



Butter Poached Prawns with Tarragon & Garlic



the One® Precision Poacher™
With probe

Breville®

Butter Poached Shrimp with Tarragon & Garlic

 Prep 5 minutes / Cook 15 minutes

 Serves 2



the One® Precision Poacher™

16 large shrimp, peeled and deveined, tails intact
4 tablespoons (60g) salted butter, diced
1 tablespoon fresh tarragon, finely chopped
1 clove garlic, crushed
Freshly ground black pepper, to taste

Method

1. Fill the pot of the Precision Poacher with water up to the SOUS VIDE fill line. Put the egg tray into the pot. Cover with the lid and insert probe through the vent. Press METHOD button to select SOUS VIDE. Press TEMPERATURE button to select 59°C. Press TIME button to select 15 minutes. Press START to preheat water.
2. While the water is preheating, place shrimp neatly into a vacuum bag with butter cubes, tarragon, garlic and black pepper. Vacuum seal the bag.
3. When preheat has finished, the unit will beep. Drop the bag into the water, ensuring it is submerged. Cover with the lid and insert probe.
4. Press START. When cooking is complete, snip the bag and divide shrimps among two bowls. Drizzle over the garlic and tarragon butter, season. Serve with crusty bread and salad.

Note:

A vacuum sealer and vacuum bags are needed for this recipe.



Eggs Benedict




the One® Precision Poacher™
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Eggs Benedict

 Prep 10 minutes / Cook 20 minutes

 Serves 4 (Makes $\frac{3}{4}$ cup (200ml) hollandaise)



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- 4 large eggs**
- 1 tablespoon olive oil**
- 4 portobello mushrooms**
- 4oz (115g) shaved smoked ham**
- 1 bunch (200g) spinach, washed and trimmed**

Hollandaise

- 3 large egg yolks**
- 2 tablespoons lemon juice**
- 7 tablespoons (100g) unsalted butter, cubed**
- Salt and pepper, to season**

Method

1. For the hollandaise, whisk egg yolks and lemon juice in a heatproof bowl. Place bowl over a saucepan of simmering water over low heat. Whisk for 3 minutes or until mixture becomes thick and pale. Add 1 cube butter at a time, whisk until melted. Repeat with remaining butter (this will take about 10 minutes). Remove from heat. Season with salt and pepper.
2. Fill the pot of the Precision Poacher with water up to the POACH fill line. Cover with the lid and insert the probe through the vent. Press METHOD button to select POACH. Press START to preheat water. When preheat has finished, the unit will beep. Carefully crack in eggs. Cover with the lid and insert probe through the vent without touching the eggs. Press START to poach the eggs for 4 minutes. Take them out with a silicon slotted spoon and drain on paper towel.
3. Meanwhile heat oil in a frying pan and sauté mushrooms on medium-high for 5 minutes or until softened.
4. Place one poached egg on a mushroom. Spoon over hollandaise and serve with ham and spinach.



Eggspert Eggs on Sautéed Greens with Pancetta & Pine Nuts



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Eggspert Eggs on Sautéed Asparagus with Pancetta & Pine Nuts



the One® Precision Poacher™

 Prep 10 minutes / Cook 15 minutes

 Serves 4

- 4 large eggs
 - 8 thin slices (80g) pancetta
 - 1 pound (450g) asparagus, woody ends trimmed
 - 1 tablespoon (15g) unsalted butter
 - 1 leek, trimmed, thinly sliced crosswise (white and pale green parts only)
 - 2 cloves garlic, crushed
 - Zest of 1 lemon
 - 1 cup (140g) frozen peas, thawed
 - Salt and black pepper
 - 1 tablespoon toasted pine nuts
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Method

1. Put eggs on the egg tray and lower into the pot of the Precision Poacher. Fill with water up to the EGGSPERT fill line. Cover with the lid and insert probe through the vent. Press **METHOD** button to select **EGGSPERT**. The default temperature and time is shown on the LCD screen. Press **START**.
2. Meanwhile, in a large non-stick pan, sauté pancetta, turning once, over medium-low heat, until crisp and lightly brown. Take out and set aside. In the same frying pan fry asparagus for 1-2 minutes until bright green and tender crisp. Set aside.
3. Add butter to pan. Add leek and sauté, on medium heat, for 3-4 minutes or until softened.
4. Add garlic, lemon zest and peas and cook for about 1 minute, or until fragrant, season.
5. When the Eggspert eggs have finished cooking, take them out and run under cold water. Use the egg topper to top the eggs and pour eggs out onto a plate.
6. Serve greens with pancetta topped with an Eggspert egg. Sprinkle with pine nuts and black pepper.



