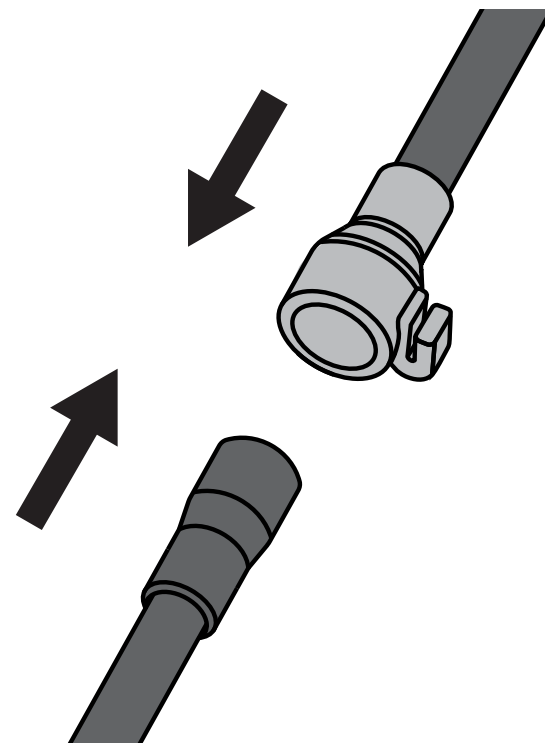
3

Enter the cooking time of your recipe in **Hours:Minutes** format by turning the Control Knob to scroll to the correct hour or minute and pressing the Control Knob to select and continue to the next step.

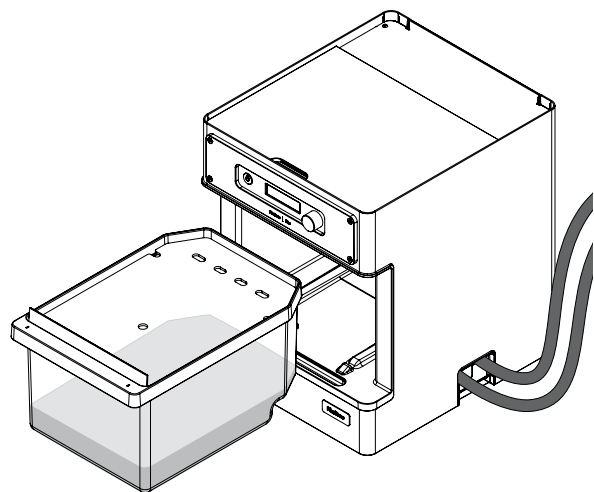


4

Connect the hoses of the Pico by firmly inserting the OUT hose connector into the IN hose connector.



- 5** Fill the Step Filter no more than half way full with tap water. There should be enough water in the step filter to fully submerge your food. Insert the Step Filter with lid back into Pico until it clicks into place. Press the Control Knob to continue to the next step.



- 6** Fill the Water Reservoir with 3 liters of distilled (or reverse osmosis) water. Press the Control Knob to begin heating up the water to the designated cooking temperature. For sous vide recipes or cooking sessions that go over 3.5 hours you might need to add more distilled water to the reservoir during the cooking process, check on it as needed.

# 7

Begin preparing your food:

Trim and prepare food for cooking. Thicker cuts of meat or vegetables may require longer cooking time. Add any spices or aromatic to the food before sealing the bag(s).

Vacuum seal the food or insert into a 1 gallon heavy duty freezer Ziploc® bag with the air squeezed out and fully sealed.

# 8

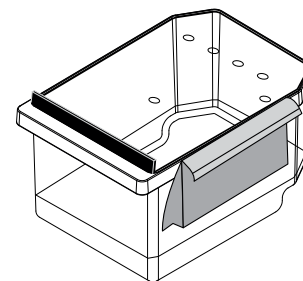
When the water has reached cooking temperature the Pico will beep. Press the Control Knob to silence the alarm. Remove the Step Filter and its lid from Pico. Place food bag(s) in Step Filter. If using a Ziploc® bag, place bag(s) against the side of the Step Filter with the top hanging out over the edge of Step Filter. Once you place the Step Filter lid on it will clamp the bag(s) into place. Vacuum sealed bags should sink to bottom. If necessary, place a food-safe object on top of bag(s) to make sure they will stay fully submerged in the water during the entire cooking process.

Place lid on Step Filter, clamping any Ziploc® bags in place. Make sure the lid holes are in the correct places (see diagram) and that the black steam deflector is towards the front and facing upward.

Insert Step Filter with lid into Pico.

## LINDSEY'S PRO TIP:

To get most of the air out of a Ziploc bag seal the bag but leave about 1" of bag unsealed. Submerge Ziploc® bag of food in water and as the bag submerges the water pressure will squeeze the air out for you. Right before the bag is fully submerged seal up that last 1" of the bag and pull out of water. The bag should be mostly air-tight and ready to sous vide.



# 9

Select "Start Cooking" on-screen by pressing the Control Knob. This will begin the sous vide cooking process using the time and temperature you selected. You will be able to view the temperature and remaining cooking time on the Pico screen. If at any time you need to pause the cooking process turn the Control Knob to reveal the "Pause System" option and press Control Knob to select and pause cooking. When ready to resume cooking make sure the Step Filter is inserted correctly then select "Continue Cooking" on-screen using the Control Knob.

When Pico is finished cooking the screen will say "Finished" and an alarm will sound for 60 seconds. You can turn the alarm off by pressing the Control Knob.

If you plan on searing any food after cooking make sure to prepare the pan or grill a few minutes before the Pico is finished cooking your food. A simple way to sear meat is to use a heavy pan on your stovetop. Heat the pan on high until hot, add butter/oil and then sear the meat 1-2 minutes per side until the desired sear is achieved.



When the sous vide process is finished:

- You can select "Hold Temperature" option on-screen to hold the cooking temperature and allow your food to continue cooking.
- Or, select "Exit" on-screen and carefully remove Step Filter from Pico, be cautious as the water inside will be warm. Use tongs to take food out of Step Filter.
- Cut open vacuum-sealed bag(s) or open Ziploc® bag(s). Dispose of bag(s).
- Season food to preference. Sear on hot pan or grill (optional).

**Note:** If you do not exit after the cooking is finished Pico will automatically hold the cooking temperature. Any food still in the Pico will continue to cook.



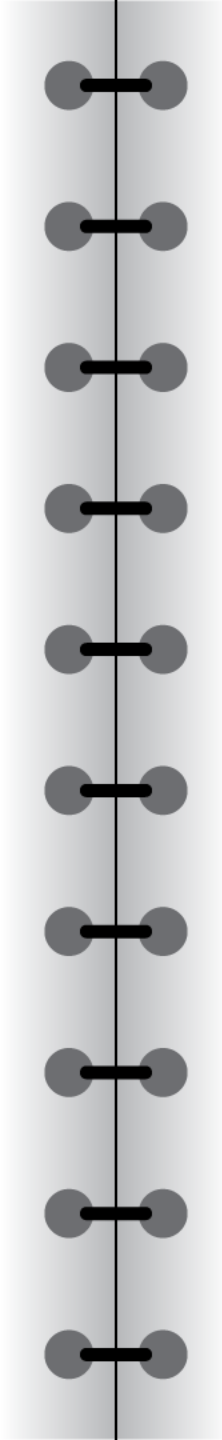
# 10

Disconnect IN and OUT hoses. Dispose of water in Step Filter.

Select "Start Vacuum" and use the OUT hose to begin suctioning out the remaining water. Press the Control Knob to stop the vacuum when there is no more water in the reservoir.

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.**





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