

Advantages And Disadvantages

There are many benefits to making an infusion using sous vide.

The infusion process happens much more quickly than with traditional infusions. Not only does this allow you to make infusions the day you want to use them, but you can also make smaller quantities of the infusions.

Many bitter flavors are extracted more slowly than the fruity and aromatic flavors which means sous vide infusions tend to be less bitter and taste fresher than traditional infusions do.

The heating of the infusion in the sous vide bath is very gentle which helps reduce off flavors, burning, or uneven heating of the infusion or the flavoring agents. The heat also easily extracts flavors from ground spices, which typically do not work well in traditional infusions. In addition, the heat involved tends to fix colors, resulting in more vibrant infusions.

However, the heating can affect both the flavoring agents and the liquids being infused. We all know that a raw apple tastes different than a baked apple. The temperature used in the infusion will affect different foods at different levels. The bartender and writer Jacob Grier also noticed that if gin was heated it had a much stronger juniper flavor than unheated gin, so the heating can occasionally affect the liquids themselves.

Sous vide also extracts more flavor than traditional infusions, letting you use less flavoring agents. It also extracts more of the depth and complexity of the flavoring agents.

Because the infusions are heated with sous vide, some of the more volatile compounds can escape the infusion. To counteract this, many people use sous vide to first infuse the more robust spices into the liquid. Then they will use a traditional infusion to add the herbs or more delicate flavors. The more delicate flavors usually infuse in a few

days, so the process is still much faster, and has a less bitter flavor profile, than using a traditional infusion for the whole process.

Most recipes are designed to work in a 1 pint Mason jar. They can easily be doubled and used in a quart jar.

Converting Other Infusion Recipes

Sous vide works great with most recipes from other infusion methods. Even though the time and temperature variation affects the flavor of the infusion, it is still very forgiving. While it might be preferable to cook a certain infusion at 160°F (71.1°C) instead of 130°F (54.4°C), it is doubtful that it won't still turn out very tasty at the lower temperature. Just try a time and temperature, take notes, and improve it the next time.

For lighter flavoring agents I will start with temperatures of 130°F to 140°F (54.4°C to 60.0°C) for 1 to 3 hours. For heavier flavoring agents, or when I want more depth of flavor, I will use a higher temperature around 150°F to 160°F (65.5°C to 71.1°C) for 2 to 3 hours.

It will be very helpful to find a recipe in the Sous Vide Infusions chapter that is similar to the one you are trying to convert. This will give you a good idea of what should work.

Infused Alcohols

Most alcohols are infused at 135°F to 160°F (57.2°C to 71.1°C) for 1 to 3 hours. The time and temperature used depends on the flavoring agents you are using. For more delicate flavors I usually use lower temperatures and shorter times. When bolder, or bitter, flavors are desired then higher temperatures and longer times are used.

Apple Pie Bourbon

Cook: 140°F (60.0°C) for 1 to 3 hours

The only thing more American than warm apple pie is bourbon, so why not combine the two! This bourbon is flavored with fresh apples and classic apple pie spices like cinnamon, ginger, and nutmeg. It's a perfect bourbon to sip with dessert or make into a liqueur (see recipe in Liqueur section of book). This recipe fits best in a quart jar because the apples take up so much space but you can half it if needed.



Ingredients

For the Apple Pie Bourbon

- 2 gala or other sweet apples
- 3 cinnamon sticks
- 1 vanilla bean, split lengthwise
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon grated fresh ginger
- 2 cups bourbon

Directions

For the Apple Pie Bourbon

Preheat a water bath to 140°F (60.0°C).

Lightly scrub the outside of the apples then core and coarsely chop them. Combine the apple pieces with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the bourbon and store in a sealed container.

Apple and Pear Gin

Cook: 131°F (55.0°C) for 1 to 3 hours

The light, fruity flavors of apples and pears complement the herbal notes from the gin, resulting in a rounded infusion full of flavors. It's great in [martinis](#) and holds up well to other complex cocktails. A dry gin works best, but use whatever kind you typically like to drink.



Ingredients

For the Apple and Pear Gin

1 red apple

1 pear

1.5 cups gin

Directions

For the Apple and Pear Gin

Preheat a water bath to 131°F (55.0°C).

