



MONOPRICE

Sous Vide Water Oven



P/N 35239

User's Manual

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SAFETY WARNINGS AND GUIDELINES

Please read this entire manual before using this device, paying extra attention to these safety warnings and guidelines. Please keep this manual in a safe place for future reference.

- This appliance is intended for indoor use only.
- This appliance is intended for domestic use only. Do not use this cooker in a commercial environment.
- Other than inside the water chamber, do not expose this appliance to water or moisture of any kind. If the electronics are exposed to water, immediately unplug the appliance and allow it to fully dry before applying power.
- Wash the lid and inside the water chamber with soap and warm water prior to first use.
- Do not touch the device, the power cord, or any other connected cables with wet hands.
- Unplug the appliance from the power source when not in use. Never unplug the unit by pulling on the power cord. Always grasp the connector head.
- Do not place the appliance on an unstable or uneven surface where it could fall and cause either personal injury or damage to the appliance and/or other equipment.
- Before plugging the appliance into a power outlet, ensure that the outlet provides the 120 VAC, 60Hz power it requires.
- Do not use power extension cords. Always plug the appliance directly into a nearby AC power outlet.
- Prior to operation, check the appliance, lid, and power cord for physical damage. Do not use if physical damage has occurred.
- This appliance has no user serviceable parts. Do not attempt to open, service, or modify this device.
- The appliance, water, and the food bags all get hot during use. Allow them to fully cool to room temperature before emptying the water.

- Do not expose this appliance to excessively high temperatures. Do not place it in, on, or near heat sources, such as a stove, or leave it in direct sunlight.
- Use only sealed zip bags or vacuum sealed bags when cooking. Do not use plastic wrap.
- Do not move the appliance during use.
- Keep out of reach of children.
- Keep away from corrosive materials.

INTRODUCTION

Thank you for purchasing this Sous Vide Water Oven. Sous vide is French for "under vacuum" and describes a cooking method in which food is placed in vacuum sealed bags and cooked in a water bath. The food is cooked at a constant low temperature over a long time to make it moist and flavorful. The food cooks in its own juices, together with any marinade or spices you add. The vitamins, minerals, and juices are retained, enhancing the flavor of the food. This make it healthier than cooking with other methods. Since sous vide cooked meats are more tender than with other cooking methods, it is possible to use cheaper cuts, which are often tastier than the more expensive meats.

FEATURES

- 8 quart (7.6 liter) cooking capacity
- +104 ~ +194°F (+40 ~ +90°C) cooking temperature range
- 10 minute to 72 hour cooking time range
- Includes cooking rack

CUSTOMER SERVICE

The Monoprice Customer Service department is dedicated to ensuring that your ordering, purchasing, and delivery experience is second to none. If you have any problem with your order, please give us an opportunity to make it right. You can contact a Monoprice Customer Service representative through the Live Chat link on our website www.monoprice.com or via email at support@monoprice.com. Check the website for support times and links.

PACKAGE CONTENTS

Please take an inventory of the package contents to ensure you have all the items listed below. If anything is missing or damaged, please contact Monoprice Customer Service for a replacement.

