












## Sous Vide Temperature and Time Chart

### BEEF

		MIN		MAX
Steak	RARE 129°F / 54°	45min	 1.5hrs	3hrs
	MEDIUM RARE 136°F / 58°	45min	 1.5hrs	3hrs
	WELL DONE 158°F / 70°	45min	 1.5hrs	3hrs
Roast	RARE 133°F / 56°	5.5hrs	 7hrs	16hrs
	MEDIUM RARE 140°F / 60°	5.5hrs	 6hrs	14hrs
	WELL DONE 158°F / 70°	 5hrs		11hrs
Tough Cuts	RARE 136°F / 58°	 24hrs		48hrs
	MEDIUM RARE 149°F / 65°	 16hrs		24hrs
	WELL DONE 185°F / 85	6.5hrs	 8hrs	16hrs

Seasoning Suggestions: Crushed Garlic, Thyme, Shallots



## Sous Vide Temperature and Time Chart

### PORK

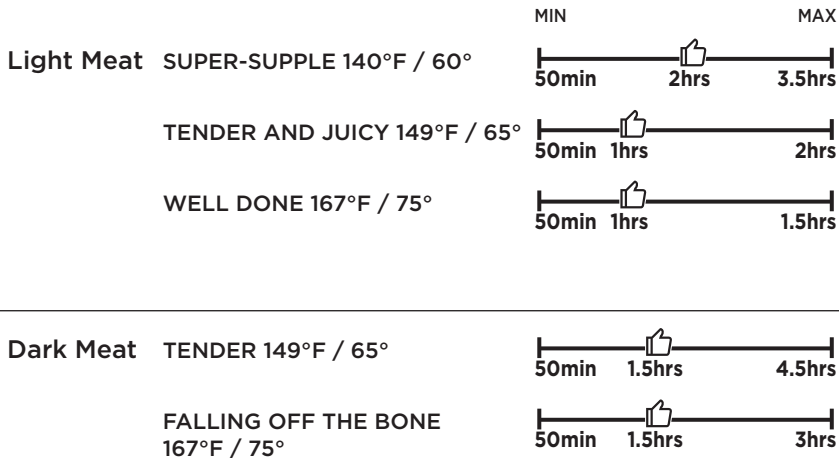
		MIN	MAX
Chop	RARE 136°F / 58°C	1hr ————— 2.5hrs	
	MEDIUM RARE 144°F / 62°C	1hr ————— 1.75hrs	
	WELL DONE 158°F / 70°C	1hr ————— 1.5hrs	
Roast	RARE 136°F / 58°C	2.5hrs — 3hrs — 5.5hrs	
	MEDIUM RARE 144°F / 62°C	2.5hrs — 3hrs — 4hrs	
	WELL DONE 158°F / 70°C	2.5hrs — 3hrs — 3.5hrs	
Tough Cuts	RARE 144°F / 62°C	10hrs — 16hrs — 24hrs	
	MEDIUM RARE 154°F / 68°C	7hrs — 12hrs — 24hrs	
	WELL DONE 185°F / 85°C	6.5hrs — 8hrs — 16hrs	

Seasoning Suggestions: Rosemary, Maple Syrup, Whole Grain Mustard



## Sous Vide Temperature and Time Chart

### CHICKEN






Seasoning Suggestions: Oregano, Garlic, Paprika






## Sous Vide Temperature and Time Chart

### FISH

	MIN		MAX
Tender 104°F / 40°C	25min	40min 	1hrs
Tender and Flaky 122°F / 50°C	25min	40min 	1hrs
Well Done 140°F / 60°C	25min	40min 	1hrs

Seasoning Suggestions: Lemon Slices, Dill, Lemon Thyme

### EGGS

	MIN		MAX
Soft Boiled 158°F / 70°C	45min	50min 	1hrs
Hard Boiled 170°F / 76°C	45min	50min 	1hrs
Poached 158°F / 70°C	45min	50min 	1hrs



## Sous Vide Temperature and Time Chart

### VEGETABLES

	MIN	MAX
Green Vegetables 185°F / 85°C	 10min ————— 20mins	
Winter Squash 185°F / 85°C	 1hr ————— 3hrs	
Potatoes & Root Vegetables 185°F / 85°C	 1hr ————— 3hrs	

Seasoning Suggestions: Rosemary, Basil, Chives

### FRUIT

	MIN	MAX
Warm & Ripe 154°F / 68°C	 1hr ————— 1.75hrs ————— 2.5hrs	
Cooked to Soft (for purées, etc.) 185°F / 85°C	 15min — 30mins ————— 1.5hrs	

Seasoning Suggestions: Cinnamon, Cloves, Nutmeg or Mint