

Comprehensive Sous Vide Cooking Times, Temperature and Thickness Chart

When it comes to sous vide cooking, the most tricky thing to do is figure out the time and temperature range to use for different foods. We have compiled a list of tried and tested temperatures from best Sous Vide experts to bring you the most comprehensive and accurate Sous Vide Cooking Times, Temperature and Thickness Guide you can use as a reference for your cooking. It includes must-have vegetable, beef, pork, poultry and seafood temperatures. The best source of information for creating perfectly cooked steak or vegetables!

RECOMMENDED COOKING TIMES, TEMPERATURE AND THICKNESS

FOOD	THICKNESS ¹		TEMPERATURE		TIME	
	inch	cm	°F	°C	min	max
VEGETABLES						
Root	up to 1	up to 2.5	183	84	1- 2 hrs	4 hrs
Carrots, Parsnips, Potato Turnips, Celery Roots, Beets	1- 2	2.5- 5	183	84	2-5 hrs	4 hrs
Tender Asparagus, Broccoli , Corn, Cauliflower, Eggplant, Onions, Green Beans, Fennel, Squash, Fresh Peas	up to 1	up to 2.5	183	84	30 mins	1.5 hrs
POULTRY						
White Meat						
Chicken Breast, bone in	2	5	146 or higher	63.5 or higher	2.5 hrs	4- 6 hrs
Chicken Breast, boneless	1	2.5	146 or higher	63.5 or higher	1 hr	2- 4 hrs
Turkey Breast, bone in	2.75	7	146 or higher	63.5 or higher	4 hrs	6- 8 hrs
Turkey Breast, boneless	2	5	146 or higher	63.5 or higher	2.5 hrs	4- 6 hrs
Duck Breast	1	2.5	134 or higher	63.5 or higher	90 mins	4- 6 hrs
Dark Meat						
Chicken Leg or Thigh, bone in			165- 176	74- 80	4 hrs	6- 8 hrs

Chicken Thigh, boneless	1	2.5	165- 176	74- 80	2 hrs	4- 6 hrs
Turkey Leg or Thigh			165- 176	74- 80	8 hrs	10 hrs
Duck Leg			165- 176	74- 80	8 hrs	18 hrs
Split Game Hen	2.75	7	150 or higher	65.5 or higher	6 hrs	8 hrs
PORK						
Tenderloin	1.5	4	134 or higher	56.5 or higher	90 mins	6- 8hrs
Baby Back Ribs			165	74	4- 8 mins	24 hrs
Chops, Cutlets	1	2.5	134 or higher	56.5 or higher	2- 4 hrs	6- 8 hrs
	2	5	134 or higher	56.5 or higher	4- 6 hrs	8- 10 hrs
Roast	2.75	7	160- 176	71- 80	12 hrs	30 hrs
Spare Ribs	2.75	7	160- 176	71- 80	12 hrs	30 hrs
Belly (quick)	2	5	185	85	5 hrs	8 hrs
Belly (slow)	2	5	167	75	24 hrs	48- 72 hrs
BEEF, VEAL, LAMB, GAME						
Tender Cuts	1	2.5	134 or higher	56.5 or higher	1 hr	4 hrs
Tenderloin, Rib-eye, T-bone,	2	5	134 or higher	56.5 or higher	3 hrs	6 hours
Tough Cuts and Grassfed²						
Bison, Game	1	2.5	134 or higher	56.5 or higher	8- 10 hrs	12- 24 hrs
Lamb Roast or Leg	2.75	7	134 or higher	56.5 or higher	10 hrs	24- 48 hrs
Spare Ribs	2	5	134 or higher	56.5 or higher	24 hrs	48- 72 hrs
Flank Steak, Brisket	1	2.5	134 or higher	56.5 or higher	8 hrs	24 hrs
	2	5	134 or higher	56.5 or higher	12 hrs	30 hrs
RABBIT						
Rabbit Leg			145	62	4 hrs	
SEAFOOD						
Fish	0.5- 1	1.25- 2.5	126 or higher	52 or higher	20 min	30 min
Tuna, Halibut, Snapper, Sole, Salmon, Trout, Mackerel	1- 2	2.5- 5	126 or higher	52 or higher	30 min	40 min
Crustaceans, Mollusks						
Lobster	1	2.5	140	60	45 min	60 min
Scallops	1	2.5	140	60	40 min	60 min
Shrimp	jumbo	jumbo	140	60	30 min	40 min
FRUIT						
Firm	up to 1	up to 2.5	183	84	45 mins	2 hrs

Apple, Pear						
Soft Peach, Apricot, Plum, Mango, Papaya, Nectarine, Berries	up to 1	up to 2.5	183	84	30 mins	1 hr
EGGS³						
Soft- cooked in shell (quick)	large	large	167	75	15 mins	18 mins
Soft- cooked in shell (slow)	large	large	146	63.5	45 mins	1.5 hrs
Hard- cooked in shell	large	large	160	71	45 mins	1.5 hrs
Pasteurized in shell	large	large	135	57	1.25 hrs	2 hrs
Scrambled (5 eggs)	large	large	167	75	20 mins	20 mins

¹Thickness measurements are based on the thickness section of the food and measured through the vacuum- sealed pouch. Cooking times are for foods starting at refrigerator temperature. Add 15 minutes if starting from frozen.

²Touch cuts of the meat will heat through to serving temperature in the same time as the tender cuts. We recommend longer cooking times for lean, tough cuts to tenderize them.

³Eggs cooked in the shell should not be sealed in the cooking pouches.

Doneness Target Temperatures

FOOD	DONENESS	TEMPERAURE	
		°F	°C
POULTRY , White Meat	Medium	140- 146	60- 63
DUCK , White Meat	Medium Rare	134	56.5
POULTRY , Dark Meat	Well Done	176	80
PORK	Medium Rare	134	56.5
	Medium	140	60
	Well Done	160 and over	71 and over
BEEF, VEAL, LAMB, GAME	Rare	120	49
	Medium Rare	134	56.5
	Medium	140	60

	Medium Well	150	65.5
	Well Done	160 and over	71 and over
FISH, SEAFOOD	Rare	116	47
	Medium Rare	126	52
	Medium	140	60
<u>VEGETABLES, FRUITS</u>	---	183- 190	84- 87
EGGS	Soft Cooked	147 or 167	64 or 65
	Hard Cooked	160	71
	Scrambled	167	75
	Pasteurized	135	57

CAUTION

Raw or unpasteurized food must be never be consumed by immune compromised or highly susceptible individuals. The United States Food Code recommends that, for safety, food should not be kept between 41 °F (5 °C) and 130 °F (54.5 °C) for longer than four hours.

Adapted from Keller, Thomas. 2008. [Under Pressure- Cooking Sous Vide](#). Artisan; First Edition. ISBN-10: 1579653510

Get more sous vide recipes and learn more about the science of cooking at <http://culinaryphysics.blogspot.com/>

You can also get a printable version of this accurate sous vide temperature guide for easy reference. The large (5.5"X14.5") picture/JPEG version is easy-to-read. Great to have right on the side of your fridge for trouble-free use. You can attach by pasting it or use a tape. Get it NOW, click here, [sous vide cooking times chart](#).