



Instant Accu SV800 V1 Sous Vide User Manual

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Accu SV800

Technical Specifications

- Temperature Range: 40 – 90 °C / 104 – 194 °F
- Temperature Adjustment: ± 0.1 °C / 1 °F
- Timing Control: 10 minutes to 72 hours
- Power: 800W Max
- Circulation Pump: 8.2 LPM Max

Please read carefully and retain for future use.

Safety Precautions

For Immersion Circulator AccuSV800

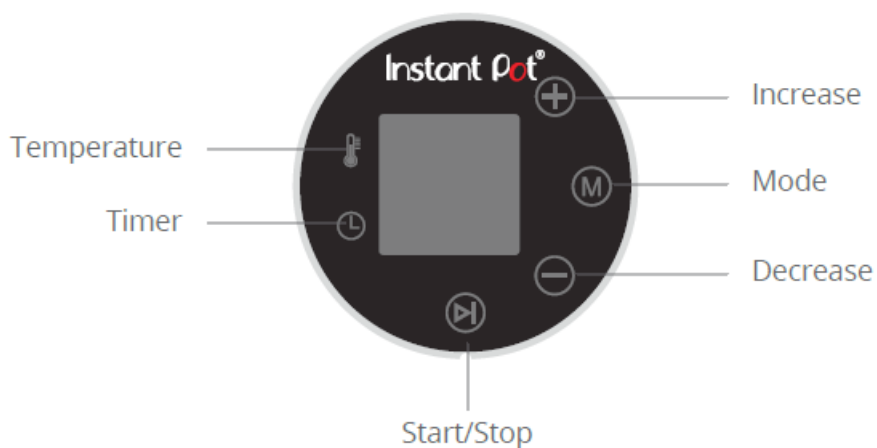
- Read all instructions before using the device.
- Do not touch the hot surfaces, always allow the system to cool before emptying water from the cooking container.
- To avoid the risk of electric shock never immerse the power cord or plugs in water and do not fill the water past the 'max' fill line. Never immerse the upper section of the machine in water or other liquid.
- Never operate the device with the stainless steel element cover removed. Always ensure the device is securely clamped.
- Adult supervision is required if the device is operated by children.


- Unplug the device from the power outlet when not in use and before cleaning to avoid contact with moving parts. Never disassemble the device for cleaning more than is described in this guide.
- Do not operate the device with a damaged power cable or plug.
- Place your cooking container on a heat protector or mat to avoid damaging work surfaces.
- Never use deionized water.
- Always put food in a sealed bag/jar before submerging it in the water of the container being used.
- Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk of food borne illness; always cook to the minimum time guide.


Overview






Controls and Features



Start/Stop Button  : ON & OFF:
To turn appliance on, plug in appliance.
To turn appliance off, unplug appliance.

Start/Stop Button  : Start & Stop: Power on the appliance, set the desired cooking time and temperature and press Start/Stop button to start the cooking process. Press this button again to stop the cooking process and return to the default time and temperature settings.

Mode Button  : Use this button to shift back and forth between the time and temperature settings. Hold this button down for 5 seconds to change the temperature display from Celsius to Fahrenheit.

Setting Adjustment Buttons  and  : Use the plus and minus buttons to scroll to the desired time and temperature settings. When using the temperature setting, press button once to increase or decrease the temperature in increments of 0.1 °C (or 1 °F). When you've reached the desired temperature, press and hold the button down to set it.

To adjust the cooking time, press button to increase or decrease time in increments of 1 minute for cooking time between 10 minutes and 2 hours, and in increments of 30 minutes for cooking times between 2 hours and 72 hours.




Settings Range




Default settings: temperature: 56 °C / 133 °F and time: 08:00 hours


Temperature setting range: From 40 °C to 90 °C / 104 °F to 194 °F

Time setting range: From 10 minutes up to 72 hours


1. Plug the appliance in and all the buttons will light up. You will also hear a beep sound.
The display shows the default time on 08:00 and temperature at 56 °C / 133 °F.

2. Press the  button, the temperature display flashes. Press the  or  button to set desired temperature.

Press the  button again, the time display flashes and now you can use the  or  button to set the desired cooking time.

3. Once time and temperature parameters have been set, press the  button to start the cooking process. There is a preheat stage to bring the circulator to desired temperature before cooking. As the circulator is preheating, the display shows the unit's real time temperature.

When the desired temperature is reached, the circulator beeps 3 times, and the circulator's timer starts counting down the cooking time.

4. If at this stage, you need to stop or reset the appliance, press the  button. This will stop the cooking process and the display will return to the default time and temperature settings. Repeat steps 2 and 3 to program a new cooking time and temperature.