Remove the stems and cores from the apple and pear. Coarsely chop the fruit then combine them with the gin in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the gin and store in a sealed container.

Barrel Aged Negroni

Cook: 160°F (71.1°C) for 2 to 4 hours

Using the sous vide process you can make nice versions of aged cocktails in a lot less time. The cocktail might not take on as much body as aging it for 6 weeks in a barrel but it only takes a few hours and a Mason jar! If you can't find toasted oak chips you can make your own by torching or broiling regular food-safe oak chips until they are lightly charred.



Ingredients

For the Barrel Aged Negroni

1/4 orange

3/4 cup toasted oak chips or Jack Daniels Smoking Chips

1/2 cup gin

1/2 cup sweet vermouth

1/2 cup Campari

1/4 cup water

Directions

For the Barrel Aged Negroni

Preheat a water bath to 160°F (71.1°C).

Lightly scrub the outside of the orange then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Lightly rinse the oak chips to remove any sawdust or grit.

Combine the zest with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 2 to 4 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the Negroni and store in a sealed container.

Peach Brandy

Cook: 160°F (71.1°C) for 1 to 3 hours

Flavored brandies are very popular drinks and there is a lot of variety you can find. However, making your own allows you to produce the exact flavors you are looking for. This peach brandy infuses the sweetness and fruity flavors from ripe peaches into brandy. It also works well with other fruits or berries, so feel free to experiment.



Ingredients

For the Peach Brandy

2 peaches

1/2 cinnamon stick

1 teaspoon freshly grated nutmeg

2 cloves

1.5 cups brandy

Directions

For the Peach Brandy

Preheat a water bath to 160°F (71.1°C).

Wash the outside of the peaches then remove the pits. Coarsely chop the peaches and combine with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the brandy and store in a sealed container.

Strawberry Basil Rum

Cook: 131°F (55.0°C) for 1 to 3 hours

This infusion always reminds me of early summer, eating ripe strawberries and sitting on the deck. The basil adds a nice hint of spice to the infusion. This rum goes great in mojitos and rum punch but I really like it in a [fizz](#) to cool me off on a warm summer day.



Ingredients

For the Strawberry Basil Rum

7 large strawberries

15 basil leaves

1.5 cups rum

Directions

For the Strawberry Basil Rum

Preheat a water bath to 131°F (55.0°C).

Coarsely chop the strawberries and basil. Combine the strawberries, basil, and rum in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the rum and store in a sealed container.

Rum Punch

Cook: 131°F (55.0°C) for 1 to 3 hours

Rum punch is a strong, fruity drink that is best sipped on the beach! This infusion takes many of the common rum punch flavors and infuses them directly in the rum. I like to serve the resulting infusion with a splash of orange juice and pineapple juice.



Ingredients

For the Rum Punch

- 1 lime
- 1 orange
- 3/4 cup pineapple chunks
- 3 tablespoons coconut flakes
- 2 tablespoons dried cherries
- 3 tablespoons brown sugar
- 1.5 cups dark rum

Directions

For the Rum Punch

Preheat a water bath to 131°F (55.0°C).

Lightly scrub the outside of the lime and orange then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Combine the lime and orange zest with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the rum and store in a sealed container.

Mulled Wine

Cook: 160°F (71.1°C) for 1 to 3 hours

Mulled wine is a traditional spiced wine, usually flavored with cinnamon, raisins, orange, and star anise. It is often served warm but can also be chilled. Using the sous vide infusion process prevents any flavor loss that normally occurs when the wine is brought to a boil, resulting in a more flavorful, nuanced mulled wine. You can also lower the temperature to 131°F (55.0°C) for a lighter version. I like to use a heavy wine, like a Merlot, Chianti, or Cabernet Sauvignon. You can also easily scale this recipe up to use a whole bottle.



Ingredients

For the Mulled Wine

- 1 orange
- 1 cinnamon stick
- 2 star anise pods
- 6 cloves
- 1/4 cup raisins
- 1.5 cups red wine

Directions

For the Mulled Wine

Preheat a water bath to 160°F (71.1°C).

Lightly scrub the outside of the orange then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Combine all the ingredients, including the red wine, in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

If Immediately Serving Warm

Strain the mulled wine and serve.

If Serving Chilled or Later

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the mulled wine and store in a sealed container.

