



SOUS VIDE PLUMS WITH APPLE 8



APPLE 8 VINEGAR

5% ACETIC ACID VINEGAR | 200 ml, 1 litre
Apple 8 is apple cider vinegar that tastes like fresh pressed apple cider. Amazing in cocktails, savoury foods, and desserts.

Serves: 4

Prep Time: 5 min

Cooking Time: 30-40 min

Ingredients: 8 plums or tender fruit (halved/pitted/sliced as desired)
¼ cup (60 ml) Apple 8 Vinegar
¼ cup (60 ml) honey



Method:

- Put all ingredients into a vacuum pouch.
- Preheat a water bath to 165° F (73.9°C)
- Cook the fruit for 30-40 min, until tender.
- Drizzle Apple 8 Vinegar for finish.