



SOUS VIDE TEMPERATURES & COOKING TIMES

| | Thickness | Temperature | Time (hours) | | Thickness | Temperature | Time (hours) |
|----------------------|--------------|-------------|--------------|--|--------------|-------------|--------------|
| BEEF | | | | | | | |
| Brisket | 2-inch | 140 °F | 24 - 48 | Rib Eye, Sirloin and Porterhouse Steak | 1-inch | | |
| Bottom Round Brisket | 4-inch | | | Rare | | 125 °F | 1 - 6 |
| Medium Rare | | 130 °F | 5 - 10 | Medium Rare | | 130 °F | 1 - 6 |
| Medium | | 136 °F | 5 - 10 | Medium | | 140 °F | 1 - 6 |
| Medium Well | | 144 °F | 5 - 10 | Medium Well | | 150 °F | 1 - 6 |
| Flank Steak | 1 - 1 ½-inch | | | Well Done | | 155 °F | 1 - 6 |
| Rare | | 125 °F | 2 - 10 | Short Ribs | | 167 °F | 24 - 36 |
| Medium Rare | | 130 °F | 2 - 10 | Tenderloin Roast | 1 - 1 ½-inch | | |
| Medium | | 140 °F | 2 - 10 | Rare | | 131 °F | 3 - 6 |
| Medium Well | | 150 °F | 2 - 10 | Medium Rare | | 135 °F | 3 - 6 |
| Well Done | | 155 °F | 2 - 10 | Medium | | 140 °F | 3 - 6 |
| Flat Iron Steak | 2-inch | | | Medium Well | | 150 °F | 3 - 6 |
| Rare | | 125 °F | 2 - 8 | Tenderloin Steak (Filet Mignon) | 1 ½-inch | | |
| Medium Rare | | 130 °F | 2 - 8 | Rare | | 125 °F | 1 - 6 |
| Medium | | 140 °F | 2 - 8 | Medium Rare | | 130 °F | 1 - 6 |
| Medium Well | | 150 °F | 2 - 8 | Medium | | 140 °F | 1 - 6 |
| Well Done | | 155 °F | 2 - 8 | Medium Well | | 150 °F | 1 - 6 |
| Hamburgers | 1-inch | | | Well Done | | 155 °F | 1 - 6 |
| Rare | | 125 °F | 1 - 3 | Tri-Tip Roast | 3 - 4-inch | | |
| Medium Rare | | 130 °F | 1 - 3 | Rare | | 131 °F | 5 - 10 |
| Medium | | 140 °F | 1 - 3 | Medium Rare | | 135 °F | 5 - 10 |
| Medium Well | | 145 °F | 1 - 3 | Medium | | 140 °F | 5 - 10 |
| Well Done | | 155 °F | 1 - 3 | Veal Chop (Bone in) | 1 - 1 ½-inch | | |
| Pot Roast (Chuck) | 3 - 4-inch | 160 °F | 24 - 30 | Rare | | 129 °F | 3 - 6 |
| Prime Rib Roast | 5 - 6-inch | | | Medium Rare | | 134 °F | 3 - 6 |
| Medium Rare | | 130 °F | 6 - 10 | Veal Shank | 1 - 2-inch | 167 °F | 24 - 36 |
| Medium | | 136 °F | 6 - 10 | | | | |
| Medium Well | | 144 °F | 6 - 10 | | | | |
| PORK | | | | | | | |
| Boneless Chops | 1-inch | 140 °F | 1 - 3 | Loin Roast | | 144 °F | 4 - 6 |
| Bone-in Chops | 1-inch | 140 °F | 1 ½ - 3 | Sausage | | 165 °F | 18 - 24 |
| Baby Bay Ribs | | 165 °F | 12 - 24 | Shoulder | 3-inch | 175 °F | 12 - 24 |
| Country Style Ribs | | 167 °F | 18 - 24 | Tenderloin | | 145 °F | 1 ½ - 4 |
| Ham - Cured | | 155 °F | 8 - 12 | | | | |