Orange Passion Fruit Tea Vodka

Cook: 160°F (71.1°C) for 1 to 3 hours

One of the easiest ways to flavor infusions is to use pre-made blends, especially herbal and dried fruit teas. Harney & Sons sells several different blends but I really like their Orange Passion Fruit tea which is a mix of herbs and dried fruit. I infuse the vodka at a higher temperature to pull out more flavor.

The resulting infusion is sweet, fruity, and tropical with a lovely red color. My friend Fran Rotella recommends serving it over ice with a splash of club soda, or mixed with a little Prosecco for an upscale drink.

Ingredients

For the Passion Fruit Vodka

3 tablespoons Orange Passion Fruit Tea mix

1.5 cups vodka

Directions

For the Passion Fruit Vodka

Preheat a water bath to 160°F (71.1°C).

Combine the Orange Passion Fruit Tea mix with the vodka in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container.

Orange Vanilla Vodka

Cook: 140°F (60°C) for 1 to 3 hours

Orange and vanilla are natural pairings that this infusion takes full advantage of. The resulting vodka is citrusy with a deep vanilla backbone. It is awesome in a martini but my favorite use of it is in a Creamsicle, a rich and creamy dessert cocktail found elsewhere in the book.



Ingredients

For the Orange Vanilla Vodka

2 oranges

1 vanilla bean, split lengthwise

1.5 cups vodka

Directions

For the Orange Vanilla Vodka

Preheat a water bath to 140°F (60°C).

Lightly scrub the outside of the oranges then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any. The orange pieces can be reserved for garnishing the drink.

Combine all the ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container.

Chile Tomato Vodka

Cook: 140°F (60°C) for 1 to 3 hours

This recipe uses guajillo and chipotle chiles to infuse the vodka with smokey and spicy flavors that complement most Bloody Mary mixes. This vodka is very spicy and made to be mixed but it can be tweaked for a more mellow, sipping style infusion. Just cut the amount of chile peppers used in half, or remove the seeds and membranes.



Ingredients

For the Chile Tomato Vodka

2 dried guajillo chiles

1 dried chipotle chile

1/2 cup sun-dried tomatoes

1.5 cups vodka

Directions

For the Chile Tomato Vodka

Preheat a water bath to 140°F (60°C).

Combine the chiles, tomatoes, and vodka in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container.

Spiced Ground Cherry Vodka

Cook: 150°F (65.5°C) for 1 to 3 hours

Ground cherries, or golden berries, are becoming more and more popular and are showing up at farmers markets everywhere. They have a sweet and tart flavor, similar to a tomatillo. They are often eaten raw or baked in pies and crumbles, but making an infusion with them allows them to last longer once the growing season nears its end. I add some nutmeg and ginger to round out the flavors and contribute some spiciness.

I like to serve this vodka as a mixer in sours or with Sprite or 7-Up, though it is versatile enough to work in many different cocktails. The post-infusion ground cherries are great as garnishes for drinks or for use in baked goods like muffins, bread, or pie.



Ingredients

For the Ground Cherry Vodka

3/4 cup dehusked ground cherries
1/2 teaspoon freshly ground nutmeg
1 teaspoon freshly grated ginger
1.5 cups vodka

Directions

For the Ground Cherry Vodka

Preheat a water bath to 150°F (65.5°C).

Coarsely chop the ground cherries or smash them with the edge of a knife or a rolling pin. Combine the cherries, nutmeg, grated ginger, and vodka in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container. The ground cherries can be reserved for a garnish or boozy snack.

Arnold Palmer Vodka

The Arnold Palmer is a classic ice tea-lemonade combination made famous by the eponymous golfer. I like to infuse vodka with the lemon and tea flavors, resulting in a flavorful addition to drinks on a hot day. I infuse the lemons first to fully extract their flavors, then add the tea near the end to minimize the bitter flavors that can be released.

This infusion really goes great in iced tea or lemonade. My friends Sean and Paige Reilly from North Carolina turned me on to sweet tea vodka over ice with a splash of water and this infusion works great as a variation. You can change around the lemon to tea ratio to tweak the flavors in the direction you prefer.



Ingredients

For the Arnold Palmer Vodka

2 lemons

1.5 cups vodka

2 teaspoons black tea leaves

Directions

For the Arnold Palmer Vodka

Preheat a water bath to 160°F (71.1°C).

