

# Sous Vide Times and Temperatures

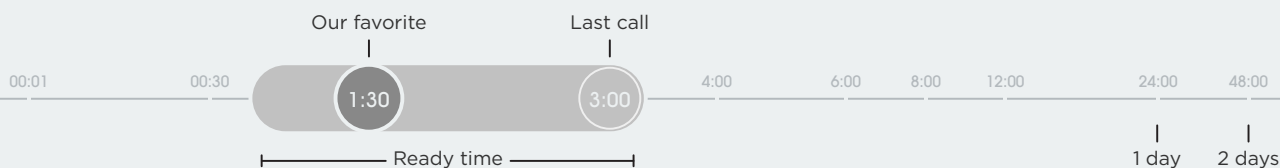
Stick it on the fridge and share it with your friends:  
Behold, our guide to preparing all your favorite  
foods—from juicy pork chops to tender green  
vegetables—exactly the way you like them.

## Contents

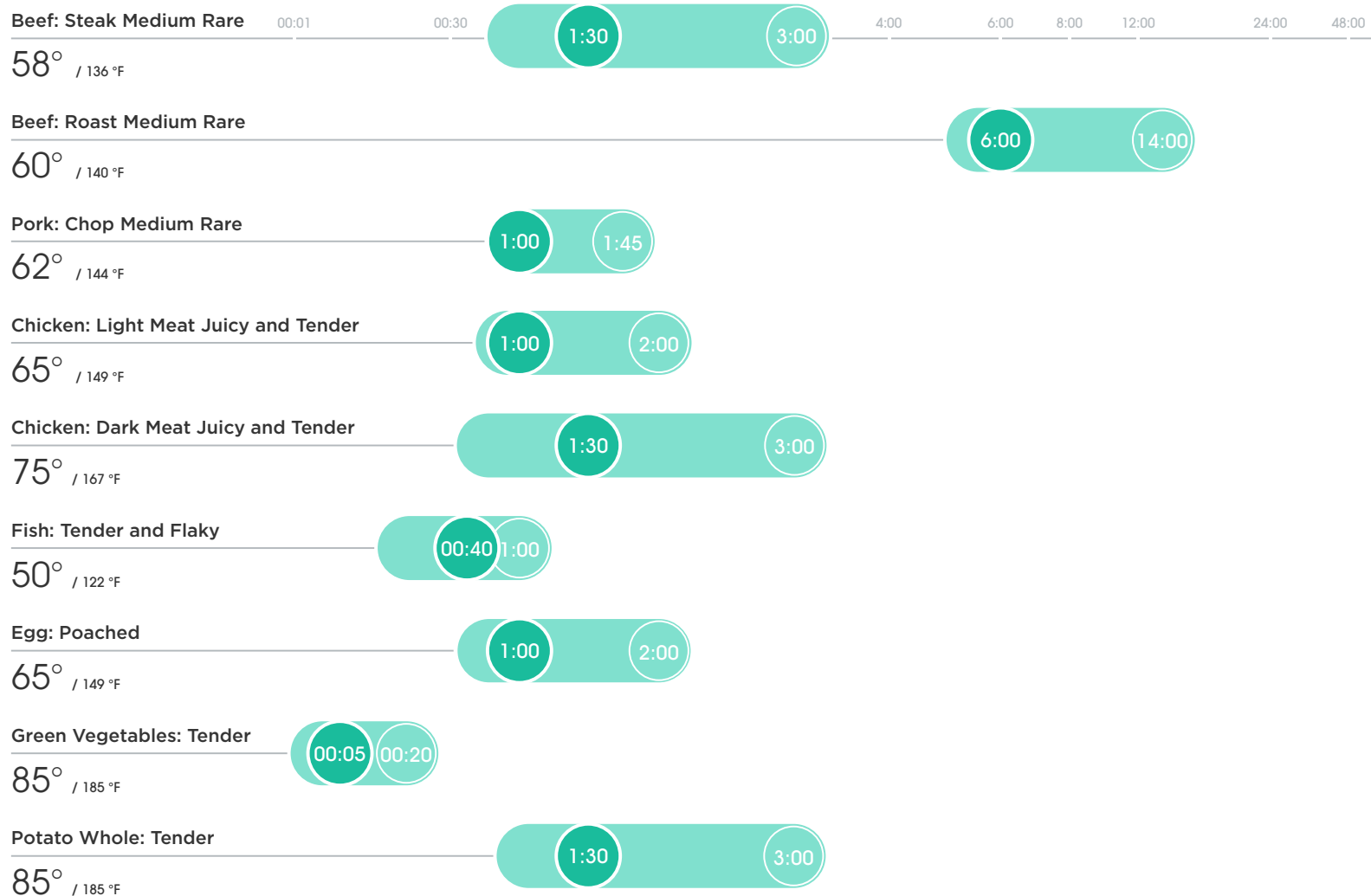
The Basics	1
Beef	2
Pork	3
Chicken	4
Fish	5
Vegetables	6
Fruit	6

