



Gourmia

MODEL# GSV140

**IMMERSION
SOUS VIDE POD**





Welcome to *Inviting* & Tender Meals from Gourmia!

With your purchase of the Gourmia® Immersion Sous Vide Pod, you've opened the door to a wonderfully tender, moist and delicious method of cooking. The ancient art of sous vide is one of simplicity: a heated water bath cooks food to perfection using leisurely cook times and low cooking temperatures. The results? Perfectly tender, mouth-watering cuts of meat, crisp-tender vegetables that retain all their nutrients, and the sweet ripeness of warm fruit.

The following pages of this manual give you full and complete instructions for all the functions and features of your Immersion Sous Vide Pod. Inside, you'll find helpful cooking hints and tips, steps for preparation, and an easy cooking chart for your favorite foods. Also included are instructions for cleaning and maintaining your Immersion Sous Vide Pod. Please read all safety instructions and complete directions carefully for safe usage at all times.

Thank you for your purchase! We hope you will enjoy all the innovative products brought to you by our family at Gourmia.

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www.Gourmia.com
The Steelstone Group
Brooklyn, NY

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IMPORTANT SAFEGUARDS

When operating this electric appliance, basic safety instructions should always be followed. Refer to the following for these instructions.

1. **READ ALL SAFETY & USAGE INSTRUCTIONS BEFORE USING THE IMMERSION SOUS VIDE POD.**
2. **EXERCISE EXTREME CAUTION: AVOID ELECTRICAL SHOCK.** DO NOT immerse cord, plugs or the entire Sous Vide Pod in water or other liquid. Only the heater and circulator portion of the Pod should be in the water. DO NOT immerse the Control Panel or upper portion of the Pod. If the Pod or any of these areas is submerged, unplug the Pod immediately and contact customer service for assistance.
3. Use CAUTION to avoid burns: Refrain from touching the hot surfaces or the heated water while using the Immersion Sous Vide Pod. Use extreme caution when moving hot water and/or containers and use potholders and tongs to avoid any risk of burns.
4. Operate the Immersion Sous Vide Pod in water ONLY. Do not use in other liquids or operate outside of water. Maintain the water levels between the Minimum and Maximum indicators. IF THE WATER FALLS BELOW THE MINIMUM LEVEL, AN ALARM WILL SOUND AND THE CIRCULATOR WILL SHUT OFF.
5. Do not use an extension cord with the Immersion Sous Vide Pod.
6. UNPLUG the Immersion Sous Vide Pod from outlet when not in use or before cleaning. Allow the Pod to cool before cleaning. Do not let cord touch hot surfaces.
7. Children should never use the Immersion Sous Vide Pod; close supervision is required when appliance is used near children.
8. Do not place the Immersion Sous Vide Pod directly on any heating element, gas or electric, or expose the Pod to any flammable or combustible elements.
9. Do not operate the Immersion Sous Vide Pod outdoors.
10. Never operate the Immersion Sous Vide Pod with a damaged cord or plug or one that has malfunctioned or been damaged in any way. Immediately contact Customer Service for analysis.
11. DO NOT add unauthorized accessory attachments. Such use may result in electric shock, injury or fire.

12. When done using, press Power off, then pull plug from outlet.
13. Do not use the Immersion Sous Vide Pod for any use other than intended.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY



Electrical 3-conductor Cord Set: This Immersion Sous Vide Pod is equipped with a 3-conductor cord set that has a 3 prong grounding-type plug. It should be properly connected to a grounding-type outlet. The plug is designed to fit ONLY a 3-grounding outlet unit, and as such, the grounding prong should never be removed. If needed, purchase a 2-prong adaptor and ground it to the outlet. Consult a qualified electrician if in doubt. Do not use an adaptor unless you are confident it is grounded. Do not modify this plug. If the plug does not fit the outlet securely, call a qualified electrician for assistance.

WARNING: This product contains a chemical known to the State of California to cause cancer.

WARNING: This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.



A. **Immersion Sous Vide Pod:** As the housing for the heating element, circulator and LCD Control Panel, the Pod allows the user versatility in choosing the size and shape of heat-safe container to be used as a water bath.

B. **Sous Vide Heating Element:** Placed internally into the Pod, the Heating Element is designed to reach temperatures up to 203°F.

C. **Water Circulator:** moves the water around the filled food bags to maintain an even water temperature.

D. **Variable Time & Temp Wheel:** The wheel adjusts both the time and temperature in increments on the Control Panel.

E. **Sous Vide Pod Clip:** Encased by a heat-safe plastic shield to protect cookware, the clip holds the Sous Vide Pod upright and vertical within the cooking container as the filled food bags cook in the water.





POWER
Button

SET
Button

THE LCD CONTROL PANEL Panel houses the electronic platform for the operational functions of the Immersion Sous Vide Pod.

