

# ZWILLING

## SOUS VIDE TEMPERATURE GUIDE



Sous vide gives you control over exactly how you like your food cooked and the cooking time to get you to the desired doneness. Both vary depending on the type and thickness of the food you are cooking. This handy chart will help you determine time and temperature targets based on your taste preferences.

	Rare	Medium Rare	Medium	Well Done
<b>BEEF</b>	<b>118-122 °F</b>	<b>122-131 °F</b>	<b>131-134 °F</b>	<b>134-140 °F</b>
	<b>48-50 °C</b>	<b>50-55 °C</b>	<b>55-57 °C</b>	<b>57-60 °C</b>
Tenderloin, 2 in thick	2 hr	2 hr	2 hr	2 hr
Steak, 1 in thick	1 hr	1 hr	1 hr	1 hr
Short Rib	12 - 24 hr	12 - 24 hr	12 - 24 hr	12 - 24 hr
Chuck Roast		18 hr	18 hr	18 hr

	Medium Rare	Medium	Well Done	Well Done (alt.)
<b>PORK</b>	<b>136-144 °F</b>	<b>144-149 °F</b>	<b>149-158 °F</b>	<b>176 °F</b>
	<b>57-62 °C</b>	<b>62-65 °C</b>	<b>65-70 °C</b>	<b>80 °C</b>
Ham (Half)	4 - 8 hr	4 - 8 hr	4 - 8 hr	
Pork Chops, 1 in thick	1 hr	1 hr	1 hr	
Pork Belly			24 hr	7 hr

	Medium Rare	Medium/Well	Well Done
<b>POULTRY</b>	<b>129-140 °F</b>	<b>140-158 °F</b>	<b>158-176 °F</b>
	<b>54-60 °C</b>	<b>60-70 °C</b>	<b>70-80 °C</b>
Chicken Breast (bone-in), 1 in thick		1 - 1½ hr	1 - 1½ hr
Chicken Cutlet (boneless), 1/2 in thick		45 min	45 min
Whole Turkey Breast (bone-in)		4 - 8 hr	4 - 8 hr
Whole Turkey Breast (boneless)		2½ - 6 hr	2½ - 6 hr
Duck Breast, 1 in thick	1 hr	1 hr	
Duck Leg, 3 in thick		8 hr	8 hr

	Medium Rare	Medium	Well Done
<b>LAMB/VENISON</b>	<b>129-131 °F</b>	<b>131-140 °F</b>	<b>140-149 °F</b>
	<b>54-55 °C</b>	<b>55-60 °C</b>	<b>60-65 °C</b>
Lamb Chops	1 - 2 hr	1 - 2 hr	1 - 2 hr
Leg of Lamb	8 - 24 hr	8 - 24 hr	8 - 24 hr
Venison Filet, 1 in thick	40 min	40 min	40 min

	Soft	Tender	Firm	Well Done
<b>FISH</b>	<b>110-104 °F</b>	<b>104-113 °F</b>	<b>107-122 °F</b>	<b>114-131 °F</b>
	<b>38-40 °C</b>	<b>40-45 °C</b>	<b>42-50 °C</b>	<b>46-55 °C</b>
Cod	40 min	40 min	40 min	40 min
Halibut	40 min	40 min	40 min	40 min
Salmon	40 min	40 min	40 min	40 min
Tuna	40 min	40 min	40 min	40 min
Shrimp	30 min	30 min	30 min	30 min
Scallops	30 min	30 min	30 min	30 min

### VEGETABLES

	Temp.	Time		Temp.	Time
Asparagus	<b>82 °C/ 180 °F</b>	10 - 20 min	Fingerling Potatoes	<b>90 °C/ 194 °F</b>	1 hr
Beets	<b>85 °C/ 185 °F</b>	1 - 5 hr	Green Beans	<b>85 °C/ 185 °F</b>	45 min
Bok Choy	<b>90 °C/ 194 °F</b>	20 min	Mushrooms	<b>85 °C/ 185 °F</b>	45 min
Broccoli	<b>90 °C/ 194 °F</b>	20 min	Squash	<b>90 °C/ 194 °F</b>	30 min
Brussels Sprouts	<b>85 °C/ 185 °F</b>	1 hr	Sweet Potatoes	<b>90 °C/ 194 °F</b>	30 min
Carrots	<b>82 °C/ 180 °F</b>	2 hr	Turnips	<b>90 °C/ 194 °F</b>	20 min
Corn (ears)	<b>90 °C/ 194 °F</b>	20 min	Yukon Gold Potatoes	<b>90 °C/ 194 °F</b>	1 hr

### EGGS

	Temp.	Time
Poached	<b>62 °C/ 145 °F</b>	45 min
Soft Boiled	<b>62 °C/ 145 °F</b>	45 min
Hard Boiled	<b>74 °C/ 165 °F</b>	45 min