## Key

Food | Desired doneness  
Steak Rare |  
54° / 129 °F  
|  
Water temperature



# The Basics



## Beef

Steaks include tender beef cuts like New York strip, rib eye, sirloin, etc. When cooking whole beef roasts, such as prime rib, we opt for a slightly higher temperature for a nice, fork-tender texture.

## Pork

Use this time-and-temp combo for anything marked chop or loin—whether it’s bone-in or boneless, fatty or lean. The meat will be juicy and tender, with a blush of rosy color.

## Chicken

Cooked at 65 °C / 149 °F, light-meat pieces will emerge juicy and tender. Be sure to take them out of the bath before the two-hour mark, after that the texture becomes too soft, and will lack the yielding quality we expect from poultry.

## Fish

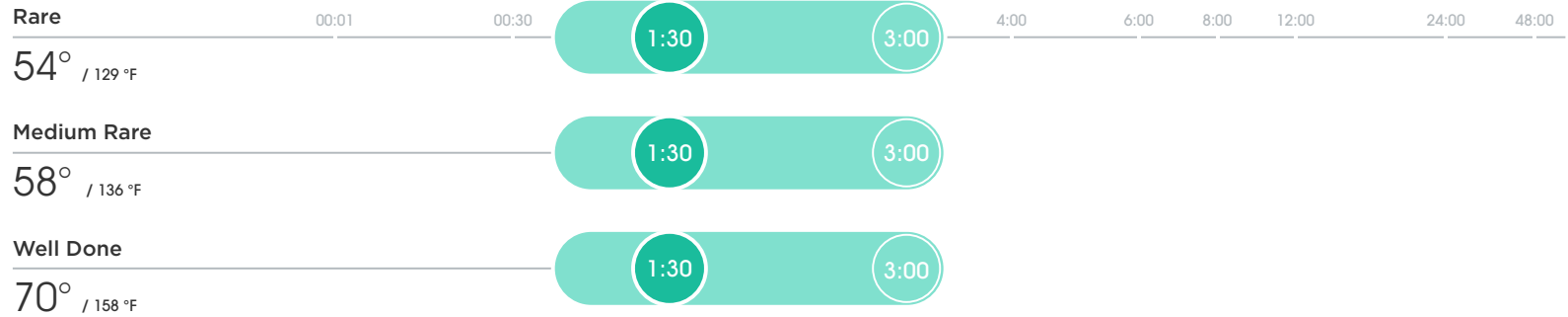
50 °C / 122 °F is the magic number for almost any type of fish you’ll be cooking, from salmon to cod to halibut to snapper to branzino. For even cooking, portion fish into individual servings before packaging.