POWER BUTTON

Easy On/Off button.

Press four (4) seconds ON

Press five (5) seconds OFF

SET BUTTON

Press to display variable Times & Temps:

- a. SET TEMP Cooking Temp
- b. ACTUAL TEMP Flashes until Cooking Starts
- c. SET TIME Cooking Time
- d. WORK TIME Timer



STEP-BY-STEP OPERATING INSTRUCTIONS

1

Place the Sous Vide Pod in a heat-proof container deep enough so that the Pod can clip to the side without touching the bottom of the container. Secure the Pod Clip to the side of the container.

2

Fill with water to a level between the Minimum Water level and Maximum Water level indicators on the Pod. NOTE: Adding filled food bags will increase the water level; check after adding food to ensure the water is not over the Maximum Water level line.

3

Plug the power cord into the outlet. Press the Power Button on the Control Panel for four (4) seconds until the Display turns ON.

4

Set Temperature for Celsius (°C) or Fahrenheit (°F) by pressing Power Button and SET Button at the same time to reach desired setting.

5

Set the SET TEMP. Rotate the Variable Time & Temp Wheel to set the desired cooking temperature. Cooking temperatures reach a maximum of 95°C or 203°F.

(cont'd on next page)

6

Set the SET TIME.

Press the SET Button once. The Hour display will flash.
Rotate the Variable Time & Temp Wheel to set the desired hour.

Press the SET Button twice. The Minute display will flash.
Rotate the Variable Time & Temp Wheel to set the desired minutes.
Cooking times extend from 00:00 to 59:59 hours.

7

Press the Power Button once to start the cooking process. When the water temperature reaches the SET Time, the alarm will beep every three (3) seconds, indicating the food should be added to the water.
Add the filled food bags and press the SET Button for two (2) seconds to cancel the alarm.

8

The TIMER will display the countdown after one (1) minute.

9

When the TIMER counts down to the SET TIME, the alarm will beep every three (3) seconds indicating the cooking time is elapsed. Press the SET button for 2 seconds to stop the alarm.

10

Press the Power Button for 5 seconds to turn OFF.

11

Remove cooked food bags with tongs, as water will be hot.
Unplug and cool Sous Vide Pod before cleaning.



FOOD PREP & COOKING GUIDE

The art of sous vide cooking is truly an art! It is simple in nature, yet this cooking method is often used by gourmet chefs to prepare the most complex, rich entrées and vegetables. Because the foods are cooked at low temperatures for longer times, the texture and flavors are authentically and naturally good-for-you and flavorful. Beef, poultry, fish and pork are fork-tender when done, with rich and inviting textures. Vegetables retain all their nutrients when cooked sous vide, so many of the natural sugars are retained, offering delightfully sweet and nutritious side dishes. In fact, everything about sous vide says, "naturally good-for you!"

The following Cooking Chart, along with our favorite Hints & Tips, will help determine how you'll prep food and how long and at what temperature you'll want to cook your foods for safety and flavor. Because temperatures are low and the cooking times are extended, be sure to follow all safety precautions. Enjoy!

Immersion Sous Vide Pod Cooking Chart

BEEF	Cook Temp	Cook Time	Chef's Finish
Filet or Steak			
rare	120° - 135°F	1 hour	Sear in hot skillet/top with butter
medium	140°F	1 hour	Sear in hot skillet/top with butter
well-done	160°F	1 hour	Sear in hot skillet/top with butter
Tri tip Roast	140°F	6-8 hours	Sear all sides when done. Slice thinly.
Prime rib roast	140°F	6-14 hours	Sear all sides when done. Slice thickly.

PORK	Cook Temp	Cook Time	Chef's Finish
Boneless or Chop			
medium	144°F	1-1.5 hours	Sear in hot skillet/top with butter & herbs
well-done	160°F	1-1.5 hours	Sear in hot skillet/top with butter & herbs

POULTRY	Cook Temp	Cook Time	Chef's Finish
Chicken breast	150°F	1-1.5 hours	Splash olive oil in skillet/sear all sides
Chicken dark meat	167°F	1-3 hours	Splash olive oil in skillet/sear all sides

FISH	Cook Temp	Cook Time	Chef's Finish
Filet or steak	122°F	45 -1 hour	Sear in hot butter for 30 seconds

EGGS	Cook Temp	Cook Time	Chef's Finish
Poached	146°F	45 minutes	Semi-soft cooked

VEGETABLES	Cook Temp	Cook Time	Chef's Finish
Green Vegetables	180°F	5 - 20 min	Toss w/ olive oil, kosher salt & toasted nuts
Root Vegetables	180°F	1.5-3 hours	Quarter/toss in mustard butter & herbs