5. To signal the end of the cooking time, the circulator will go back to the power ON status.

Cooking Basics

Sous Vide Cooking

Sous vide has been a popular cooking method in restaurants for several years. Sous vide is a French term which means “under vacuum” and is used to describe the process of packaging food in vacuum-sealed pouches and then cooking it in a water bath. Food slowly cooks at precise low temperatures over a long period of time to achieve succulent, delicious meals. Sealing food inside pouches allows it to cook in its own juices; you can also add any marinades or seasonings you like. Vitamins, minerals and juices are retained within the food and natural flavors are intensified. This allows the food to be healthier, more tender and tasty. Sous vide cooking is great for tougher and lower grade cuts of meat, such as chuck steak, for example, as the process tender-izes the meat. As it's difficult to overcook using the sous vide method, you get perfectly cooked food every time, although you may notice slight alterations in texture.

The ability to cook food in individual pouches makes the sous vide method perfect for families and entertaining, as you can easily cater to personal tastes and nutritional requirements and food can be prepared ahead of time.

Temperatures: The immersion circulator has a temperature range of between 40 °C and 90 °C / 104 °F to 194 °F, with increment options of 0.1 °C (or 1 °F). Different cooking temperatures are required for different types of food and you can always make adjustments for different degrees of doneness. See the Temperature and Time Guide on pages 12 for more information.

Time: The cooking time depends on the thickness rather than the weight of the food. The default cooking time is 08:00 hours. Time can be set from 10 minutes to 72 hours.

See the Temperature and Time Guide on page 12 for more information.

Ideal Foods for Sous Vide Cooking

Meats are ideal to cook using the sous vide method as the process makes them more tender, succulent and flavorful.

Red meats: lamb, beef, pork

Poultry: chicken, turkey, duck

Seafood: fish, lobster tails, scallops

Eggs

Vegetables:

- Root vegetables – potatoes, carrots, parsnips, beets, turnips
- Tender vegetables – peas, asparagus, corn, broccoli, cauliflower, eggplant, onions, squash

Fruit:

- Firm fruits: apples, pears
- Tender fruits: mangoes, plums, apricots, peaches, nectarines, papayas, strawberries

Simple Steps to Sous Vide Cooking

Step 1. Seasoning your food

To enhance flavors, you may wish to add marinade, spices, herbs, butter or oil to your vacuum pouch prior to

sealing.

Step 2. Vacuum sealing

Sous vide cooking requires food to be vacuum sealed inside pouches to remove excess air and moisture in order to lock in the food's natural taste and nutrients. Vacuum sealing also helps to relax the fibers in meat, poultry and seafood so that marinades and seasonings are more readily absorbed for great-er intensity in flavor.

Vacuum sealing can be easily achieved using zip-lock bags or similar. Simply fill a sink or large vessel with water and place the food and seasonings in a zip lock bag. Holding the top corners of the bag, slowly immerse in the water and the air will be pushed out. Once the bag is immersed up to the zipper, seal the bag. Take care not to immerse the bag too far before sealing as this may contaminate the food with water.

Commercial vacuum sealing machines are also available.

Step 3. Cooking your food

When the desired sous vide water temperature has been reached, carefully place the pouches in the water. Ensure the pouches are fully submerged, and that water can easily circulate around the pouches for even cooking.

Step 4. Searing your food

After sous vide cooking, you may wish to finish off your dish by searing it to enhance the food's taste and appearance; this is particularly helpful when cooking meat. Remove the meat from the pouch and quickly sear it in a hot pan. This will enable the caramelization of fats and proteins to bring out extra flavor.

Food Preparation

- Start with fresh, high quality ingredients.
- Ensure that all meat, seafood and poultry have been stored at below 5°C. We recommend using a digital food thermometer to check the temperature.
- Make sure that the food pouches are clean and that they've not been contaminated by dirt or other food items.
- Use detergent and warm water, or a sanitizing solution to clean the food preparation area.
- To avoid any cross-contamination, ensure that the area used for raw ingredient preparation does not come into contact with any cooked foods.
- Wash hands well before any food preparation.

Cooking

- Follow guidelines provided according to food type and thickness, as described in the Temperature and Time Guide on page 12.
- Note that smaller cuts of meat will cook faster.
- Ensure that the cooking pouch is completely sealed before starting the cooking process, and check that the seal has remained sealed after cooking.

Storage

If the food you have cooked is not going to be consumed immediately, plunge the pouch into ice water to reduce temperature quickly. Keep refrigerated.

