

Sous Vide Time & Temperature Guide

the basics



To be safe, you should at least cook it for this long.

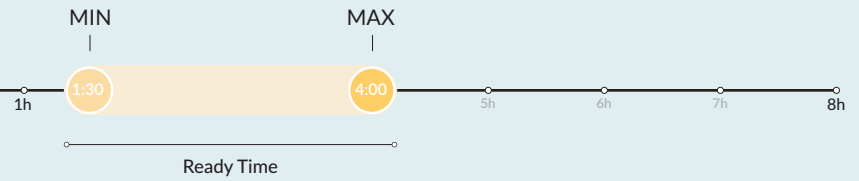
You should seriously consider it done.

Kind of Food

Specifications

145°F / 63°C

Water Temperature



Chicken



Soft and juicy chicken breast

145°F / 63°C



Traditionally firm chicken breast

155°F / 69°C



Juicy and tender chicken thigh

165°F / 74°C



Off-the-bone tender chicken thigh

165°F / 74°C



Steak or Lamb



Medium-rare

129°F / 54°C



Medium

140°F / 60°C



Medium-well

145°F / 63°C



Pork Chops



Rosy pink and juicy

135°F / 57°C



White throughout and juicy

147°F / 64°C



Fish



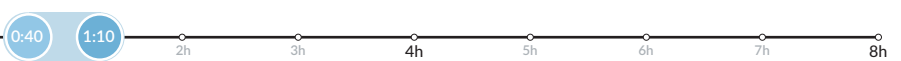
Tender

104°F / 40°C



Tender and flaky

122°F / 50°C



Well-done

131°F / 55°C



Eggs



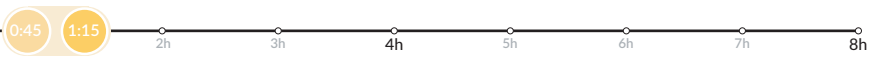
Soft yolks, ghostly, barely set whites

140°F / 60°C



Creamy yolks, opaque, tender whites

145°F / 63°C



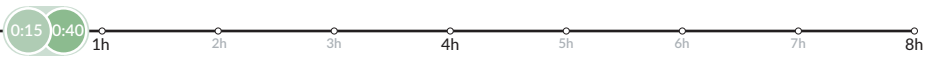
Vegetables



GREEN VEGGIES

Asparagus, peas, broccoli (etc)

183°F / 84°C



ROOT VEGGIES

Carrots, parsnips, potatoes (etc)

183°F / 84°C

