



## 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

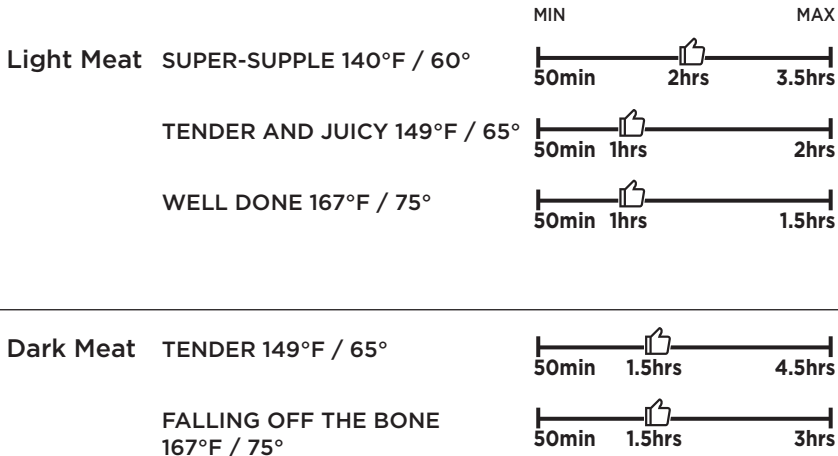
		MIN	MAX
Chop	RARE 136°F / 58°C	 1hr	2.5hrs
	MEDIUM RARE 144°F / 62°C	 1hr	1.75hrs
	WELL DONE 158°F / 70°C	 1hr	1.5hrs
Roast	RARE 136°F / 58°C	 2.5hrs	5.5hrs
	MEDIUM RARE 144°F / 62°C	 2.5hrs	4hrs
	WELL DONE 158°F / 70°C	 2.5hrs	3.5hrs
Tough Cuts	RARE 144°F / 62°C	 10hrs	24hrs
	MEDIUM RARE 154°F / 68°C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

Seasoning Suggestions: Rosemary, Maple Syrup, Whole Grain Mustard



## Sous Vide Temperature and Time Chart

### CHICKEN

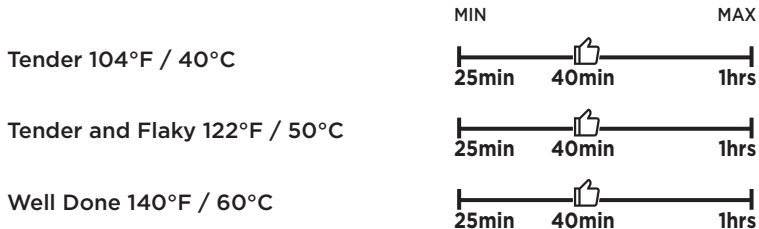


Seasoning Suggestions: Oregano, Garlic, Paprika



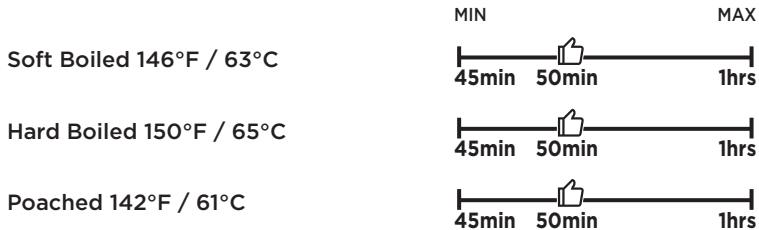
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### FISH



Seasoning Suggestions: Lemon Slices, Dill, Lemon Thyme




### EGGS







## 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