Settings Table

Temperatures:

- Settings range: 40 °C to 90 °C/104 °F to 194 °F
- Default cooking temperature: 56 °C/133 °F
- Programmable temperature increments: 0.1°C / 1°F

Time:

- Settings range: 10 mins to 72 hours
- Default cooking time: 8 hours
- Programmable time increments: 1 min for cooking times between 10 min and 2 hours, and 30 mins for cooking times between 2 hours and 72 hours

Temperature and Time

The following section provides some general guidelines to setting the temperatures and times for your sous vide cooking. You can always adjust according to your personal preferences.

Food	Thickne ss	Cooking Outcome	Cooking Temper ature	Coo king Time (Min imu m)	Cooking Time (Maximum)
Beef					
Tender Cuts:					
Tenderloin, cutlets, sirloin, rib eye, rum p, T-bone	2-5 cm/ 0.5"- 2"	Rare Medium rare Me dium	50 °C / 1 22 °F 54 °C / 1 29 °F 56 °C / 1 33 °F	1 ho ur 1 ho ur 1 ho ur	4 hours 4 hours 4 hours
Tougher Cuts:		Well done	60 °C / 1 40 °F	1 ho ur	4 hours
Blade, chuck, shoulder, shanks,	4-6 cm/ 1.5"- 2.5 "		50 °C / 1 22 °F	8 ho urs	18 hours
game meats.					
Pork					
Belly Ribs Chops	3-6 cm/ 1"- 2.5" 2-3 cm/ 0.5"- 1.5 " 2-4 cm/ 0.5"- 2"		82 °C / 1 80 °F 59 °C / 1 38 °F 56 °C / 1 33 °F	10 h ours 10 h ours 2 ho urs	22 hours 22 hours 10 hours
Lamb					

Chops	2-4 cm/ 0.5”- 2”	Rare	52 °C / 1 26 °F	1 ho ur	3 hours
		Medium rare	55 °C / 1 31 °F	2 ho urs	5 hours
		Medium	60 °C / 1 40 °F	1 ho ur	4 hours
Poultry					
Chicken: – breast with bone	3-5 cm / 1”-2”		82 °C / 1 80 °F	2 ho urs	7 hours
– breast without bone	3-5 cm / 1“-2”		64 °C / 1 46 °F	1 ho ur	5 hours
– thigh with bone	3-5 cm / 1“-2”		82 °C / 1 80 °F	2 ho urs	7 hours
– thigh without bone	3-5 cm / 1“-2”		64 °C / 1 46 °F	1 ho ur	4 hours
– legs	5-7 cm/ 2 -3”		82 °C / 1 80 °F	2 ho urs	7 hours
Duck Breast	3-5 cm / 1“-2”		64 °C / 1 46 °F	2 ho urs	4 hours
Eggs					
		Runny	62 °C / 1 44 °F	45 m ins	
		Just set	66 °C / 1 50 °F	45 m ins	
		Medium	68 °C / 1 55 °F	45 m ins	
		Soft boiled	73 °C / 1 64 °F	45 m ins	
Fruit and Vegetables					
Vegetables			85 °C / 1 85 °F	1 ho ur	3 hours
Fruits			85 °C / 1 85 °F	45 m ins	2 hours

Please note:

- Longer cooking times may alter food texture.
- Suggested times and temperatures are intended as guidelines; additional cooking time may be required to achieve desired result.
- All thicknesses in preceding table are measured once the food has been vacuum sealed.
- Thinner cuts of meat will cook faster.

Troubleshooting

If you experience any problem with your appliance, try these helpful tips.

Error code E1: When the water level falls below the MIN threshold mark on the circulator, it will trigger a sensor and the circulator will stop. Error code E1 will be featured on the display. Turn the appliance off, add sufficient water, turn it on again and the circulator will resume the cooking process.

Error code E4: When the water level falls below the MIN threshold mark on the circulator, and the water shortage sensor fails to activate, it will trigger the dry boil sensor and the circulator will stop. Error code E4 will be featured on the display. Turn the appliance off, add sufficient water and turn it on again. When the circulator has sufficiently cooled down, the circulator will resume the cooking process.

Seasoning Suggestions

Sous Vide cooking is all about the main ingredient and enhancing its natural flavor. The seasoning options with this style of cooking are endless. Below are sample suggestions of some great flavor combinations to inspire you and get you started.

