



# 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