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|---------------------------|-----------|-------------|-----------------|--------------------------|-----------|-------------|-----------------|
| LAMB | | | | | | | |
| Lamb Chops | | | | Lamb Shank | | 167 °F | 18 - 36 |
| Rare | | 126 °F | 1 - 3 | Rack of Lamb | | | |
| Medium Rare | | 131 °F | 1 - 3 | Rare | | 126 °F | 2 - 3 |
| Medium | | 140 °F | 1 - 3 | Medium Rare | | 137 °F | 2 - 3 |
| Medium Well | | 150 °F | 1 - 3 | Medium | | 145 °F | 2 - 3 |
| Well Done | | 155 °F | 1 - 3 | Medium Well | | 150 °F | 2 - 3 |
| Leg of Lamb (Bone-in) | | | | Well Done | | 155 °F | 2 - 3 |
| Medium Rare | | 130 °F | 18 - 24 | | | | |
| Medium | | 144 °F | 18 - 24 | | | | |
| Medium Well | | 150 °F | 18 - 24 | | | | |
| POULTRY | | | | | | | |
| Chicken Breast (Boneless) | 1-inch | 140 °F | 1 - 3 | Duck Breast | 1-inch | 136 °F | 1 ½ - 4 |
| Chicken Breast (Bone-in) | 1 ½-inch | 147 °F | 2 - 6 | Duck Legs | | 149 °F | 1 ½ - 4 |
| Chicken Thighs (Boneless) | | 158 °F | 4 - 8 | Duck Confit | | 158 °F | 16 - 24 |
| Chicken Thighs (Bone-in) | | 165 °F | 2 - 6 | Turkey Breast (Boneless) | 2-inch | 146 °F | 2 - 8 |
| Chicken (Whole) | | 148 °F | 5 - 7 | Turkey Breast (Bone-in) | | 150 °F | 2 - 8 |
| Cornish Game Hens | | 155 °F | 6 - 8 | Turkey Legs | | 165 °F | 8 - 10 |
| FISH & SEAFOOD | | | | | | | |
| Crab Legs | | 144 °F | 30 - 90 minutes | Shrimp | 1-inch | 135 °F | 15 - 30 minutes |
| Codfish | 1-inch | 136 °F | 20 - 40 minutes | Trout | 1 ½-inch | 132 °F | 30 - 60 minutes |
| Flounder Fillet | 1-inch | 122 °F | 30 - 60 minutes | Tuna Steak | 1-inch | | |
| Halibut Fillet | 2-inch | 122 °F | 40 - 60 minutes | Rare | | 105 °F | 30 - 60 minutes |
| Lobster Tails | | 130 °F | 20 - 45 minutes | Medium Rare | | 110 °F | 30 - 60 minutes |
| Octopus | 1 ½-inch | 171 °F | 4 - 7 hours | Medium | | 115 °F | 30 - 60 minutes |
| Sea Bass Fillet | | 122 °F | 30 - 60 minutes | Well Done | | 122 °F | 30 - 60 minutes |
| Scallops | 1-inch | 126 °F | 15 - 35 minutes | Tuna - Ahi Loin | 1 ½-inch | | |
| Salmon Fillet | | 122 °F | 30 - 60 minutes | Rare | | 109 °F | 45 - 60 minutes |



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Thickness Temperature Time

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VEGETABLES

| | | | |
|---------------------|--------|--------|-----------------|
| Artichoke Hearts | | 190 °F | 1 - 2 hours |
| Asparagus | | 183 °F | 20 - 45 minutes |
| Beets | ½-inch | 194 °F | 1 ½ - 2 hours |
| Broccoli Florets | | 183 °F | 20 - 30 minutes |
| Brussels Sprouts | halved | 185 °F | 40 - 60 minutes |
| Carrots | ½-inch | 185 °F | 30 - 60 minutes |
| Cauliflower Florets | | 185 °F | 25 - 35 minutes |
| Corn on the Cob | | 185 °F | 30 - 60 minutes |

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| Eggplant (cubed or sliced) | 1-inch | 183 °F | 30 - 45 minutes |
| Green Beans | | 185 °F | 30 - 60 minutes |
| Onions (diced or sliced) | | 185 °F | 30 - 90 minutes |
| Squash (cubed or sliced) | 1-inch | 194 °F | 30 - 45 minutes |
| Sweet Potatoes (cubed or sliced) | 1-inch | 194 °F | 30 - 60 minutes |
| Parsnips | ½-inch | 185 °F | 30 - 60 minutes |
| Potatoes (wedges or slices) | ½-inch | 185 °F | 30 - 120 minutes |

FRUIT

| | | | |
|--------------------------|--|--------|-----------------|
| Apples (diced or sliced) | | 183 °F | 35 - 50 minutes |
| Bananas | | 183 °F | 25 - 35 minutes |
| Cherries | | 158 °F | 25 - 35 minutes |

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|-------------------------|--|--------|-----------------|
| Pears (diced or sliced) | | 183 °F | 35 - 50 minutes |
| Pineapples (cubed) | | 167 °F | 25 - 35 minutes |

EGGS

| | | | |
|----------------------|--|--------|------------|
| Runny Barely Poached | | 145 °F | 45 minutes |
| Set - Creamy Yolk | | 147 °F | 45 minutes |
| Set - Fudgy Yolk | | 147 °F | 60 minutes |

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|-------------|--|--------|-----------------|
| Soft-boiled | | 163 °F | 25 minutes |
| Hard-boiled | | 167 °F | 45 minutes |
| Egg Bites | | 185 °F | 45 - 60 minutes |

DAIRY

| | | | |
|----------------|--|--------|--------|
| Crème Anglaise | | 173 °F | 1 hour |
| Custard | | 176 °F | 1 hour |

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|---------|--|--------|---------------|
| Pudding | | 176 °F | 1 hour |
| Yogurt | | 110 °F | 12 - 24 hours |