1x Sous vide cooker

1x Lid

1x Cooking rack

1x Filter cap

1x Stirrer

1x User's manual

PRODUCT OVERVIEW

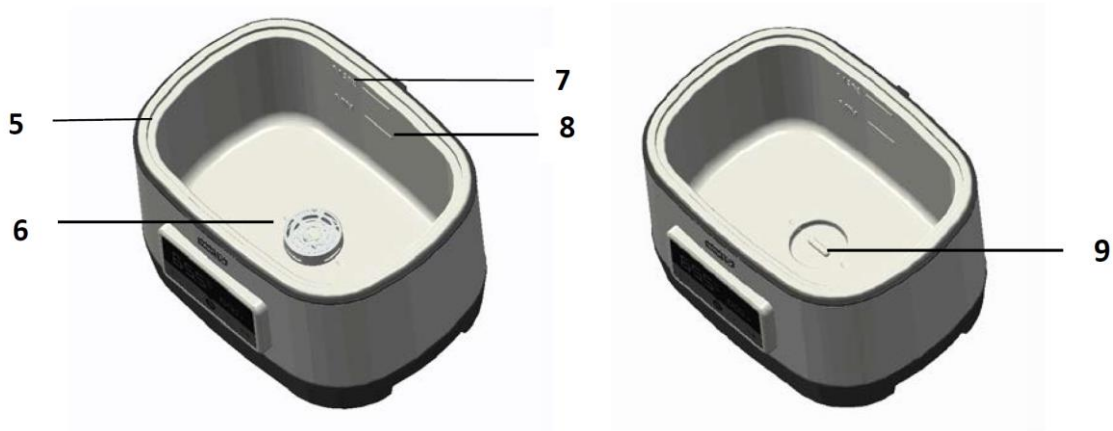


1. Lid

2. Lid Handle (both sides)

3. Control Panel

4. Cooking Rack



5. Water Chamber

6. Filter Cap

7. Maximum Water Level Line

8. Minimum Water Level Line

9. Stirrer

Note that the Stirrer is a removable magnetic capsule. Take care not to dislodge the Stirrer during cooking. Take care not to lose the Stirrer.



10. Timer/Temp Button

11. Start/Stop Button

12. Heat Indicator

13. Finish Indicator

14. Increase/Decrease Buttons

15. Set Temperature/Time Indicator

16. Live Temperature/Time Indicator

FOOD TYPES

The following food types are well-suited to sous vide cooking.

- Beef, veal, lamb, pork, and game
- Chicken, turkey, and duck
- Lean and oily fish, lobster tails, and scallops
- Potatoes, carrots, parsnips, beetroot, turnips, and other root vegetables
- Peas, asparagus, corn, broccoli, cauliflower, onions, squash, and other crisp vegetables
- Apples, pears, and other hard fruits
- Mangos, plums, apricots, peaches, nectarines, papaya, strawberries and other soft fruits

SOUS VIDE COOKING STEP BY STEP

1. **Seasoning:** You can marinate the food or add spices, herbs, butter, or oil before you seal the vacuum bag.
2. **Vacuum Sealing:** The food must be vacuum sealed in a bag to remove air and moisture. This ensures the foods retain their natural flavor and nutritional content. Vacuum sealing also helps open the pores of meat, poultry, fish, and shellfish, so that the marinade and spices are absorbed better and the food is more flavorful. Oxygen and moisture in the ambient air reduces the flavor, nutritional content, and structure of food. It is therefore important to use a high-quality vacuum sealer to remove air and moisture before the bag is sealed.
3. **Cooking:** Once the water has reached the required temperature, the vacuum bags containing the food should be placed gently in the water. Ensure that the bags are completely under water and that the water can circulate around the bags, so the food cooks evenly.
4. **Browning:** When foods are cooked sous vide, some foods, especially meats, may need to be browned in order to enhance their appearance and flavor. Remove the food from the bag and brown it quickly on a very hot frying pan or grill rack. This causes the fat and proteins to caramelize and enhance the flavor.

FOOD PREPARATION

- Foods for sous vide cooking must be absolutely fresh
- Ensure that meat, poultry, fish, and shellfish have been stored correctly below +41°F (+5°C)
- Only use brand new and clean vacuum bags
- Keep fresh and cooked foods apart
- Wash your hands and work area thoroughly before handling food
- Food thickness must be as described in the *TABLE OF SOUS VIDE TEMPERATURES AND TIMES*

