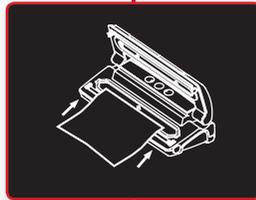


## BASICS OF SEALING

After each sealing session and before starting up, check to make sure the unit and all accessories are clean and free of leftover food. Follow the cleaning instructions found in the **Chapter Cleaning and Maintenance**.



**Step 1:** Open the lid and insert the open side of a compatible bag into the vacuum chamber.



**Step 2:** Press the cover down **firmly** on each corner of the top cover until it locks into place with an audible click. To seal, press the **"Seal Button"**. To vacuum and seal, press the **"Vacuum & Seal"** Button.



**Step 3:** Once the Sealing Indicator Light is no longer lit, press the Cover Unlock Buttons to unlock the top cover.



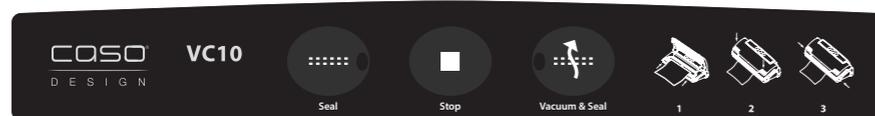
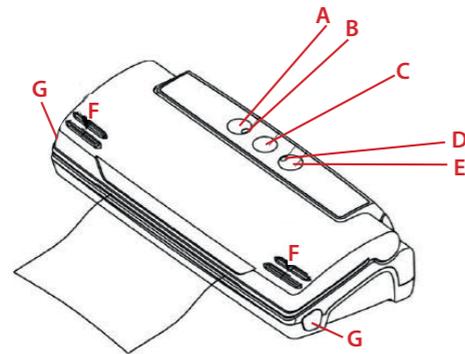
### Vacuum rolls and bags

Please only use specified bags and rolls for vacuuming. The material of these special foils is different from plastic wrap, as it has a ribbed structure which helps to extract the air completely. This leads to an optimal vacuum.



### SOUS VIDE – CHEF TREND

Inside the airtight bags, foods cook at low temperature in their own natural juices, guaranteeing tender, flavorful results every time.



- A Seal button**  
Press this button to seal the bag or roll without vacuuming.
- B Seal indicator light**  
Indicates the sealing process is taking place (no vacuum).
- C Stop button**  
Immediately terminates any vacuuming or sealing.
- D Vacuum & Seal indicator light**  
Indicates the vacuum & sealing progress is taking place.
- E Vacuum & Seal button**  
Air is extracted from the bag (vacuuming), immediately after this process the bag is sealed.
- F Cover locks button**  
To lock the cover. On the left side and right side of the cover there is a key-press.
- G Cover unlock button**  
Press to unlock the cover.

## GUIDELINES AND TIPS

### Vacuum Sealing Tips

This vacuum sealer will keep **your food fresh** and **protect the quality and nutritional value** of your food. By eliminating the air from the bag or container, you will cut down on oxidation and make **your food last longer**.

Vacuum sealing will also **prevent mold, yeast, and bacteria** from growing on your food. These can all be dangerous and affect your food if you do not store your food in a cool environment.

To greatly lower the growth of these microorganisms, we suggest that you keep your food at or below 40°F. Keeping your food at 0°F will not kill the microorganisms but will stop them from growing. Freeze your food for long term storage and refrigerate after thawing.

### Sous Vide Cooking

Sous Vide is a French term that translates to “under vacuum”. It is the process used by gourmet restaurants of vacuum sealing food in a bag and cooking at a precise temperature in a water bath. This technique provides healthier, better tasting meals that are never overcooked...never dried out!

Sous vide cooking enables your foods to retain all of their unique tastes, vitamins, nutrients and minerals. **The COSO vacuum bags are perfect for Sous Vide cooking.**



### Cheese

When sealing, leave one inch of extra space for each time you will reseal the bag. Never vacuum seal soft cheeses because they are susceptible to bacteria.



### Meats & Fish

For meats and fish, best to portion out and seal while fresh. Our double sealing system provides a secure seal for added protection.



### Microwave

When thawing food, do so in a microwave or refrigerator. Cut the corner off of the bag when reheating food in a microwave. We advise against reheating greasy foods or bone-in meats in the microwave, instead put them in 170°F water on a low simmer.

### Non- Food items

Non-food items can also be stored using a vacuum sealer. This will prevent moisture and oxygen from ruining your items. Seal like you would with food.

### Vegetables

To vacuum seal leafy vegetables, first wash and then dry using paper towels or a salad spinner. Use a container as opposed to a bag and then seal as normal.



### Liquids

Freeze all liquids before vacuum sealing in a bag. Keep the vacuum sealed liquid in your freezer. When you need to use your liquid, cut the corner off of the bag and put in a bowl in a microwave or put them in 170°F water on a low simmer.



### Coffee & Powdery Foods

At the top of the bag, place a coffee filter or paper towel when vacuum sealing coffee or powdery foods. You can also vacuum seal these foods in their original packaging by putting them in a vacuum sealing bag.

