












## Sous Vide Temperature and Time Chart

### BEEF









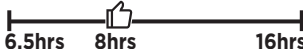
|            |                         | MIN   |  | MAX   |
|------------|-------------------------|---|--|-------|
| Steak      | RARE 129°F / 54°        | 45min   |  1.5hrs | 3hrs  |
|            | MEDIUM RARE 136°F / 58° | 45min   |  1.5hrs | 3hrs  |
|            | WELL DONE 158°F / 70°   | 45min   |  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

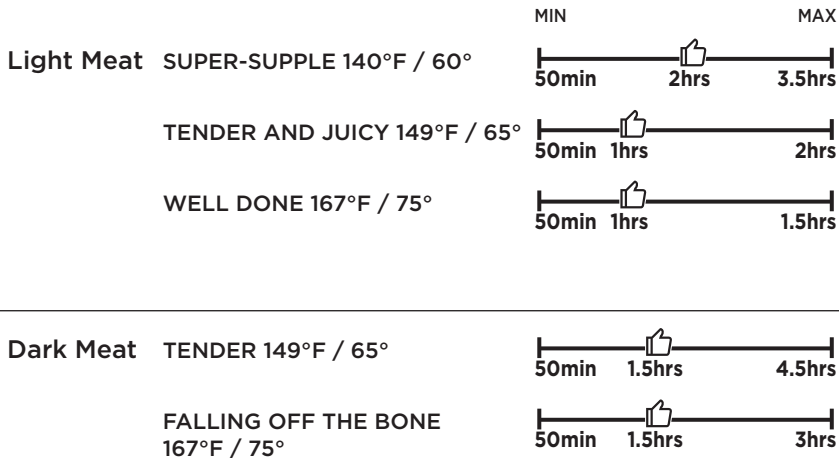
|            |                          | MIN   | MAX |
|------------|--------------------------|---|-----|
| Chop       | RARE 136°F / 58°C        |  |     |
|            | MEDIUM RARE 144°F / 62°C |  |     |
|            | WELL DONE 158°F / 70°C   |  |     |
| Roast      | RARE 136°F / 58°C        |  |     |
|            | MEDIUM RARE 144°F / 62°C |  |     |
|            | WELL DONE 158°F / 70°C   |  |     |
| Tough Cuts | RARE 144°F / 62°C        |  |     |
|            | MEDIUM RARE 154°F / 68°C |  |     |
|            | WELL DONE 185°F / 85°C   |  |     |

Seasoning Suggestions: Rosemary, Maple Syrup, Whole Grain Mustard



## Sous Vide Temperature and Time Chart

### CHICKEN

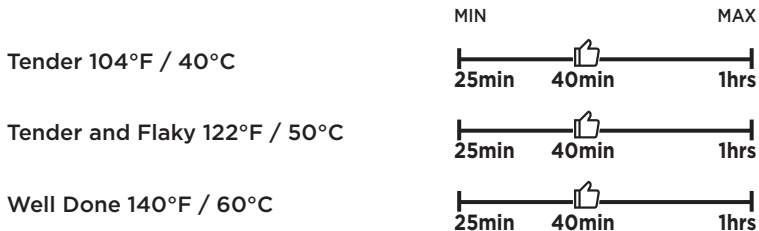


Seasoning Suggestions: Oregano, Garlic, Paprika



## Sous Vide Temperature and Time Chart

### FISH



Seasoning Suggestions: Lemon Slices, Dill, Lemon Thyme

### EGGS





## Sous Vide Temperature and Time Chart

### VEGETABLES

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

Seasoning Suggestions: Rosemary, Basil, Chives

### FRUIT

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

Seasoning Suggestions: Cinnamon, Cloves, Nutmeg or Mint