

A Modern Culinary Approach to Precision-Cooked Seafood

Master fish with the same techniques used by Michelin-caliber kitchens

Welcome to Sous Vide Fish: The Rosendale Method

approach to texture, safety, and flavor development 4 from the
importance of pre-treatment to precise time and temperature control.
guide focuses on techniques you can apply across species with
consistency and confidence.

This is not a fish encyclopedia. It's a focused system for reliably
exceptional results, built on years of professional experience.

Why fish requires special care when cooked sous vide

Pre-treatment methods to improve texture and clarity

Simple rules for sealing and bagging

Techniques for finishing and serving

Signature recipes from Chef Rosendale

This guide emphasizes principles you can apply across many species 4

The Rosendale Rules for Cooking Fish Sous Vide

Always Pre-Treat the Fish

Control Vacuum Pressure

Cook by Texture, Not Species

Use either a saline solution or a flash

Use gentle vacuum settings (90-94%)

Focus on temperature and thickness 4

or the water displacement method to

not fish names. This keeps results

avoid damaging delicate fish.

Always Rest Fish After Cooking

Water Displacement Method

For extremely delicate fish, use Ziploc-

Quick, Controlled Finishing

cooking develops surface flavor without

Food Safety Principles

Avoid the Danger Zone

Use sushi-grade or flash-frozen fish for

rare or lightly cooked preparations to avoid

Apply FIFO principles for proper cold

displacement) to preserve texture. Strong

and should not be served to vulnerable

Pre-Treating Fish: Two Proven Techniques for Better Texture and Purity

Before cooking any fish sous vide, it's essential to remove excess surface moisture. Without this step, delicate fillets can become waterlogged, resulting in diluted flavor, mushy texture,

To prevent this, the Rosendale Method uses two fast, effective pre-treatments⁴also known as wet and dry cures⁴to enhance purity, improve texture, and maintain clean flavor: Saline

Use a saline purge (wet cure) with a 10% salt solution, ice, and water to gently firm delicate side only to tighten texture and boost flavor. You may optionally add up to 50% sugar by weight when dry curing, but avoid sugar on the skin side to prevent over-browning when

Essential Pre-Treatments for Fish

(Recommended for delicate, flaky, or high-fat fish)

This method gently draws out surface moisture, slightly seasons the flesh,

and firms the texture⁴ all while preserving the purity of the fish's natural

Ideal for: salmon, trout, char, halibut, cod, and other flaky specie

(Recommended for firm, fatty, or meaty fish)

Light brush of neutral oil or infused fat

Ideal for: mackerel, salmon, tuna, black cod, and other robust, oily species.

Crudo-like, sashimi texture

Signature Rosendale salmon

Use judgment for time based on thickness and fish category

Fish Cooking Guide by Texture Goal

Silky, delicate texture; ideal for sashimi-

Balanced texture; great for most white fish

but avoid exceeding 1 hour for most species to prevent texture degradation.

Finishing Touches and Philosophy

Finishing Touches: When and How to Sear Once sous vide cooking is complete, you can serve the fish immediately for a delicate texture or finish it

Utilize a Searzall or culinary torch for precise

control over the browning and crust

Always pat the fish dry before searing to prevent steaming and ensure proper browning. The goal is not to recook the fish, but to enhance the crust

Herb-Infused Swordfish

Herb fish mousse (used to bind fillets into roulade)

(Use a needle probe if precision is needed.)

Bacteria and Safety Guide

We hope this guide has been a valuable resource in enhancing your culinary safety knowledge. For more expert tips, delicious