

## Sous Vide Salmon Steaks

Posted on June 11, 2012 by Meghan Daro

<http://www.cuisinetechology.com/blog/2012/06/11/sous-vide-salmon-steaks/>



Serves 4-6

Prep time: 10 minutes

Cook time: 20 minutes

### Ingredients:

4 12oz (340 gm) Salmon Steaks  
2 Tablespoons Extra Virgin Olive Oil  
1 Lemon, zested  
1 Lime, zested  
4 Sprigs of Thyme, intact  
½ Teaspoon Paprika  
Kosher Salt and Black Pepper, to taste

### Optional equipment:

Brûlée torch

### Step 1:

Set the Sous Vide Professional™ to 140°F/60°C\*, with the rear port closed and front port fully open.

### Step 2:

In a small bowl, whisk together olive oil, juices and seasonings. Divide and distribute liquid evenly into four vacuum bags.

### Step 3:

Individually vacuum seal salmon steaks with one sprig of thyme placed in center of steak. Take care not to apply full compression to the salmon.

### Step 4:

Place salmon in circulating water bath and cook for 15-20 minutes.

### Step 5:

Cooked salmon is incredibly delicate! Gently remove from vacuum bag. Serve as is, or char with a torch. Alternatively, the salmon can be given some grill marks or a sear in a hot non-stick pan, and cooled thoroughly before Step 3.

Tip: The salmon skin can be toasted by gently heating it with the torch until golden, brown and delicious.

\*Food Safety Note: The salmon can be cooked as low as 127.5°F/53°C. 140°F/60°C assures a well-done temperature throughout.