Vietnamese Chicken Salad



the One[®] Precision Poacher™
With probe

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Vietnamese Chicken Salad

 Prep 15 minutes / Cook 15 minutes

 Serves 4



the One® Precision Poacher™

- 2 x 8oz (225g) chicken breasts*
- 8oz (250g) thin rice noodles*
- ½ Napa cabbage, chopped (4 cups)*
- 1 cup (100g) bean sprouts*
- 1 cup (120g) carrot, finely julienned*
- 1 Persian cucumber, seeded and julienned*
- 1 cup (30g) Thai basil*
- ½ cup (15g) mint*
- 2 green onions, sliced*
- 2 small red chilies, finely sliced*

Vietnamese dressing:

- Juice of 2 limes*
- 2 tablespoons rice wine vinegar*
- ¼ cup (60ml) fish sauce*
- 1 tablespoon sugar*
- 2 garlic cloves, crushed*

To serve

- 1 cup (30g) crispy pork crackling*
- 2 tablespoons crispy shallot*

Method

- 1. Fill the pot of the Precision Poacher with water up to the POACH Fill Line. Cover with the lid and insert probe through the vent. Press METHOD button to select POACH/BOIL. Press TEMPERATURE button to select 95°C. Press TIME button to select 15 minutes. Press START to preheat water.*
- 2. When preheat has finished, the unit will beep. Drop the chicken breast into the water ensuring it is submerged. Cover with the lid and insert probe through the vent.*
- 3. Press START. When cooking is complete, take out the chicken and let cool.*
- 4. Meanwhile, for the dressing, combine lime juice, rice wine vinegar, fish sauce, sugar and garlic. Stir until sugar is completely dissolved.*
- 5. Cook noodles according to packet instructions. Toss them around to loosen up. Drain.*
- 6. For the salad, divide noodles, cabbage, bean sprouts, carrots, cucumber, herbs, green onions and chili among four bowls. Slice the chicken and add to the salad. Drizzle with the Vietnamese dressing. Serve with pork crackling and crispy shallots.*



Salad Niçoise



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Salad Niçoise



Prep 20 minutes / Cook 25 minutes



Serves 4



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- 10 baby potatoes (450g)**
- 8oz (225g) green beans, trimmed**
- 4 large eggs**
- 2 x 8oz (225g) tuna fillets**
- 1 head butter lettuce, leaves rinsed and dried**
- 4oz (115g) cherry tomatoes, sliced**
- ½ cup (40g) pitted black olives**

Vinaigrette

- 1 tablespoon Dijon mustard**
- 3 tablespoons sherry or white wine vinegar**
- ¼ cup (60ml) olive oil**
- Salt and freshly ground pepper, to taste**

Method

1. For the vinaigrette, whisk together mustard, vinegar and oil. Season with salt and pepper, set aside.
2. Place potatoes in a large saucepan. Cover with cold water. Bring to a boil over high heat. Reduce heat to medium and cook potatoes, uncovered, for 20 minutes or until tender when pierced with a knife. Drain, cut into slices.
3. Meanwhile for the beans, fill the pot of the Precision Poacher with water up to the STEAM fill line. Put beans onto the tray and lower into the pot. Cover with the lid.
4. Press **METHOD** button to select **STEAM**. Press **TIME** button to select 3 minutes. Press **START**. Once finished, cool beans under cold running water.
5. For the eggs, fill the pot of the Precision Poacher with water up to the **STEAM** fill line. Place eggs in the egg tray and lower them into the pot. Cover with the lid.
6. Press **METHOD** button to select **STEAM**. Press **TEXTURE** button to select **MEDIUM**. Press **START**.
7. Once finished, cool eggs under cold running water, set aside. When cool enough to handle, peel eggs and cut in half.
8. Sear tuna fillets on medium-high heat for 30 seconds each side.
9. Combine remaining salad ingredients. Serve with sliced tuna and medium steamed eggs. Drizzle with vinaigrette and serve immediately.