Lamb: (approximately 500g or 1 lb)

- 2 sprigs fresh rosemary and 1 teaspoon garlic powder
- 2 sprigs fresh mint
- 2 sprigs fresh thyme
- 3 anchovies, finely chopped
- 1 teaspoon ground coriander and 1 teaspoon ground cumin
- 1 tablespoon Moroccan spice rub
- 2 tablespoons olive oil, 1 tablespoon of lemon zest and 1 teaspoon garlic powder

Beef: (approximately 500g or 1 lb)

- 50 g / 2 oz butter, 2 cloves crushed garlic, 2 sprigs fresh thyme
- 50 g / 2 oz butter, 2 cloves crushed garlic, 2 sprigs fresh parsley
- 50 g / 2 oz butter, 2 tablespoons fresh chives, 1 tablespoon grainy mustard
- 1 tablespoon olive oil, 2 sprigs fresh thyme, 50 g / 2 oz cooked bacon

Salmon: (approximately 500g or 1 lb)

- 1 tablespoon soy sauce, 1 tablespoon honey and 1 teaspoon grated ginger
- 2 tablespoons maple syrup, 1 tablespoon soy sauce and 1 teaspoon garlic powder
- 2 tablespoons teriyaki sauce, 1 teaspoon grated ginger, 1 teaspoon garlic powder and 1 teaspoon chili flakes

White Fish: (approximately 500g or 1 lb)

- 2 slices lemon, 2 sprigs fresh dill
- 1 stalk lemon grass, 1/4 cup fresh basil, 2 slices lime
- 1 tablespoon soy sauce, 1 teaspoon sesame oil and 2 sprigs fresh coriander

- 1 tablespoon fresh dill, 1 teaspoon smoked paprika, 1 teaspoon lemon rind, 1/2 teaspoon cayenne

Chicken: (approximately 500g or 1 lb)

- 2 slices lemon, 2 sprigs fresh thyme
- 50 g / 2 oz browned butter, 4 fresh sage leaves, salt and black pepper
- 20 g / 1 oz butter, 2 sprigs fresh flat leaf parsley 2, tablespoons capers
- 1 onion, 1 clove garlic, 1/2 cup chopped tomatoes, 1/4 cup fresh basil
- Mix 1 tablespoon ricotta with 1 tablespoon lemon zest and stuff mixture into chicken breasts

Pork: (approximately 500g)

- 1 tablespoon fennel seeds, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1/4 cup apple sauce, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1 tablespoon lemon zest, 1 tablespoon fresh thyme, 1 tablespoon fresh sage, 1 teaspoon sea salt, 1 teaspoon black pepper
- 1 tablespoon ground cumin, 1 tablespoon ground coriander, 1 teaspoon cinnamon, 1 teaspoon brown sugar, 1 teaspoon chili flakes

Warranty

Limited Warranty

Instant Pot Company (the "IPC") warrants this appliance to be free from defects in workmanship and material, under normal residential use, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser and use in USA and Canada. A purchase receipt, purchase order number or other proof of date of original purchase is required before warranty service is performed. IPC's obligation under this warranty is limited to replacing or repairing, or assisting in the repair at IPC's option. All repairs for which warranty claims are made must be pre-authorized by IPC.

This appliance comes equipped with many safety features. Any attempt to interfere with their operation may result in serious injury/damages and void this warranty. No warranty service will be provided to any appliance that has been tampered with, unless directed by an IPC representative. This warranty does not cover normal wear of parts or damage resulting from negligent use or misuse of the appliance, use contrary to the operating instructions, failure to provide reasonable and necessary maintenance, or disassembly, repair or alteration by anyone unless directed by an Instant Pot Representative. This warranty does not cover units that are used outside of US and Canada. Further, the warranty does not cover damage resulting from Acts of God, such as fire, flood, hurricanes and tornadoes. IPC is not responsible for shipping cost for warranty service.

Limitation and Exclusions

To the extent permitted by applicable law, the liability of IPC, if any, for any allegedly defective appliance or part shall be limited to repair or replacement of the appliance or part and shall not exceed the purchase price of a comparable replacement appliance or part. THE PROVISIONS OF THIS WARRANTY ARE YOUR SOLE AND EXCLUSIVE REMEDY WITH RESPECT TO THE PRODUCT(S) COVERED BY THIS WARRANTY. ALL IMPLIED WARRANTIES WITH RESPECT TO THE APPLIANCES(S) INCLUDING, BUT NOT LIMITED TO, IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE HEREBY EXPRESSLY EXCLUDED.

IPC is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the appliance or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces/states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

You the buyer may have other rights and remedies under your state's or province's applicable laws, which are in addition to any right or remedy which may be available under this limited warranty.

Warranty Service

If the appliance should become defective within the warranty period, please contact Instant Pot Customer Service team by:

- Create a support ticket at www.InstantPot.com/support/
- Email to support@instantpot.com
- Or call 1800 828-7280 for Instant Pot customer service representative

To facilitate speedy service, please provide:

- Your name, email address or phone number
- A copy of the original purchase receipt with order number, the model and serial number
- Description of the product defect, pictures or video if possible

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