

SAUSAGE SUBS

So... I have had my Sous Vide machine for quite a while now. Not quite sure I could quantify that right at this moment, but I know I did not get it yesterday. Anyways, there are a few dishes that just seem to really click with Sous Vide and this is one of them. The strange thing is that I never would have expected this. I think I just tried it on a whim the first time and it was just, well, perfect. The sausage was cooked perfectly and had that great “snap” and texture. Of course you have to sear it, but even if you did not, it would still be great!

Now, there is one thing about this recipe that might be a bone of contention with some people and that is I split them in half prior to searing. I dunno I like it that way! But if that is not for you, then don't do it!

INGREDIENTS

Qty.	Unit	Item
1	5-Pack	Hot Italian Sausage
1	-----	Medium-to-Large Onion (Sweet or Red)
8	Oz	Jalapeno
1	-----	Medium-to-Large Red Pepper
1	-----	Medium-to-Large Yellow Pepper
2	8 oz. Pack	Baby Bella Mushrooms
AR	-----	Slice Provolone Cheese
AR	-----	Hoagie Rolls
AR	-----	Grapeseed Oil
AR	-----	EVO
AR	-----	LVO
AR	-----	Kosher Salt
AR	-----	Fresh Ground Black Pepper
AR	-----	Salted butter

I am not sure if I have a favourite brand of sausage. I think I typically get Johnsonville, but that is probably just because that is what my grocery store has when I decide to make this

I know the onion thing is a dichotomy, but I think either one works. The red onion will have a bit more bite

If you want a tad less heat, go for a medium-to-large green pepper

Cheese... I really like Provolone for this. And I like the Sargento brand

Hoagie rolls... Once again Maier's. One of these I need to get around to making my own

Lastly, the Grapeseed oil. Really any high temperature neutral oil will do

Insert standard blurb about Kosher salt here

Normally, I would say “insert standard blurb about salted vs unsalted butter here”, but in this case I think salted butter works much better

SPECIAL TOOLS

- Vacuum Sealer
- Vacuum Seal Bags
- Sous Vide Machine
- Sous Vide Rack
- Stainless Steel Chop Sticks

PREPARATION

- 1) Check Sous Vide machine water and replace water as required
- 2) Fill the water to the maximum fill line
- 3) Heat the Sous Vide machine to 134 deg. F
- 4) Make (Qty. 2) 4-line vac seal bags
 - a. Create two seals, each one double sealed
- 5) Place the sausage in one of the bags and vacuum seal
 - a. Create two seals, each one double sealed
- 6) Place sausage back in fridge until needed
- 7) Once Sous Vide reaches temperature, remove water to the minimum line and set aside
- 8) Put the sausage in the rack and thread the chop sticks through the rack so that the bag o’ sausage will not float above the water line
- 9) Put the rack in the Sous Vide machine
- 10) Add the set aside Sous Vide water back in to fill to the maximum fill line
- 11) Cook sausage for
 - a. 4 hours if thawed
 - b. 4 ½ hours if frozen
- 12) Rinse mushrooms and pat dry
- 13) Slice the mushrooms and weigh them
- 14) Record the weight and set aside
- 15) Rinse the red pepper and pat dry
- 16) Destem / deseed / derib the red pepper , slice into strips, and weigh
- 17) Record the weight and set aside
- 18) Rinse the yellow pepper and pat dry
- 19) Destem / deseed / derib the yellow pepper , slice into strips, and weigh
- 20) Record the weight and set aside
- 21) Rinse the jalapenos and pat dry
- 22) Destem / deseed / derib the jalapenos , slice into strips, and weigh
- 23) Record the weight and set aside
- 24) Split each of the veggies into 3 equal portions
- 25) Mix each portion so everything is evenly distributed
- 26) Set aside two of the portions and place the other in the vac seal bag and vacuum seal

- a. Create two seals, each one double sealed
- 27) Place the extra veggies in the fridge if you are going to use them relatively soon or in the freezer if it is going to be a while
- 28) About 1 hour from the sausage being done, place two racks in the center most positions in your oven
- 29) Heat your oven to 425 deg. F [i]
- 30) A few minutes before you over is preheated, lightly grease two ½ sheets with LVO
- 31) Toss one portion of veggies at a time in a glass bowl with EVO, Kosher salt, and fresh ground black pepper
- 32) Spread the veggies evenly on the half sheets
- 33) Put the veggies in oven for 12 minutes
- 34) After 12 minutes, pull the veggies, and stir
- 35) Put back in the oven, but swap the ½ sheets' rack positions
- 36) Set time for 10 minutes
- 37) Heat your cast iron pan on VERY HIGH
- 38) When the 10 minute time goes off, pull and stir
- 39) If the veggies are done, pull from over and cover with heat dome. If not, put back in the oven 5 minutes at a time until they reach your desired level of doneness. Each time, swap rack positions
- 40) Melt 2 TBSP of butter in uWave
- 41) Split two hoagie rolls and brush on all sides with butter
- 42) Toast the hoagie rolls to your desired level of doneness [iii]
- 43) Once the sausages are done, pull from the Sous Vide
- 44) Pat each sausage dry and split in half length wise [ii]
- 45) Spread a little Grapeseed oil in the cast iron pan
- 46) Sear the sausage on both sides until nice and dark. It should not take too long, so don't walk away
- 47) Place sausage under heat dome
- 48) Place provolone cheese on top of cut side up buns
- 49) Place in toaster oven and toast to JUST start melting the cheese
- 50) Place peppers on the buns
- 51) Place sausage on the buns
- 52) Close and...
- 53) ENJOY!!!

CLOSING THOUGHTS

I really like this one. It is not terribly hard to make, it just takes time. It does, however, scratch that certain itch that we all get every so often

NOTES

- i. Timing does not have to be REAL precise here. One of the big advantages with Sous Vide is that you have A LOT of slack as far as keeping it in the water bath over the minimum cook time. In most cases, as long as it is not for hours, it will NOT overcook or change texture!
- ii. If you don't want to do this, DON'T! Keep them whole!!!
- iii. I think a light golden brown works for this

PICTURES