Lightly scrub the outside of the lemons then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove

any. The lemon pieces can be reserved for garnishing the drink.

Combine the vodka and lemon zest in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours. Remove the infusion from the water, unseal it, add the tea leaves to the vodka, reseal, and place back in the water bath for 10 minutes.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container.

Pumpkin Pie Vodka

Cook: 131°F (55.0°C) for 1 to 3 hours

Pumpkin pie is a holiday favorite but you can only eat so much before you get full. This infusion recreates the flavors of the pie in a wonderfully complex vodka. The infusion is great in cocktails and I often enjoy it mixed with some sugar or honey and a splash of club soda. It's also great when turned into a liqueur (see liqueur section in book).

Ingredients

For the Pumpkin Pie Vodka

2 cups coarsely chopped pumpkin

1/2 cinnamon stick

5 cloves

1/2 teaspoon freshly ground nutmeg

1/2 teaspoon freshly grated ginger

1.5 cups vodka

Directions

For the Pumpkin Pie Vodka

Preheat an oven to 400°F (200°C). Preheat a water bath to 131°F (55.0°C).

Place the pumpkin chunks on a sheet pan and bake until just starting to brown, 20 to 30 minutes. Remove from the heat and combine with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vodka and store in a sealed container.

Watermelon Lime Jalapeno Tequila

Cook: 131°F (55.0°C) for 1 to 3 hours

The lime, watermelon, and jalapeño all contribute different flavors, resulting in a complex infusion that is great in margaritas or fizzes (see recipes cocktail section of book). I don't use too much lime and jalapeño so the watermelon can shine through, but if you want to make it more citrusy or spicy then go right ahead.

Ingredients

For the Watermelon Tequila

2 cups coarsely chopped watermelon

1 jalapeño, diced

1 lime

1.5 cups tequila

Directions

For the Watermelon Tequila

Preheat a water bath to 131°F (55.0°C).

Lightly scrub the outside of the lime then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Combine the zest with the remaining ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the tequila and store in a sealed container.

Black Cherry Rye

Cook: 160°F (71.1°C) for 1 to 3 hours

The fruity cherry notes in this infusion complement the spicy rye and tone down its bite. The cinnamon and clove also contribute background flavors to round out the infusion. I like to use Bulleit Rye, it has a very peppery flavor that holds up to the cherries and spices, plus it's very affordable. You can substitute the rye of your choice, or use a bourbon for more sweetness and less pepper.

The resulting infusion can be enjoyed over ice or mixed into cocktails. I especially like it used in an [Old Fashioned](#). The cherries themselves pick up a lot of the spiciness from the rye and are great as garnishes for drinks or deseeded and used in muffins or bread. I also enjoy turning them into a chunky chutney that is excellent on duck.



Ingredients

For the Black Cherry Rye

20 to 30 black cherries

1/2 stick cinnamon

8 cloves

1.5 cups rye

Directions

For the Black Cherry Rye

Preheat a water bath to 160°F (71.1°C).

Remove the stems from the cherries. Place the cherries in a sous vide bag or Mason jar. Lightly crush or muddle the cherries. Add the remaining ingredients to the cherries then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the rye and store in a sealed container. The cherries can be reserved for a garnish or boozy snack.

Espresso Bourbon

Cook: 160°F (71.1°C) for 1 to 3 hours

Bourbon holds up wonderfully to the strong flavor of espresso and this infusion results in a rich, bold bourbon that can be used in many different cocktails. I typically use Bulleit Bourbon but any good bourbon will work. Try to find dark roast or espresso roast coffee beans. If you don't have a grinder you can crack the beans with a rolling pin or the back of a knife. If you can only find pre-ground coffee it is best to strain the infusion through a coffee filter to remove all of the grit.

For a fun variation you can also add a vanilla bean or cinnamon stick to the infusion.



Ingredients

For the Espresso Bourbon

1/3 cup cracked or coarsely
ground coffee beans
1.5 cups bourbon

Directions

For the Espresso Bourbon

Preheat a water bath to 160°F (71.1°C).

Lightly rinse the cracked coffee beans to remove any grit.

Combine the cracked coffee beans and bourbon in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the bourbon and store in a sealed container.