## Vegetables

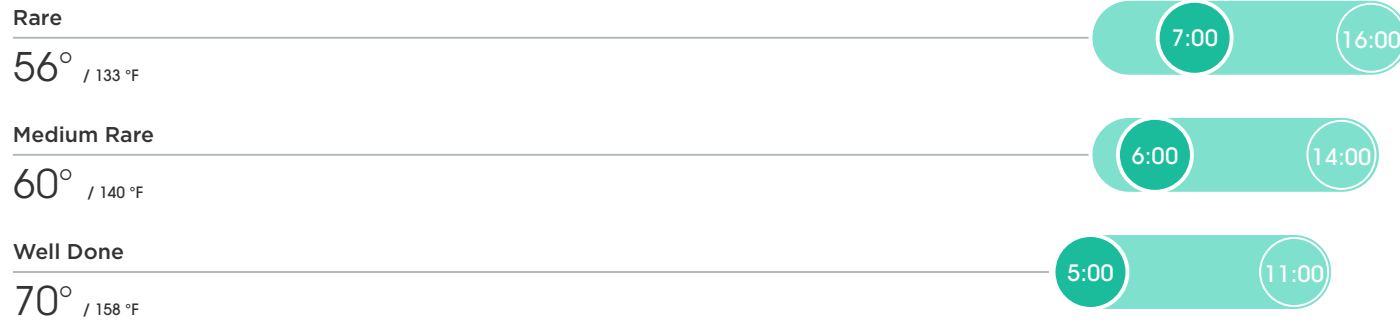
Green vegetables reach their optimal texture—softened, but still crunchy—at 5 minutes. After about 20 minutes, they will begin to lose their vibrant hue.

# Beef

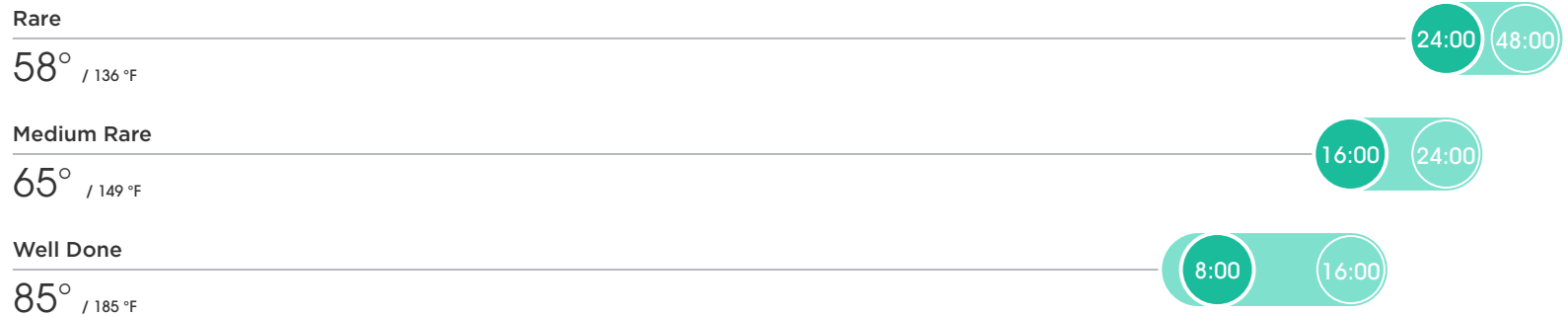
## STEAK



## ROAST



## TOUGH CUTS



### Steak

Think tender cuts like rib eye, New York strip, and sirloin. These time and temps are based on a one-inch piece, but a skinnier steak won't overcook in the bath. Be careful when pre- and post-searing meat, however, as it's easy to overcook thin pieces when browning.