USE

1. Place the appliance on a flat surface near an adjacent AC power outlet.
2. Place the **Stirrer** in the middle of the indentation in the **Water Chamber**.
3. Cover the indentation and **Stirrer** with the **Filter Cap**. Ensure it is seated firmly in place.
4. If the food you will be cooking is best cooked on the **Cooking Rack**, place the **Cooking Rack** in the **Water Chamber**.
5. Fill the **Water Chamber** with lukewarm or hot water. The water level must be higher than the **MIN** mark in the water compartment and lower than the **MAX** mark. Do not fill the compartment so much that water will spill out of the **Water Chamber** when the food bags are placed in the water. Note that if filling with hot water, ensure that the water temperature is below the cooking temperature.
6. Place the **Lid** on the cooker.
7. Plug the cooker into an AC power outlet. A buzzer will sound and the display will illuminate after about 1 second, with the **Set Temperature/Time Indicator** showing **+140°F** and 2 hours (**02:00**).
8. If you want to change the preset temperature and time, press the **Timer/Temp Button**. The temperature in the **Set Temperature/Time Indicator** will begin blinking.
9. By default, the temperature is displayed in degrees Fahrenheit. If you want to set the temperature in degrees Celsius, press and hold the **Timer/Temp Button** for about 3 seconds.
10. Use the **Increase/Decrease Buttons** (+ and -) to set the temperature to the desired cooking temperature. Press and hold the buttons to rapidly change the displayed value.
11. Once the **Set Temperature/Time Indicator** shows the desired cooking temperature, press the **Timer/Temp Button**. The temperature display will stop blinking and the time display will begin blinking.
12. Use the **Increase/Decrease Buttons** (+ and -) to set the time to the desired cooking time. Press and hold the buttons to rapidly change the displayed value. Note that

the time is adjustable in 1 minute increments when the value is between 10 minutes and 2 hours and in 10 minute increments when the value is between 2 hours and 72 hours.

13. Press the **Timer/Temp Button**. The **Set Temperature/Time Indicator** will stop blinking.
14. Press the **Start/Stop Button**. The cooker will begin heating the water and the **Heat Indicator** will illuminate. After a few seconds, the **Stirrer** will begin circulating the water. The **Live Temperature/Time Indicator** will display the current water temperature.
15. Once the water temperature reaches the set cooking temperature, the cooker will beep three times, the **Heat Indicator** will turn off, and the **Finish Indicator** will begin blinking.
16. Remove the **Lid**, then place the food vacuum bags into the water using tongs. Replace the **Lid**.
17. Press the **Start/Stop Button**. The **Finish Indicator** will turn off and the cooking time in the **Live Temperature/Time Indicator** will begin counting down. If the **Start/Stop Button** is not pressed within 3 minutes, the cooking cycle will begin automatically. Note that the **Live Temperature/Time Indicator** will alternate between showing the time counting down for 9 seconds, then the live temperature for 1 second.
18. Once the cooking time has completed, water circulation will cease, the cooker will beep once, and the **Live Temperature/Time Indicator** will begin blinking **00:00**.

Important Notes:

- If you press the **Start/Stop Button** while the cooking cycle is in progress, the cycle will be terminated and the **Live Temperature/Time Indicator** will show the time value shown on the **Set Temperature/Time Indicator**.
- You can adjust the cooking temperature and cooking time while the cooking cycle is in progress. Simply perform steps 8-13 above to change the temperature and/or time.
- Do not remove the **Lid** while the cooking cycle is in progress. If water condensation inside the **Lid** prevents you from seeing inside the **Water**

Chamber, you can tilt one side of the **Lid** to allow the condensation to run down into the **Water Chamber**.

- Do not remove, tamper with, or disturb the **Stirrer** or **Filter Cap** while the cooking cycle is in progress. If the **Stirrer** becomes dislodged, you will need to stop the cooking cycle and allow the water to cool sufficiently to replace the **Stirrer** and **Filter Cap**, then restart the cooking cycle.
- Ensure that the food bags are completely sealed before cooking begins. Ensure that the bags are still completely sealed once cooking is completed.
- If the food is to be consumed within a few hours, it can be left in the water bath for a short time without ruining the structure. Refer to the Standing Time value for the food type in the *TABLE OF SOUS VIDE TEMPERATURES AND TIMES*.
- If the food is to be stored inside a refrigerator for later use, immediately place the bags in ice water to quickly reduce the temperature of the food.

CLEANING

Once cooking is complete, perform the following steps to clean the cooker and store it safely for future use.

1. Unplug the cooker from the AC outlet and allow it the water inside to fully cool to room temperature.
2. Remove the **Lid** and set it aside.
3. Pour the water out of the **Water Chamber**.
4. Remove the **Filter Cap** and **Stirrer**. Wipe them dry with a soft, dry towel, then set them aside.
5. Dry the inside of the **Water Chamber** with a soft, dry towel. Take care not to damage the temperature sensor on the floor of the **Water Chamber**.
6. Dry the **Lid** with a soft, dry towel.

