

# Avalon Bay



## Sous Vide Stick-100 Product Guide (SVS-100)

## Introduction

Congratulations on your purchase of a new Avalon Bay Sous Vide Stick. This circulator provides an easy and healthy way to prepare your favorite foods. Your Sous Vide Stick uses a water bath to cook your food in vacuum sealed pouches from all directions, and the best part is that it doesn't require any oil.



**Before using your Sous Vide Stick, please read this manual carefully. Incorrect operation can result in serious damage or injury.**

## Need to Contact Us?

<b>WEBSITE:</b>	<a href="http://www.avalon-bay.com">http://www.avalon-bay.com</a>
<b>SUPPORT EMAIL ADDRESS:</b>	<a href="mailto:support@avalon-bay.com">support@avalon-bay.com</a>
<b>TELEPHONE NUMBER:</b>	1-844-528-2566

### Thank You for Choosing the Avalon Bay Sous Vide Stick

Please read this manual thoroughly and follow all instructions and safety guidelines. With proper care and maintenance, this appliance will provide you with many years of trouble-free use.

For future reference, we recommend you attach a copy of your sales receipt below and record the following information, located on the manufacturer's nameplate on the rear of the unit. You will need this information if it becomes necessary to contact the manufacturer for service inquiries.

**Date of Purchase:** \_\_\_\_\_

**Serial Number:** \_\_\_\_\_

**Model Number:** \_\_\_\_\_

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## Product Specifications

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<b>VOLTAGE:</b>	120V
<b>WATTAGE:</b>	800W
<b>TEMPERATURE CONTROL :</b>	104° - 194° Fahrenheit
<b>TIMER:</b>	10 minutes - 72 hours

## List of Main Parts



## Important Safety Precautions



**CAUTION: Some circulator parts, including outer surface, may get too hot to touch. To prevent burns, refrain from touching the body of the circulator during operation, and wait until circulator has cooled down to handle.**

This Sous Vide Stick is designed for **household use only**. It is not suitable for use in staff kitchens, farms, motels, and other non-residential environments. The warranty is invalid if the Sous Vide Stick is used for professional or semi-professional purposes, or if it is not used according to instructions.

**Please read all instructions before using your Sous Vide Stick** and do not use the appliance for any purpose other than what is described in this manual.

When using electrical appliances, basic safety precautions should always be followed.

## Before Cooking

- Ensure the cooking container is placed on a flat, even, and stable surface.
- Check if the voltage indicated on the appliance fits the local main voltage.
- Always turn off the power at the power outlet before inserting or removing the plug. Do not pull on the cord when removing the plug.
- Do not use the appliance if the plug, main cord, or other parts have been damaged.
- Do not place the appliance on or near combustible materials such as tablecloths or curtains.
- Do not place the appliance against a wall or against another appliance. Leave at least 4 inches of free space on the back and sides and 4 inches free space above the appliance.
- Do not immerse the upper section of the appliance, its power cords or plugs in water or any other liquid. Do not fill the water past the MAX fill line on the Sous Vide Stick.
- Adult supervision is required in the event that the device is operated by a child.
- Do not use an unauthorized repairman to replace or fix a damaged main cord.

## Before Cooking Instructions

- Product is intended for household use only.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunction or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- To protect against electrical shock do not immerse cord, plug, or the main body in water or other liquid. Do not immerse beyond the MAX point.
- A short power-supply cord should be used to reduce the risk resulting from becoming entangled in or tripping over a longer cord.
- Longer extension cords are available and may be used if care is exercised in their use.
- If a longer extension cord is used:
  - The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance.
  - The cord should be arranged so that it will not drape over the countertop or table top where it can be pulled on by children or tripped over unintentionally.
- If the appliance is of the grounded type, the extension cord should be a grounding-type-3-wire cord.

## While Cooking

- Do not operate the unit without water in the cooking pan, surpassing at least the MIN fill line.
- Never use deionized water for cooking with the Sous Vide Stick.
- Never operate the Sous Vide Stick with the stainless steel element cover removed.
- Do not touch the stainless steel element cover while it is on.
- Do not leave the appliance unattended while it is in use.
- Do not use the appliance on or near a hot gas flame, electric element or on a heated oven.
- Always cook food for the minimum recommended time given in Settings to decrease risk of food borne illness due to consuming raw or undercooked meats or eggs.
- Keep the main cord away from hot surfaces.
- Any accessible surfaces on the cooking container, including underneath, may become hot during use (Figure 2). Do not place on top of any other appliance or surface that is not heat-resistant.