Hints & Tips for Sous Vide Cooking

- * The thickness of meat, poultry and fish will determine the length of cooking time. Use an instant-read thermometer after removing from the cooking bag to guarantee that a safe-food temperature is indicated.
- * Food safety in handling and cooking is always a priority. When unsure of doneness, add 30 minutes to the cook time to pasteurize eggs and/or poultry.
- * Searing after cooking gives foods a crispy texture and an appealing visual picture. When meat is done, toss butter into a smoking-hot skillet and quickly sear the cooked meat for 30 seconds on each side. This gives the meat a caramel color and an appetizing outer appearance.
- * Some tough cuts of beef and pork can be cooked sous vide to tender perfection in 4 to 24 hours. Sear quickly when done and serve with root vegetables.
- * Vegetables will cook faster if they are thinly sliced or cut in small pieces; or if left whole, they will take more time to become tender. Either way, the natural sweetness and full nutrient value adds to the delight in sous vide vegetables.
- * Fruit can be cooked sous vide to make toppings, purees, syrups and such. Cook for 2-2½ hours at 160°F and let cool in the bag before using.

- * To prep meat, poultry and fish before cooking, add seasonings or rubs before bagging. Vacuum seal or use the Water Displacement Method to remove the water from the bag before cooking (see following).
- * To avoid the cooked protein that surfaces in sous vide chicken and fish, called “albumin,” brine the chicken or fish for one hour in lightly salted water, drain and pat dry.
- * ALWAYS use a BPA-free vacuum-sealed bag when cooking foods more than 8 hours.
- * Use a vacuum-sealed bag or use the “Water Displacement Method” for foods cooked fewer than 8 hours.

Water Displacement Method

1. Fill a large plastic container with cool water.
2. Prep your food to be cooked and place food in a BPA-free plastic freezer bag. Do not seal.
3. Slowly immerse the food-filled bag into the water. This will force the air out as the bag is immersed.
4. Continue immersing the bag until just before the water reaches the top of the bag.
5. While still in the water, close or zip to seal, forcing out all remaining air as much as possible.



BEFORE FIRST USE

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1. Remove all packaging and discard plastic bags.
2. Using a slightly damp cloth, wipe the Sous Vide Pod. Dry well.

MAINTENANCE

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1. When cool, clean the Sous Vide Pod with a slightly damp soft cloth. Dry well.
2. Store the Sous Vide Pod in a dry place. Do not wrap or secure in plastic.
3. After several uses, descaling may be required, particularly if hard water is used in cooking.
 - a. To descale, place the Pod in a heat-safe container and attach with clip
 - b. Fill the container with water to the Maximum Fill Level line on the Pod
 - c. Set the Temperature to 158°F.
 - d. Add one (1) ounce citric acid descaling powder (food grade).
 - e. Allow the water to circulate for 20 minutes after Temperature has been reached.
 - f. Press the Power Button OFF and unplug.
 - g. When cool, rinse the bottom of the Pod in clear water and wipe dry with a soft cloth.

NOTE: If the LCD display reads EO2 at any time, the digital thermometer is inoperable. Contact customer service.

NOTE: If the LCD Display reads error code E05 while cooking, there is too little water. Turn the Power Button OFF and add water. Re-start the Pod and continue cooking. If the water level drops below the Minimum Water Level line while cooking, the alarm will beep and the power will turn OFF. Fill the water above the Minimum Water Level Line and restart the Pod.

GOURMIA IN YOUR KITCHEN!

Did you know? Although Gourmia is the new kid on the block, we've already established ourselves as one of the leading manufacturers of creative and innovative kitchen products.

Check out these new kitchen appliances and check our website often for new product release information @ www.gourmia.com

Why not **Add** these Best-selling
Gourmia Appliances to your Kitchen!



Gourmia 8 Quart Smart Pot
Electric Pressure Cooker
GCP800

Gourmia 9 Quart Sous Vide
Water Oven Cooker
GSV550



Gourmia 2.2 Quart Automatic
Ice Cream, Gelato, Sorbet
& Frozen Yogurt Maker

GSI400



Gourmia Wide Mouth Fruit
and Vegetable Juice Extractor

GJ750



Gourmia Stainless Steel
Deep Fryer with
3 Frying Baskets

GDF500





WARRANTY & SERVICE

This Limited Warranty is for one full year from the date of purchase. It is applicable to the original purchaser only and is not transferable to a third party user. Repair or replacement of defective parts is solely at the seller's discretion. In the event that repair isn't possible, the seller will replace the product/part. If product repair/replacement won't suffice, the seller has the option of refunding the cash value of the product or component returned.

Product defects not covered under the Warranty provisions include normal wear and damage incurred from use or accidental negligence, misuse of instruction specifications or repair by unauthorized parties. The manufacturing company is not liable for any incidental or consequential damages incurred by such circumstances.

For Customer Service or Questions, Please call: 888-552-0033

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