7. Moisten a soft cloth with water, then wring it out well so that there is no residual water.
8. Wipe the outside of the cooker with the well-wrung cloth, then dry it with a soft, dry towel.
9. Place the **Stirrer** in the middle of the **Water Chamber**, then cover it with the **Filter Cap**.
10. Place the **Lid** on the cooker, then store it in a cool, dry location.

Warning! Never immerse the cooker, the power cord, or the AC plug in water. If water does get inside the cooker, immediately unplug it from the AC power outlet and allow the inside to completely dry before reapplying power.

TABLE OF SOUS VIDE TEMPERATURES AND TIMES

Beef, Veal, Lamb, and Game	Thickness	Temp (°F)	Time (hrs)	Standing Time (hrs)
Fillets, chops, ribeye, T-bone, sirloin, porterhouse (tender cuts)	0.4"~0.8"	120+	1 hr	Up to 6
	0.8"~2.0"	120+	2 hrs	Up to 8
Flank, neck, thigh, shoulder, shank	1.6"~2.4"	120+	8 hrs	Up to 10

Pork	Thickness	Temp (°F)	Time (hrs)	Standing Time (hrs)
Pork breast	1.2"~2.4"	180	10	Up to 12
Spareribs	0.8"~1.2"	138	10	Up to 12
Cutlets	0.8"~1.6"	133+	4	Up to 6
Pork loin	2.0"~2.8"	133+	10	Up to 12

Poultry	Thickness	Temp (°F)	Time (hrs)	Standing Time (hrs)
Chicken breast with bone	1.2"~2.0"	180	2	Up to 3
Boneless chicken breast	1.2"~2.0"	147	1	Up to 2
Chicken thigh with bone	1.2"~2.0"	180	1.5	Up to 3
Boneless chicken thigh	1.2"~2.0"	147	1	Up to 2
Chicken drumstick	2.0"~2.8"	180	2	Up to 3
Duck drumstick	1.2"~2.0"	147	2	Up to 2

Fish and Shellfish	Thickness	Temp (°F)	Time (hrs)	Standing Time (hrs)
Lean and oily fish	1.2"~2.0"	117+	1	Up to 1
Shrimps	0.8"~1.6"	140	1	Up to 1
Lobster tail	1.6"~2.4"	140	1	Up to 1
Scallops	0.8"~1.6"	140	1	Up to 1

Vegetables	Thickness	Temp (°F)	Time (hrs)	Standing Time (hrs)
Root vegetables	0.4"~2.0"	181+	1	Up to 2
Crisp vegetables	0.4"~2.0"	181+	1	Up to 2

Notes:

- Thinner meats will cook faster.
- The Standing Time is the longest time the food can remain in the water after cooking without the food structure changing.

TABLE OF DONENESS AND TEMPERATURES

Food Type	Doneness	Temperature (°F)
Beef, veal, lamb, pork, and game	Rare	120
	Medium-rare	133
	Medium	140
	Medium-well done	149
	Well-done	160+
Poultry, boneless	Well-done	147
Poultry, with bone	Well-done	180
Fish	Rare	117
	Medium-rare	133
	Medium	140
Vegetables	General	181~189

TECHNICAL SUPPORT

Monoprice is pleased to provide free, live, online technical support to assist you with any questions you may have about installation, setup, troubleshooting, or product recommendations. If you ever need assistance with your new product, please come online to talk to one of our friendly and knowledgeable Tech Support Associates. Technical support is available through the online chat button on our website **www.monoprice.com** or through email by sending a message to **tech@monoprice.com**. Check the website for support times and links.

SPECIFICATIONS

Model	35239
Thermal Power	700 watts
Minimum Temperature	+104°F (+40°C)
Maximum Temperature	+194°F (+90°C)
Temperature Stability	0.54°F (0.3°C)
Minimum Water Depth	3.2" (81.8mm)
Minimum Bath Size	4.2 quarts (4.0 liters)
Maximum Bath Size	8.5 quarts (8.0 liters)
Maximum Working Bath Size	7.1 quarts (6.7 liters)
Pump Volume	N/A (no pump inside)
Input Power	120 VAC, 60Hz

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