Infused Vinegars

Most vinegars are infused at 135°F to 160°F (57.2°C to 71.1°C) for 2 to 3 hours. The time and temperature used depends on the flavoring agents you are incorporating. Tender, delicate herbs usually do better with lower temperatures and shorter times while heartier spices can benefit from higher temperatures and longer times.

Raspberry Infused Vinegar

Every year I get pounds of fresh raspberries from the bushes in my yard and making raspberry infused vinegar is a great way to preserve them. I like to use the raspberry vinegar to make a [vinaigrette](#) that I'll serve on spinach salad or even use as a sauce on white fish like cod or bass.



Ingredients

For the Raspberry Vinegar

1 cup raspberries

1.5 cups champagne or white wine vinegar

Directions

For the Raspberry Vinegar

Preheat a water bath to 140°F (60°C).

Place the raspberries in a sous vide bag or Mason jar and lightly muddle them. Add the vinegar then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Tarragon Lemon Shallot Vinegar

Cook: 135°F (57.2°C) for 1 to 2 hours

Shallot, lemon, and tarragon are classic pairings for many dishes. I like to infuse their flavors into a vinegar so they are easily accessible to me whenever I want to use them. The vinegar goes great with fish or used to brighten up a pan sauce for steak. It can also be turned into a [vinaigrette](#).

Ingredients

For the Tarragon Lemon Vinegar

1 lemon

1/2 cup tarragon leaves

1 shallot, minced

1.5 cups champagne or white wine vinegar

Directions

For the Tarragon Lemon Shallot Vinegar

Preheat a water bath to 135°F (57.2°C).

Lightly scrub the outside of the lemon then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Combine the lemon peel, tarragon, shallot, and vinegar in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Cranberry Apple Vinegar

Cook: 140°F (60.0°C) for 1 to 2 hours

The combination of apples and cranberries is a tart, sweet, and fruity mixture that adds wonderfully complex flavors to dishes. Infusing them into the vinegar makes it easy to add to salads as a [vinaigrette](#) or to turn into a refreshing [shrub](#) with some sugar and club soda.

Ingredients

For the Cranberry Apple Vinegar

2 Granny Smith apples

1 cup cranberries

1.5 cups cider vinegar

Directions

For the Cranberry Apple Vinegar

Preheat a water bath to 140°F (60.0°C).

Lightly scrub the outside of the apples then core and coarsely chop them. Lightly crush the cranberries with a rolling pin or the back of a knife. Combine the apple chunks, cranberries, and vinegar in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Carrot Beet Vinegar

Cook: 160°F (71.1°C) for 2 to 3 hours

Carrots and beets are a common pairing in many Eastern European cuisines and combining them in this vinegar lends a sweet and funky flavor to it that goes great drizzled on game meat.

Beets stain so be sure to cover your cutting board with parchment paper or plastic wrap. I also wear plastic gloves to save my hands from turning red.



Ingredients

For the Carrot Beet Vinegar

1.5 cups cider vinegar

1 beet, diced

1 large carrot, diced

1" knob ginger, diced (25mm)

1 teaspoon cracked peppercorns

1 teaspoon coriander

Directions

For the Carrot Beet Vinegar

Preheat a water bath to 160°F (71.1°C).

Combine all the ingredients in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 2 to 3 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Cherry Vanilla Balsamic Vinegar

Cook: 140°F (60.0°C) for 1 to 2 hours

The sweet and tart cherry flavor goes wonderfully with the taste of earthy vanilla. They are both strong flavors and can hold up well to balsamic vinegar, increasing the already deep flavors found there. If you want a vinegar where the cherry and vanilla flavors shine more brightly try using a white balsamic or white wine vinegar instead.

Cherries stain so be sure to cover your cutting board with parchment paper or plastic wrap.



Ingredients

For the Cherry Vanilla Vinegar

15 cherries

1 vanilla bean, split lengthwise

1.5 cups balsamic vinegar

Directions

For the Cherry Vanilla Vinegar

Preheat a water bath to 140°F (60.0°C).