### Roast

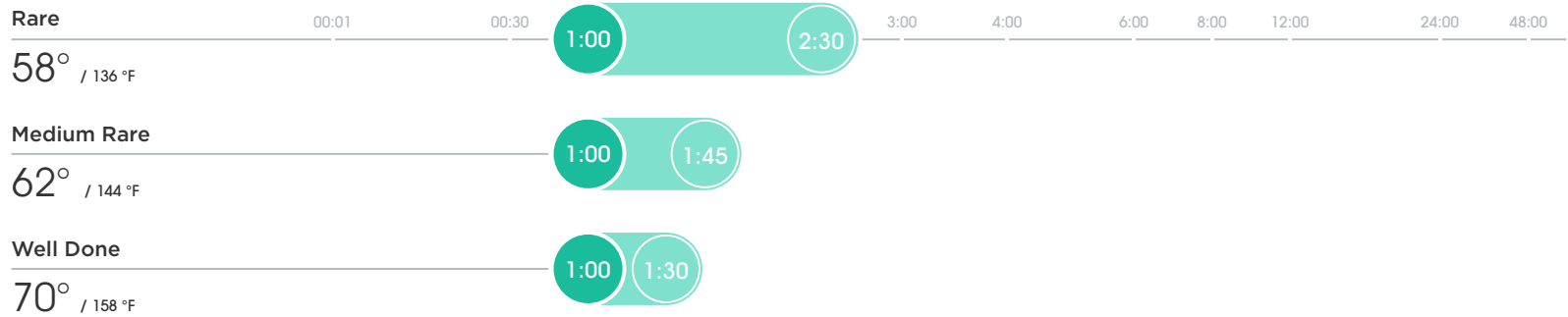
We like to cook whole roasts—large tender cuts often labeled under names like prime rib or rib roast—at a slightly higher temperature than steaks in order to achieve the optimal texture.

### Tough Cuts

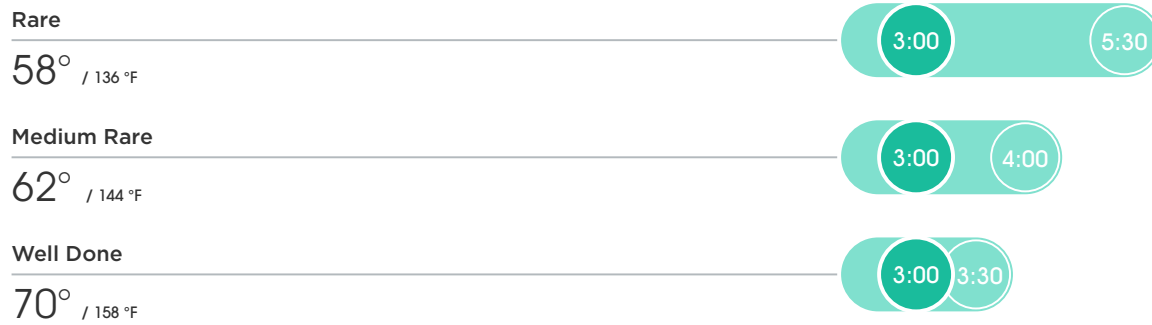
Here's where sous vide shines brightest—you'll be blown away the first time you cook a cheaper cut like brisket or chuck for 16 hours plus, converting it into something that tastes great.

# Pork

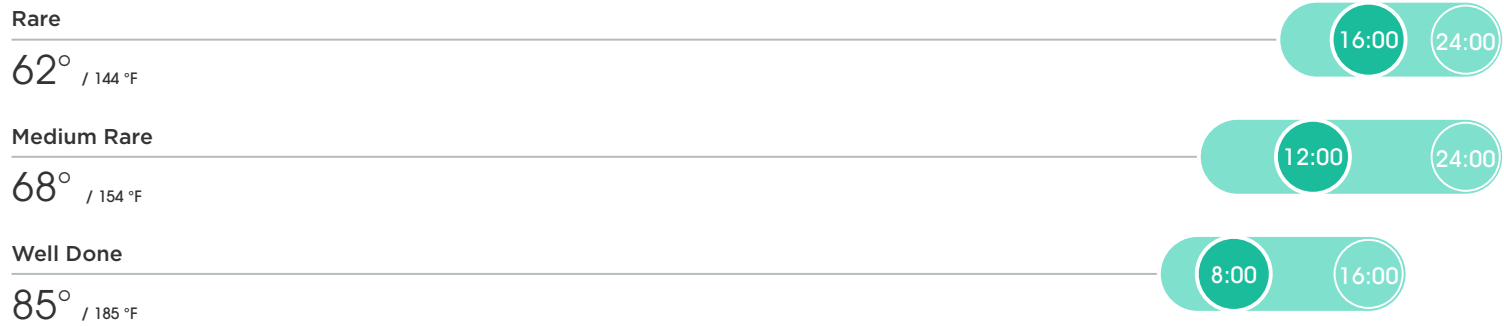
CHOP



## ROAST



## TOUGH CUTS



### Chop

This is the way to cook any pork marked “chop” or “loin” to get great results—whether your meat is fatty or lean, boneless or bone-in.