## While Cooking Instructions

- Do not touch hot surfaces, handles or knobs.
- To protect against electrical shock do not immerse cord, plugs, or the whole unit in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.

## After Cooking

- Unplug the appliance when it is not in use, and before cleaning.
- Allow the appliance to cool before cleaning or removing parts. Never disassemble the appliance more than is recommended in this guide.

## Automatic Switch-Off

Your Sous Vide Stick has a built-in timer. The appliance will automatically shut off when the timer count reaches zero. You can also manually switch off the Sous Vide Stick by holding down the Start/Stop button for 5 seconds, which will place the circulator in stand-by mode.

## Special Cord Set Instructions

A short power supply cord is provided with your Sous Vide Stick to reduce the risk of tripping or entanglement. Using a longer detachable power supply cord or extension cord is not recommended for use with the Sous Vide Stick unless it has been tested and approved by a qualified technician. If the power cord is damaged, please contact customer service.

For additional protection, it is recommended that you use a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your Sous Vide Stick.

## Getting To Know Your Avalon Bay Sous Vide Stick

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, along with any added marinades or seasonings. As such, 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 tenderizes 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.

### Before Your First Use

1. Remove all packaging materials, stickers or labels from your Sous Vide Stick. Be sure all the parts (see *List of Main Parts* on page 4) have been included before discarding any packaging materials. You may want to keep the box and packing materials for use at a later date.
2. Wipe the outside of the appliance with a cloth. Never immerse the upper section of the appliance in water as it may damage its electrical components.

### Assembling your Sous Vide Stick

1. Place your chosen cooking pot on a clean, flat surface. **Do not place the cooking pot on a NON heat-resistant surface.** Make sure the Sous Vide Stick is clamped securely to the side of the cooking pot.
2. Plug the cord into a standard electrical outlet and hold the Start/Stop button for 5 seconds. The Sous Vide Stick will beep, and the indicator lights and control panel will light up. The control panel is shown below.



## Operating your Sous Vide Stick

Once your Sous Vide Stick is assembled properly, you are ready to begin cooking.

1. Fill the cooking pan with an adequate amount of water. Ensure the water does not surpass the MAX fill line on the Sous Vide Stick, but is above the MIN fill line and will cover the food pouches once submerged.
  - To speed up the preheating process, fill the pan with warm water.
2. The default temperature setting is 133°F. To adjust the temperature manually, hold the °F button for 5 seconds to choose between the Fahrenheit and Celsius degree scale. The temperature setting should be flashing on the screen; if not, press the Temp button until it does. Press the + or – buttons on either side of the Start/Stop button on the control panel once to increase or decrease the temperature by 1°F, or hold down for rapid adjustment. Hold the Temp button to set the displayed temperature.
3. The default cooking time is 8 hours. To adjust the time manually, press the Time button so that the time flashes on the LED screen, then press the + or – buttons on either side of the Start/Stop button. Either press the + button once to increase or the – button to decrease the time by 1 minute up to 2 hours, then in 30 minutes intervals up to 72 hours, or hold down for rapid adjustment. Hold the Time button to set the displayed time.
4. Once the appropriate temperature and time has been selected (see *Settings pg11*), press Start/Stop. The Sous Vide Stick will start to preheat the water in the cooking pan.
  - The temperature displayed on the LED screen during preheating and cooking is the temperature of the water at that moment.
  - Pressing the Temp button during preheating or cooking shows the required temperature setting onscreen for 5 seconds.
5. While the Sous Vide Cooker is preheating, prepare the food to be cooked (see *Preparing Food pg9*). Slice the food to the recommended thickness (see *Settings pg11*) before vacuum sealing the portions inside pouches.
  - You may add marinade, spices, herbs, butter or oil to the vacuum pouches before sealing.
6. Once the required temperature is reached, the Sous Vide Stick will beep three times. Gently place the sealed food pouches in the water with a pair of tongs. The timer will start counting down automatically.
  - Ensure that the pouches are covered by the water, that they are separate and that water can circulate evenly between them.
  - To reset the temperature and time while cooking, press Start/Stop, choose the new settings using the Temp and Time buttons, then Start/Stop again.

