



# Sous Vide Cooking Recommendations

**⚠ WARNING** Consuming unpasteurized foods can increase your risk of foodborne illness. Sous vide cooking often involves temperatures below FDA recommended safe minimum cooking temperatures, but can still be safe when done for the correct amount of time—as long as the temperature remains above 54°C (130°F). Several factors affect the time required to pasteurize foods, including cooking temperature, initial food temperature, food thickness, and food preparation. Follow all proper instructions related to food preparation, cooking—including time and temperature requirements—and storage during sous vide cooking to prevent foodborne illness caused by harmful bacteria. Discard food if it has been left at temperatures in the FDA Danger Zone (4°C (40°F) to 60°C (140°F)) for more than four hours. Cool foods quickly using an ice bath if not consuming directly after cooking.

Your precision cooking probe is well suited for sous vide cooking. Use the recommendations below as a guide and adjust the time and temperature to suit your personal preferences. Both texture and appearance are impacted by the cooking temperature and the amount of time the food is held at that temperature.

- Ensure that food is packaged appropriately and that foods are fully submerged.
- Thicker pieces of food and bone-in foods require more time than thinner and boneless pieces.
- These recommendations are based on food pieces that are at 40°F and are placed in a preheated water bath. Food starting at colder or frozen temperatures may require additional cooking time.
- When cooking for longer times, consider searing food before cooking sous vide. This method improves flavor and appearance, and kills most bacteria on the food’s surface. If a particular food can’t be seared before bagging, gently sear (or blanch) before serving and after cooking. This final sear will also add flavor.

## Cooking Guide

| FOOD TYPE                               | DONENESS                      | RECOMMENDED TEMPERATURE (°F) | RECOMMENDED TIME |
|-----------------------------------------|-------------------------------|------------------------------|------------------|
| <b>Beef Steaks (1-1.5" thick)</b>       |                               |                              |                  |
| Tenderloin, top loin, T-bone, ribeye    | Medium Rare                   | 134                          | 2 - 3 hrs        |
|                                         | Medium                        | 140                          | 1 - 3 hrs        |
|                                         | Well                          | 158                          | 45 min - 3 hrs   |
| Flank steak, brisket                    | Medium to Well                | 145 - 160                    | 12 - 48 hrs      |
| <b>Poultry</b>                          |                               |                              |                  |
| Chicken breast (1-2" thick)             | Medium                        | 140                          | 2 - 3 hrs        |
|                                         | Well                          | 149                          | 1 - 3 hrs        |
| Chicken legs & thighs                   | Well                          | 160                          | 8 - 12 hrs       |
| Turkey breast (2" thick)                | Medium                        | 140                          | 2.5 - 3.5 hrs    |
|                                         | Well                          | 160                          | 24 hrs           |
| Turkey legs & thighs                    | Medium                        | 149                          | 1 - 3 hrs        |
|                                         | Well                          | 176                          | 8 - 10 hrs       |
| <b>Pork</b>                             |                               |                              |                  |
| Chops (1-2" thick)                      | Medium Rare to Medium         | 140 - 145                    | 1.5 - 2.5 hrs    |
| Shoulder                                | Well                          | 154 - 160                    | 8 - 24 hrs       |
| Ribs                                    | Well                          | 160                          | 24 hrs           |
| <b>Fish</b>                             |                               |                              |                  |
| Filletts or steaks (1-2" thick)         | Medium to Well                | 140                          | 40 - 50 min      |
| Shrimp or scallops                      | Well                          | 140                          | 40 min           |
| <b>Eggs</b>                             |                               |                              |                  |
| Large, whole in shell                   | Firm white, runny yolk, slow  | 148                          | 45 min - 1 hr    |
| Large, whole in shell                   | Firm white, runny yolk, quick | 167                          | 13 min           |
| Large, whole in shell                   | Firm white, firm yolk         | 167                          | 45 min - 1 hr    |
| <b>Vegetables, Legumes &amp; Fruits</b> |                               |                              |                  |
| Green vegetables                        |                               | 185                          | 15 - 60 min      |
| Root vegetables & potatoes              |                               | 185                          | 45 min - 4 hr    |
| Fruits                                  |                               | 185                          | 30 min - 1.5 hr  |