### Roast

We cook pork roast at the same temperature as we do individual chops—it just takes a while longer. Brine your roast ahead of time for even more flavor.

### Tough Cuts

Cheaper cuts like pork belly and shoulder need some time to cook in the bath, but come out spectacularly tender and full of flavor.

# Chicken

LIGHT MEAT



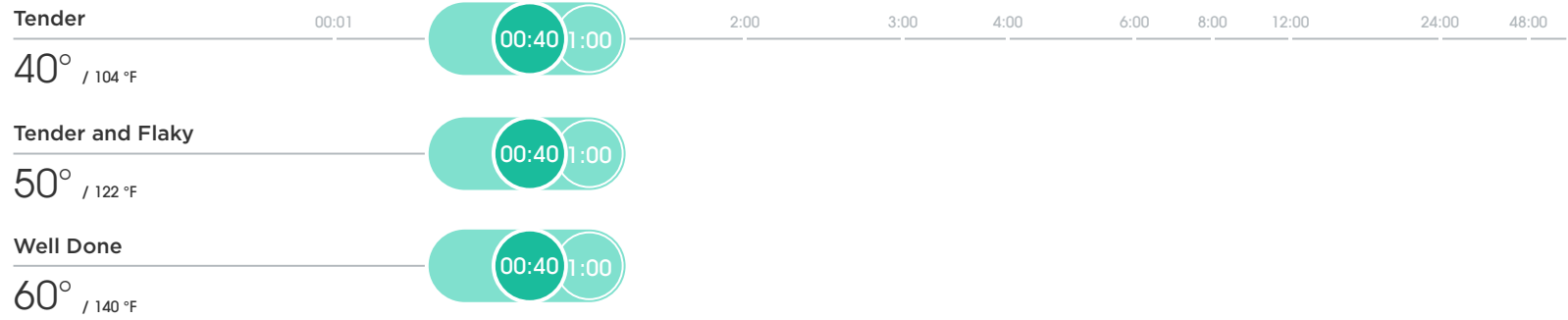
DARK MEAT



## Chicken

Breasts cooked at 65 °C / 149 °F are a crowd pleaser; try them at 60 °C for a novel texture that's great for chilled chicken salads.

# Fish



## Fish

As a rule, we cook fish at 50 °C / 122 °F to get that great combination of tender and flaky. This works for most fish. You can cook several pieces in the same bag, but remember to portion before you package; whole fish won't cook evenly.

**Note:** Cook times are based on filets that are about 1.5 inches thick. When preparing thinner pieces—from the tail, say—you may want to take fish out about 10 minutes early. If you've got a fat guy, you may need to tack

on 10 or so minutes to the total time. Feel free to check as you go; you can always toss fish back in the bath and keep cooking.

# Vegetables

## Green Vegetables

85° / 185 °F



## Winter Squash

85° / 185 °F



## Potatoes & Root Vegetables

85° / 185 °F



### Root Vegetables

While this time and temp combo will work for a variety of root vegetables, keep in mind that the results can vary depending on the source of the veg. The woody carrots you find at a lot of supermarkets, for instance, will soften way slower than organic, farmer's market fare.

### Green Vegetables

Cooked at 85 °C / 185 °F, vegetables will take on a lovely crunchy texture and stay that way. After about 20 minutes, however, they'll begin to lose their vibrant green color and grow darker—the sooner you take them out, the prettier they'll be.

# Fruit

## Warm & Ripe

68° / 154 °F



## Cooked to Soft (for purées, etc.)

85° / 185 °F



### Fruit

Ripen berries, peaches, plums and other fruits at 68 °C / 154 °F for a lovely warm topping to desserts, breakfast pastries, or savory dishes. To thoroughly cook stone fruits and such for making purées, cook at 85 °C / 185 °F.