7. When the timer bell chimes 3 times and the Start/Stop button lights up, the Sous Vide Stick is done cooking. The unit will shut off automatically after the timer reaches zero.
8. If the food is to be consumed immediately, remove it from the pouch. You may wish to sear meats in a hot pan to improve the appearance and flavor of the food. This caramelizes the fats and proteins for additional flavor.
9. If the food is to be stored, plunge the sealed pouch of cooked food in iced water to rapidly reduce the temperature. Refrigerate until consumption.
10. Once you're done cooking, clean the Sous Vide Stick thoroughly, so it will be ready for the next time you need to use it.

## Cooking Tips

You can use your Avalon Bay Sous Vide Stick to cook many of the foods you love. This includes:

- Red meats, such as lamb, beef and pork
- Poultry, such as chicken, turkey and duck
- Fish and seafood, such as lobster tail and scallops
- Eggs
- Root vegetables, such as potato, carrot, parsnip, beets and turnips
- Tender vegetables, such as peas, asparagus, corn, broccoli, cauliflower, eggplant, onions and squash
- Firm fruits such as apple and pear
- Tender fruits, such as mango, plum, apricot, peach, nectarine, papaya and strawberry

Keep these tips in mind when cooking:

- Thinner cuts of meat will cook more quickly than specified in *Settings (pg11)*.
- Cooking food for longer than specified in *Settings (pg11)* may alter the texture of the cooked food.

## Preheating Your Sous Vide Stick

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You should preheat the water in your cooking pan without any food inside using your Sous Vide Stick before cooking.

1. Set the Sous Vide Stick to the required cooking temperature, set the timer, and press Start/Stop.
2. Once the required temperature is reached, the Sous Vide Stick will beep three times.
3. Gently place the sealed food pouches in the water with a pair of tongs. The timer will start counting down automatically.

## Preparing Food

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It is recommended that you use commercial quality vacuum systems to seal the food inside pouches. This ensures excess air and moisture is removed, since these can cause food to degrade and lose flavor, texture and nutritional value. Vacuum sealing also assists in opening the pores in food such as meat, poultry and seafood so that marinades and seasonings are more readily absorbed for highlighted flavor.

Vacuum sealing can also be achieved using zip-lock bags. Fill a sink with water, and place your food and seasonings in the zip-lock bag. Hold the top corners of the bag and slowly lower it into the water, allowing the water to force the air out of the bag. Once the bag is immersed up to the zipper, seal it, being careful not to let any overflow of water contaminate the food.

Keep these tips in mind when preparing food for cooking using the Sous Vide Stick:

- Only use fresh, high quality ingredients.
- Ensure that all meat, seafood and poultry have been stored at a temperature below 41°F. It is recommended that you use a digital food thermometer to check.
- To avoid cross-contamination, use detergent and warm water, or a sanitizing solution, to clean the food preparation area, and clearly separate the raw food preparation area from cooked food.
- Always wash your hands well before preparing raw ingredients.
- Make sure that the food pouches are clean and have not been contaminated by dirt or other food contaminants.

## Seasoning Recommendations

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Below you will find suggestions for some great flavor combinations, as inspiration to 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

## Settings

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The table below is a guide to setting the temperature and time for your cooking. You may need to adjust these times to suit different quantities or thickness of food, and to suit your own taste.

