

Chef Greg Shares New Instant Pot Recipes for You to Try at Home

Garlic and Pepper Marinated Flank Steak

Serves: 4

Ingredients:

- 1 pound flank steak
- ¼ cup soy sauce
- 2 tablespoons olive oil
- 5 large garlic cloves, pressed
- 1 teaspoon cracked black pepper
- 2 ounces bacon fat

Directions:

1. Combine ingredients
2. Pour into sous vide bag along with steak for marinating
3. Cook at 130°F in sous vide water bath for 45 minutes
4. Finish on hot grill until golden desired temperature is achieved

Lemon Dill Beurre Blanc for Salmon

Yield: 4 oz | Serving Size: 1 fluid ounce | Number of Servings: 4

Ingredients:

- 6 fluid ounces white wine
- 1 ½ teaspoons salt
- ½ teaspoon white pepper
- 1 ounce shallot, minced
- 1 ounce olive oil
- 2 tablespoons lemon juice
- 4 teaspoons fresh dill, chopped

Directions:

1. Combine white wine, salt, white pepper, and shallot in small sauce pan
2. Reduce mixture until ~2 tablespoons of liquid remain
3. Over low heat, whisk in olive oil
4. Remove sauce pan from heat
5. Whisk in lemon juice, strain through chinois
6. Stir in dill
7. Pour in sous vide bag along with salmon
8. Cook at 130F in sous vide water bath for 45 minutes
9. Finish on hot grill until golden desired temperature is achieved

Pork Tenderloin Creole Sauce

Yield: 4 oz | Serving Size: 1 fluid ounce | Number of Servings: 4

Ingredients:

- 1 teaspoon garlic
- 1 fluid ounce olive oil
- 1 quart tomato sauce
- 1 pinch dried whole thyme
- 1 pinch Louisiana Hot Sauce
- 1t Cajun spice

Directions:

1. Saute garlic and olive oil
2. Add tomato sauce and thyme
3. Add hot sauce
4. Remove bay leaf
5. Season to taste with salt and pepper
6. Pour mixture into sous vide bag along with pork tenderloin
7. 7.Cook at 130°F in sous vide water bath for 45 minutes
8. Finish on hot grill until golden desired temperature is achieved

Rosemary and Roasted Red Pepper Marinade for Turkey

Yield: 4 oz

Ingredients:

- 1 cup roasted red peppers
- 6 medium garlic cloves, crushed
- 2 ½ tablespoons extra virgin olive oil
- 1 ½ tablespoons apple cider vinegar

- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- pinch crushed red pepper flakes
- 2 sprigs fresh rosemary (leaves only)

Directions:

1. Combine all ingredients in a food processor or blender, process until smooth
2. Pour into sous vide bag along with turkey breast
3. Cook at 130°F in sous vide water bath for 45 minutes
4. Finish on hot grill until golden desired temperature is achieved

Balsamic Reduction Marinated Duck Breast

Yield: 2 cups

Ingredients:

- ⅓ cup red wine
- 1 tablespoon balsamic vinegar
- ⅛ teaspoon salt
- ⅛ teaspoon fresh ground pepper
- ½ teaspoon sugar
- 1 sprig fresh thyme

Directions:

1. Combine all ingredients with ½ cup water in a saucepan

2. Cover; bring to a boil over high heat
3. Reduce to a simmer; cook, partially covered, until fruit has broken down (about 20-30 minutes)
4. Let cool slightly; remove thyme sprig
5. Press mixture through a large-holed sieve with a rubber spatula
6. Pour into sous vide bag with duck breast
7. Cook at 130F in sous vide water bath for 45 minutes
8. Finish on hot grill until golden desired temperature is achieved

Lemon and Garlic Marinated Scallops

Yield: 4 servings

Ingredients:

- 3 tablespoons olive oil
- 2 cloves garlic, minced
- ½ cup lemon juice
- ½ teaspoon lemon zest
- 2 teaspoons fresh parsley, chopped
- Kosher salt, to taste
- Freshly ground black pepper, to taste

Directions:

1. Heat olive oil in skillet; add garlic and cook, stirring frequently, until fragrant
2. Add lemon juice, season with salt and pepper
3. Remove from heat, stir in lemon zest and parsley

4. Pour into sous vide bag along with scallops
5. Cook at 130F in sous vide water bath for 45 minutes
6. Finish on hot grill until golden desired temperature is achieved

Zabaglione Custard over Berries and Pound Cake

Yield: 4 servings

Ingredients:

- 3 egg yolks pasturized
- 2 ounces sugar
- 2 ounces marsala
- 1 teaspoon sea salt
- 1 tablespoon lemon juice
- 2 tablespoons honey
- 1 tablespoon white balsamic
- 1 tablespoon fresh mint, chopped fine
- 8oz fresh seasonal berries
- 2 cups pound cake, cubed

Directions:

1. Combine egg yolk mixture and place in sous vide bag, reserve keep cool
2. Simmer lemon juice, honey and balsamic for 5 minutes
3. Cool honey mixture
4. Combine honey mixture with berries and mint
5. Cook custard mixture in sous vide water bath for 40 minutes at 140°F

6. Cook berry mixture in sous vide water bath for 10 minutes at 140°F

Serve custard in wine or martini glass layering pound cake, berries, and top with custard.

Golden Beets w/ Carrots and Asparagus

Yield: 4 servings

Ingredients:

- 12 ounces golden beets, cut in ½
- 2 tablespoons roasted shallots, diced
- Baby carrots, 8 each
- 8 ounces asparagus, pencil thin
- 1 tablespoon fresh thyme leaves
- 2 tablespoons olive oil
- Salt and pepper, to taste

Directions:

1. Add beets, shallots, baby carrots thyme and salt and pepper to sous vide vacuum bag
2. Cook in sous vide water bath for minutes at 180°F for 2 hours
3. Over high heat, sauté beet mixture in olive oil until lightly browned, add asparagus and cook for 3 minutes

