

SOUS VIDE COOKING TIMES AND TEMPERATURES

General guidelines:

- The temperatures and cooking times are approximate values that are also dependent on many factors such as quality, feed, growth, slaughter and the thickness of the food. With flash fried meat, for example, it can be assumed that the cooking stage is reached once the corresponding core temperature has been reached.
- Important: Raw or unpasteurized food should never be served to particularly susceptible individuals such as people with weakened immune systems, pregnant women, children under four years of age or older people. For safety reasons, we recommend that food is not stored at a temperature between 5 °C and 55 °C for longer than four hours.
- No liability assumed for any information



	COOKING LEVEL	WATER BATH TEMPERATURE	COOKING TIME	CORE TEMPERATURE	COMMENTS/TIPS FOR PREPARATION
Steaks – fillet steak, rib eye steak, rump steak, strip steak etc. Thickness: up to 8 cm	VERY RARE	53 °C	60 minutes		Flash fry or grill briefly; 30 seconds on each side
	RARE	56 °C	60 minutes	54 °C	
	PINK	58 °C	60 minutes	56 °C	
	MEDIUM	60 °C	90 minutes	60 °C	
	WELL DONE	72 °C	90 minutes	72 °C	
Roasts – rib, prime rib, eye of round, inside round, top sirloin etc. Thickness: approx. 10 cm	VERY RARE	53 °C	2.5 hours		Can be browned before or after sous vide cooking; 45 seconds on each side.
	RARE	57 °C	2.5 hours		
	PINK	61 °C	2.5 hours		
	MEDIUM	69 °C	2.5 hours		
	WELL DONE	75 °C	2.5 hours		
Thin rib, brisket, cured meat	COOKED UNTIL TENDER	65 °C	48 hours	63 °C	Grill, flash fry, glaze or serve directly from the pouch
Cheek, tongue	COOKED UNTIL TENDER	67 °C	48 hours	63 °C	Grill or cut into thin strips and cure



Chops, loin, T-bone steaks Thickness: approx. 1 cm	RARE	56 °C	2 hours	
	PINK	59 °C	2 hours	
	MEDIUM/WELL DONE	67 °C	2 hours	
Knuckle Thickness: 5-8 cm at the thickest point	COOKED UNTIL TENDER	69 °C	18-24 hours	
Shoulder Thickness: up to 13 cm	COOKED UNTIL TENDER	64 °C	12 hours	
Tongue, neck, cheek	COOKED UNTIL TENDER	69 °C	26-30 hours	



Peeled prawns	52 °C	30 minutes
Shucked scallops	54 °C	10 minutes
Peeled lobster	58 °C	25 minutes
Tuna fillet	49 °C	18 minutes
Catfish fillet	57 °C	20 minutes
Cod fillet	53 °C	22 minutes
Haddock fillet	56 °C	18 minutes
Halibut fillet	56 °C	22 minutes
Pike-perch fillet	56 °C	22 minutes
Red snapper fillet	50 °C	20 minutes
Salmon fillet	52 °C	12 minutes
Perch fillet	52 °C	15 minutes
Swordfish fillet	55 °C	15 minutes
Nile perch fillet	57 °C	15 minutes



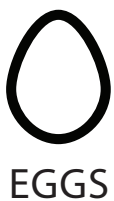
	WATER BATH TEMPERATURE	COOKING TIME
Chicken breast (with bone)	58 °C	90 minutes
Chicken breast (boneless)	58 °C	60 minutes
Chicken thigh (boneless)	65 °C	90 minutes
Chicken thigh (with bone)	65 °C	105 minutes
Turkey breast	58 °C	2 hours
Turkey thigh	80 °C	8-12 hours



	COOKING LEVEL	WATER BATH TEMPERATURE	COOKING TIME	CORE TEMPERATURE
Chops, loin, steaks Thickness: up to 10 cm	PINK	62 °C	90 minutes	60 °C
	MEDIUM	66 °C	105 minutes	64 °C
	WELL DONE	71 °C	2 hours	71 °C
Roast, shoulder Thickness: up to 15 cm	PINK	66 °C	12 hours or longer	66 °C
Loin Thickness: up to 5 cm		68 °C	2 hours	68 °C
Spare ribs, back ribs	COOKED UNTIL TENDER	70 °C	18 hours	70 °C



	WATER BATH TEMPERATURE	COOKING TIME	COMMENTS/ TIPS FOR PREPARATION
Root vegetables – potatoes, carrots, turnips, beets, parsnip, onions etc.	85 °C	60 minutes	Vegetables that have been cut into slices (Thickness: 2-3 cm) will cook faster and more evenly. Check cooking level and cook longer if necessary. Vegetables are soft, but firm to the touch.
Delicate vegetables – asparagus, cauliflower, broccoli, beans, peas in a pod, pumpkin etc.	85 °C	30 minutes	
Banana	56 °C	20 minutes	
Pineapple, peach, strawberries, cherries	65 °C	25 minutes	
Apple, pear	85 °C	25 minutes	



	WATER BATH TEMPERATURE	COOKING TIME	EGG YOLK	EGG WHITE
Quick eggs poached in the shell	75 °C	15 minutes		
Quick, soft scrambled eggs in a pouch	86 °C	15 minutes	Massage the pouch every 3-5 minutes	
Quick, firm scrambled eggs in a pouch	92 °C	16-22 minutes	Massage the pouch every 10 minutes	
Whole egg poaching times table:	57 °C	60 minutes	Warm, low viscosity	Liquid, hardly cloudy
	60 °C	60 minutes	Liquid	Cloudy, starting to get gelatinous
	63 °C	60 minutes	Liquid, but more viscous	Slightly gelatinous, very spongy
	66 °C	60 minutes	Viscous, still liquid	Spongy
	68 °C	60 minutes	Highly viscous but not firm, thick	Spongy but becoming firm
	71 °C	60 minutes	Fondant-like consistency	Almost completely firm
	74 °C	60 minutes	Egg yolk is firm on the outside but still moist in the center	Completely firm
	77 °C	60 minutes	Firm, moist	Firm
	79 °C	60 minutes	Firm and drying out	Very firm