

SOUS VIDE MEATS

Sauerbraten

Use brisket

cook in the marinade (do not marinate beforehand)

155F for 24 hours

Boneless Pork Shoulder

Rub with provence spices, salt and pepper

140F for 24 hours

Lamb Shank

160F for 23? or 30 hours

Spice rub: avo oil, salt, pepper, thyme, garlic powder

Brisket

140 for 30 hours

next time: 134 for 36 hours