



SOUS VIDE STRAWBERRIES

- 🕒 15 min. 🕒 2 hrs. 🍴 medium 🍴 6 portions

INGREDIENTS

Sous vide strawberries

400 g strawberries, trimmed and cut into halves
2 tbsp orange juice (see Tips)
1 tbsp pure maple syrup (see Tips)
8 fresh basil leaves (optional)
water, to fully submerge bags (not higher than the 2L maximum fill level)
30 g lemon juice (approx. ½ lemon) or
1 level tsp ascorbic acid powder

USEFUL ITEMS

large bowl, sous vide bags, vacuum sealer, blade cover, tongs

THERMOMIX PARTS

measuring cup, butterfly whisk, spatula

Preparation

Sous vide strawberries

1. Place 200 g of the strawberries, 1 tablespoon of the orange juice, 2 teaspoons of the maple syrup and 4 of the basil leaves (optional) into a sous vide bag (18 cm x 16.5 cm - see Tips), spread out in a single layer, and seal using a vacuum sealer as per manufacturer's instructions (see Tips). Repeat with another sous vide bag and remaining strawberries, juice, syrup and basil (optional).
2. **Insert blade cover.** Place sealed bags with strawberries into mixing bowl and add enough water to fully submerge bags (not higher than the 2L maximum fill level). Remove bags from mixing bowl and set aside. Add lemon juice to mixing bowl and warm up **Sous-vide** 🕒/15 min/80°C.
3. Place bags, side by side, into mixing bowl, ensuring bags are completely covered with water, then start **Sous-vide** /18 min/80°C. Carefully remove bags using tongs and set aside to cool completely (see Tips). Discard basil leaves. Spoon strawberries and any cooking juices over mousse before serving.

TIP

- Serve strawberries spooned over chocolate mousse, stir through vanilla ice cream or serve dolloped with whipped cream and a sprinkle of crushed caramel praline.
- You can replace the orange juice with orange or berry liqueur in this recipe.
- You can replace the maple syrup with sugar of choice in this recipe.
- If you do not have a vacuum sealer, use the water displacement method: Fill a large container or bowl with water. Place 200 g strawberries and other ingredients into a snap lock bag and seal, leaving a gap of approx. 3 cm still open. Slowly submerge bag into the water (pressure from the water will force the air out), sealing bag closed just before it is completely submerged. We recommend using high quality snap lock bags. Look for bags made without BPA (Bisphenol A), which are widely available from major retailers. Polythene bags are not suitable for cooking food.

- To protect against the possibility of rust, 30 g fresh lemon juice or a level teaspoon of vitamin C/ascorbic acid powder must be added to the water before heating.
- After strawberries have cooled, you can store them in the refrigerator for up to 2 days before serving.
- If cooking this recipe in a TM5 with Blade Cover, please heat water using **15 min/80C/reverse/speed 1** and cook strawberries using **18 min/80C/reverse/speed 1** in place of the Sous Vide mode.