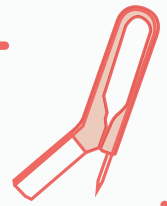
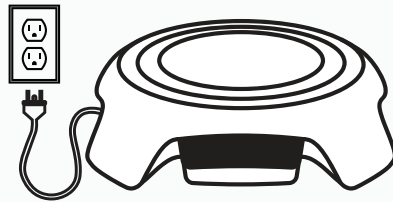


# Paragon Basics

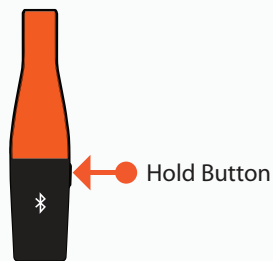
## Introduction to Sous Vide



Sous vide is a cooking style that uses a careful controlled water bath to slowly and evenly cook foods. Here are a few steps you can follow to get you started:



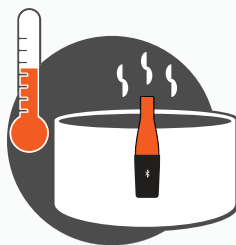
1. Plug in and power on your Paragon cooktop.



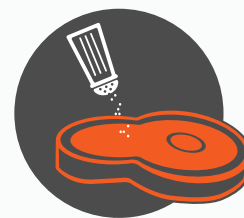
2. Sync Sensor by holding the power button until the Sensor flashes 3 times.



3. Fill your induction pot with warm water and attach the magnetic probe.



4. Select "Rapid Precise", set the water temperature and press "Start".



5. Season your food on all sides. Seasoning will infuse into the food.



6. Seal your food in a zip top bag and remove as much air as possible.



7. Submerge completely and wait until fully cooked. Sear or serve as desired.