



*Butter Poached Prawns with Tarragon & Garlic*



*the One® Precision Poacher™*  
With probe

**Breville®**

# Butter Poached Prawns with Tarragon & Garlic

 Prep 5 minutes / Cook 15-20 minutes

 Serves 2



the One® Precision Poacher™

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*16 king prawns, peeled and deveined, tails intact (Net weight 230g)*  
*50g salted butter, diced*  
*1 tablespoon tarragon, finely chopped*  
*1 clove garlic, crushed*  
*Freshly ground black pepper, to taste*

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## Method

1. Fill the pot of the Precision Poacher with water up to the POACH fill line.
2. Cover with the lid and insert probe through the vent. Press METHOD button to select POACH/BOIL. Press TEMPERATURE button to select 85°C. Press TIME button to select 20 minutes. Press START to preheat water.
3. While the water is preheating, place prawns neatly into a vacuum bag with butter cubes, tarragon, garlic and black pepper. Vacuum seal the bag.
4. 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. Press START.
5. Poach prawns in the vacuum sealed bag for 15 minutes or until prawns are cooked through. They will change colour and turn opaque when cooked. Cook for another 5 minutes, if needed.
6. When cooking is complete, snip the bag and divide prawns 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 x 60g eggs
- 1 tablespoon olive oil
- 4 Portobello mushrooms
- 125g shaved smoked ham
- 1 bunch (200g) English spinach, washed and trimmed

## Hollandaise

- 3 (from 60g eggs) egg yolks
- 2 tablespoons lemon juice
- 100g unsalted butter, cubed
- Salt and freshly ground black 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/BOIL. The default temperature of 85°C and 4 minutes are shown on the LCD screen. Press START to preheat water.
3. 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.
4. Meanwhile heat oil in a frying pan and sauté mushrooms on medium-high for 4 minutes or until softened.
5. Take eggs out with a silicon slotted spoon and place one poached egg on a mushroom. Spoon over hollandaise and serve with ham and spinach.





*Eggspert Eggs on Sautéed Greens with Panko & Pine Nuts*



*the One<sup>®</sup> Precision Poacher™*  
With probe

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# Eggspert Eggs on Sautéed Greens with Pancetta & Pine Nuts



the One® Precision Poacher™

 Prep 10 minutes / Cook 15 minutes

 Serves 4

- 4 x 60g eggs
- 8 thin slices (80g) pancetta
- 2 bunches (150g each) asparagus, woody ends trimmed
- 20g 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 freshly ground black pepper
- 1 tablespoon toasted pine nuts

## 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 of 75°C and 8 minutes are 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, sauté 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. Pour eggs out onto a plate or directly onto the pancetta.
6. Serve greens with pancetta topped with an Eggspert egg. Sprinkle with pine nuts and freshly ground black pepper.





*Vietnamese Chicken Salad*



*the One® Precision Poacher™*  
With probe

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# Vietnamese Chicken Salad

 Prep 15 minutes / Cook 15-20 minutes

 Serves 4



the One® Precision Poacher™

- 2 x 200g chicken breasts
- 250g packet thin rice noodles (vermicelli)
- ½ (4 cups) Chinese cabbage
- 1 cup (100g) bean sprouts
- 1 cup (120g) carrot, finely julienned
- 1 Lebanese cucumber, seeded and julienned
- 1 cup (30g) Thai basil
- ½ cup (15g) Vietnamese mint
- 2 green onions, sliced
- 2 small red chillies, finely sliced

## Vietnamese dressing

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

## To serve

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

## 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 20 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. Poach chicken for 15 minutes. Check if cooked through. The thickest part of the chicken breast should read 75°C. Cook 5 minutes longer, if needed.
4. When cooking is complete, take out the chicken and let cool.
5. Cook noodles according to packet instructions. Toss them around to loosen up. Drain.
6. For the dressing, combine lime juice, rice wine vinegar, fish sauce, sugar and garlic. Stir until sugar is completely dissolved.
7. For the salad, divide noodles, cabbage, bean sprouts, carrots, cucumber, herbs, green onions and chilli 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*



*the One<sup>®</sup> Precision Poacher™*  
With probe

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# Salad Niçoise

 Prep 20 minutes / Cook 25 minutes

 Serves 4



the One® Precision Poacher™

- 10 (400g) baby chat potatoes
- 200g green beans, trimmed
- 4 x 60g eggs
- 2 x 200g very fresh tuna fillets
- 1 butter lettuce, leaves rinsed and drained
- 100g baby 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 black 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 the boil over high heat. Reduce heat to medium and cook potatoes, uncovered, for 20 minutes or until tender when pierced with a skewer. 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 refresh 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 them and cut in half.
8. Sear tuna fillets on medium-high heat for 30 seconds each side for medium-rare, or until cooked to your liking.
9. Combine remaining salad ingredients. Serve with sliced tuna and medium steamed eggs. Drizzle with vinaigrette and sprinkle with black pepper. Serve immediately.





*Sous Vide Salmon with Pasta, Crispy Garlic & Lemon Sauce*



*the One<sup>®</sup> Precision Poacher™*  
With probe

**Breville**

# Sous Vide Salmon with Pasta, Crispy Garlic & Lemon Sauce

 Prep 10 minutes / Cook 30 minutes

 Serves 2



the One® Precision Poacher™

2 x 200g salmon fillets (approx. 1.5cm – 2cm thick)

½ cup (80ml) olive oil

Freshly ground black pepper

1 cup (200g) crème fraîche

Zest of ½ lemon, some extra to garnish

Sea salt

160g spaghetti (Angel Hair) pasta

2 garlic cloves, finely sliced

2 teaspoons salted baby 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 30 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 season with 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 fraîche and lemon zest. Season.
5. Cook pasta according to packet instruction until al dente. 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 immediately with pasta, sauce and caviar. Garnish with dill and extra lemon zest.

## Note

Raw or unpasteurized food must never be consumed by immune compromised or highly susceptible individuals. Always use the freshest fish possible.

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





*Ramen Noodle Soup with Soy Sauce Eggs, Pork & Mushrooms*



*the One® Precision Poacher™*  
With probe

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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 x 60g eggs
- 1 tablespoon sugar
- 2 tablespoons sherry vinegar
- $\frac{3}{4}$  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 cob sweet corn
- 218g packet ramen noodles
- 100g BBQ Pork, cut into thin slices
- 1 cup (200g) kimchi
- 1 cup (100g) Bamboo shoots, sliced into strips
- 1 bunch bok choy
- 1 nori sheet, cut into thin strips
- Crispy pork crackling and dry fried onions, to garnish

## Method

1. Fill the pot of the Precision Poacher with water up 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 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. Keep them submerged in the liquid (put a plate over them). 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 noodles evenly among 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.