	Thickness (cm)		Temperature (°F)	Time (hours)	Holding Time (hours)
<b>Beef</b>					
<u>Tender Cuts</u> Tenderloin, cutlets, sirloin, rib eye, rump, T-bone	2 - 5	Rare	122	1	3
		Medium Rare	129	1	3
<u>Tougher Cuts</u> Blade, chuck, shoulder, shanks, game meats	4 - 6	Medium	133	1	3
		Well done	140	1	3
			122	8	10

	Thickness (cm)		Temperature (°F)	Time (hours)	Holding Time (hours)
<b>Pork</b>					
Belly	3 - 6		180	10	12
Ribs	2 - 3		138	10	12
Chops	2 - 4		133	2	8
<b>Poultry</b>					
Chicken breast with bone	3 - 5		180	2	5
Chicken breast without bone	3 - 5		147	1	4
Chicken thigh with bone	3 - 5		180	2	5
Chicken thigh without bone	3 - 5		147	1	3
Chicken legs	5 - 7		180	2	5
Duck breast	3 - 5		147	2	2
<b>Lamb</b>					
Chops	2 - 4	Rare	126	1	2
	2 - 4	Medium Rare	131	2	3
	2 - 4	Medium	140	1	3
<b>Eggs</b>					
		Runny	144	45 mins	
		Just Set	151	45 mins	
		Medium	154	45 mins	
		Soft Boiled	163	45 mins	
<b>Fruit and Vegetables</b>					
Vegetables			185	1	2
Fruits			185	45 mins	1.25

**Note:** Holding time represents the longest suggested period the food can remain in the cooking pot with the Sous Vide Stick before the texture starts to change.

## Caring For Your Sous Vide Stick

### Cleaning and Storage

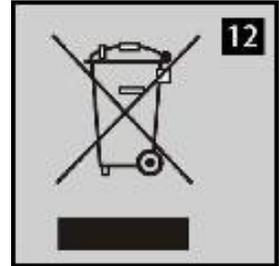
You should thoroughly clean your Sous Vide Stick after every use.

1. Before cleaning, unplug your Sous Vide Stick and wait for it to cool down (about 30 minutes). Removing the pan will help cool down your Sous Vide Stick a little faster.
2. Remove element cover.

3. Wipe the outside of your Sous Vide Stick with a damp cloth. Never use an abrasive cleaner or harsh pad.
4. Clean element cover using hot water and a non-abrasive sponge.

## Environmental Concerns

Do not throw your Sous Vide Stick away with the normal household waste when it is worn out. Dispose of it at an official collection point for recycling. By doing this, you help protect the environment (see Figure 12).



## Troubleshooting

### Error Code E1 on Display

Problem	Possible cause	Solution
<b>Circulator stopped working</b>	Water level fell below MIN mark.	Turn appliance off, add more water to reach the MIN mark below MAX mark, and turn appliance on to resume the cooking process.

### Error Code E4 on Display

Problem	Possible cause	Solution
<b>The dry boil sensor and the circulator stopped</b>	Water level fell below MIN mark on circulator and the sensor failed to activate.	Turn the appliance off, add sufficient water, and turn back on. Once the circulator cools down it will resume the cooking process.

## Limited Manufacturer's Warranty

This appliance is covered by a limited manufacturer's warranty. For one year from the original date of purchase, the manufacturer will repair or replace any parts of this appliance that prove to be defective in materials and workmanship, provided the appliance has been used under normal operating conditions as intended by the manufacturer.

### Warranty Terms

During the first year, any components of this appliance found to be defective due to materials or workmanship will be repaired or replaced, at the manufacturer's discretion, and at no charge to the original purchaser. The purchaser will be responsible for any removal or transportation costs.

### Exclusions

The warranty will **not** apply if damage is caused by any of the following:

- Power failure
- Damage in transit or when moving the appliance
- Improper power supply such as low voltage, defective household wiring, or inadequate fuses
- Accident, alteration, misuse, or abuse of the appliance such as using non-approved accessories, inadequate air circulation in the room or abnormal operating conditions (extreme temperatures)
- Use in commercial or industrial applications
- Fire, water damage, theft, war, riot, hostility, or acts of God, such as hurricanes, floods, etc.
- Use of force or damage caused by external influences
- Partially or completely dismantled appliances

### Obtaining Service

When making a warranty claim, please have the original bill of purchase with purchase date available. Once confirmed that your appliance is eligible for warranty service, all repairs will be performed by an Avalon Bay authorized repair facility. The purchaser will be responsible for any removal or transportation costs. Replacement parts and/or units will be new, re-manufactured, or refurbished and are subject to the manufacturer's discretion. Do not use an unauthorized person to replace or fix a damaged main cord.

For technical support and warranty service, please email [support@avalon-bay.com](mailto:support@avalon-bay.com).