Remove the stems from the cherries and place in a sous vide bag or Mason jar. Lightly crush or muddle the cherries. Add the vanilla bean to the cherries. Pour the vinegar over top then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Chile Pepper Fire Vinegar

Cook: 140°F (60.0°C) for 1 to 2 hours

Many hot sauces are chile peppers blended with vinegar and spices. For this recipe I make a super-spicy hot sauce where all the flavor is infused into the vinegar itself. This makes it a great way to selectively add drops of heat to a meal. I recommend wearing gloves when preparing this vinegar, the oil and juices released from the chopping of the chile peppers will stick to your skin for hours and can burn. If you are a real chile head, feel free to increase the amount of chile peppers used.



Ingredients

For the Fire Vinegar

- 1 habanero pepper
- 1 serrano pepper
- 1 chipotle pepper in adobo sauce
- 1 poblano pepper
- 1.5 cups apple cider vinegar

Directions

For the Fire Vinegar

Preheat a water bath to 140°F (60.0°C).

While wearing gloves, remove the stems from the chile peppers and coarsely chop the flesh. Combine the peppers, their seeds, and the vinegar in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Lime and Coconut White Balsamic Vinegar

Cook: 140°F (60.0°C) for 1 to 2 hours

Lime and coconut are such a classic pairing they even have a song about them - "You put the lime in the coconut and drink 'em both up". I like to infuse their flavors into a white balsamic vinegar but rice wine vinegar also works very well. The resulting vinegar works great in a [shrub](#) or to sprinkle over a fruit salad.



Ingredients

For the Lime and Coconut Vinegar

2 limes

1 cup coarsely chopped coconut

1.5 cups white balsamic vinegar

Directions

For the Lime and Coconut Vinegar

Preheat a water bath to 140°F (60.0°C).

Lightly scrub the outside of the limes then remove the zest with a vegetable peeler or zester. Make sure little to no pith came off as well, using a paring knife to remove any.

Combine the lime zest, coconut, and vinegar in a sous vide bag or Mason jar then seal and place in the water bath. Heat the infusion for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the vinegar and store in a sealed container.

Infused Oils

When infusing oils there are two main considerations, the taste of the oil and the taste of the flavoring. If you only want the flavoring to stand out, you should use a neutral oil like canola or grapeseed oil which do not bring their own flavors to the infusion. If you want a specific flavor, you can turn to other oils that have distinct characteristics, such as olive oil, walnut oil, or sesame oil.

The infusion process is very easy: simply combine the oil and herbs, heat them in a sous vide machine for several hours, then strain, cool and store. The time and temperature selected will depend on the flavoring agents used, but typically ranges from 131°F to 176°F (55°C to 80°C) for 1 to 5 hours. The more herbs and other flavoring agents used the stronger the end infusion will be.

Pepperoni Oil

Cook: 150°F (65.5°C) for 1 to 2 hours

Pepperoni is one of my favorite flavors and it goes surprisingly well with many different foods. I like to infuse the flavor of pepperoni into canola oil so I can drizzle it on dishes whenever something needs a bump in flavor. This helps to prevent it from overpowering other ingredients. It's great on roasted vegetables or as a dip for bread.



Ingredients

For the Pepperoni Oil

6" pepperoni, thinly sliced (150mm)

1.5 cups canola or other neutral oil

Directions

For the Pepperoni Oil

Preheat a water bath to 150°F (65.5°C).

Combine all of the ingredients in a sous vide bag or Mason jar then seal. Infuse in the water bath for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the oil and store in a sealed container. It will last for a week or two in the refrigerator.

Rosemary and Sage Oil

Cook: 131°F (55°C) for 1 to 2 hours

For this infusion I want to focus on the subtle flavors of the rosemary and sage so I call for a neutral oil. I often use this infused oil to finish fish dishes or to add extra herb notes to vinaigrettes and other sauces.

Ingredients

For the Rosemary and Sage Oil

6 large sprigs rosemary

30 sage leaves

1.5 cups canola, grapeseed, or other neutral oil

Directions

For the Rosemary and Sage Oil

Preheat a water bath to 131°F (55°C).

Combine the oil, rosemary, and sage in a sous vide bag or Mason jar then seal. Infuse in the water bath for 1 to 2 hours.

Prepare an ice bath with 1/2 ice and 1/2 water. Remove the bag or Mason jar from the water bath and place in the ice bath for 15 to 20 minutes. Strain the oil and store in a sealed container. It will last for a week or two in the refrigerator.