Sous Vide Salmon with Pasta, Crispy Garlic & Lemon Sauce



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Sous Vide Salmon with Pasta, Crispy Garlic & Lemon Sauce

 Prep 10 minutes / Cook 30 minutes

 Serves 2



the One® Precision Poacher™

2 x 8oz (225g) salmon fillets
1/8 cup (80ml) olive oil
Freshly ground black pepper
1 cup (200g) creme fraiche
Zest of 1/2 lemon, some extra to garnish
Sea salt
4oz (115g) angel hair pasta
2 garlic cloves, finely sliced
2 teaspoons capers, rinsed and drained
1 tablespoon black caviar
1 tablespoon dill

Method

1. Fill the pot of the Precision Poacher with water up to the SOUS VIDE fill line.
Put the egg tray into the pot. Cover with the lid and insert probe through the vent.
Press METHOD button to select SOUS VIDE.
Press TEMPERATURE button to select 58°C.
Press TIME button to select 20 minutes.
Press START to preheat water.
2. While the water is preheating, place salmon into a vacuum bag each with 1 tablespoon of oil and black pepper. Vacuum seal the bags.
3. When preheat has finished, the unit will beep. Drop the bags into the water ensuring they are submerged. Cover with the lid and insert probe through the vent. Press START.
4. Meanwhile, for the sauce, combine crème fraiche and lemon zest. Season.
5. Cook pasta according to per instructions on the box. Drain pasta. Heat remaining olive oil in a frying pan and fry garlic until golden and crisp. Add capers and cooked pasta and toss to combine.
6. Serve salmon with pasta, sauce and caviar. Garnish with dill and extra lemon zest.

Note:

A vacuum sealer and vacuum bags are needed for this recipe.



Ramen Noodle Soup with Soy Sauce Eggs, Pork & Mushroom



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Ramen Noodle Soup with Soy Sauce Eggs, Pork & Mushrooms



the One® Precision Poacher™

 Prep 30 minutes + marinate eggs 4 hours / Cook 30 minutes

 Serves 4

Soy Sauce Eggs

- 4 large eggs
- 1 tablespoon sugar
- 2 tablespoons sherry vinegar
- ¾ cup (180ml) soy sauce

Soup

- 2 tablespoons vegetable oil
- 3 cups assorted fresh mushrooms, shiitake & enoki, cut in half
- 1 garlic clove, crushed
- 1 tablespoon ginger, finely chopped
- 2 tablespoons yellow miso paste
- 3 teaspoons soy sauce
- 2 teaspoons red wine vinegar
- 6 cups (1.5L) fish or vegetable stock

To assemble

- 1 ear of fresh corn
- 2 packages (85g each) instant ramen noodles
- 4oz (115g) barbecue pork, cut into thin slices
- 1 cup (200g) kimchi
- 1 cup (100g) bamboo shoots, sliced into strips
- 1 bunch bok choy
- 1 sheet nori, cut into thin strips
- Crispy pork crackling and fried onions to garnish

Method

1. Fill the pot of the Precision Poacher with water to the BOIL fill line. Cover with the lid and insert probe through the vent. Press METHOD button to select POACH/BOIL. Press TEMPERATURE button to select 100°C. Press TEXTURE button to select MEDIUM. Press START to preheat water.
2. Once preheat has finished, the unit will beep. Lower eggs in tray into the pot. Cover with the lid and insert probe through the vent. Press START. Cool eggs under cold running water after cooking.
3. Whisk together ½ cup (120ml) warm water and sugar until dissolved, then stir in the sherry vinegar and soy sauce.
4. Peel eggs and put them in the soy-vinegar marinade. Use a plate to keep them submerged in the liquid. Cover and refrigerate for 2-4 hours.
5. Heat 1 tablespoon oil in frying pan and sauté mushrooms until deep brown. Take out of the pan and set aside.
6. Heat remaining oil and cook garlic and ginger for 1 minute. Stir through miso paste, soy sauce and red wine vinegar. Add ingredients and stock to a large pot and bring to a simmer over medium-high heat.
7. Fill the pot of the Precision Poacher with water up to the STEAM fill line. Cut corn into 3 chunks. Place chunks onto the egg tray and lower into the pot. Cover with the lid.
8. Press METHOD button to select STEAM. Press TIME button to select 3 minutes and press START. When finished, remove corn and cut the kernels off the cob.
9. Cook noodles according to packet instructions. Toss them around to loosen up, divide them evenly between four bowls.
10. Ladle stock over the noodles and then top each with sautéed mushrooms and remaining ingredients. Halve soy sauce eggs and serve on top of ramen soup.
11. Garnish with crispy pork crackling and dry fried onions.