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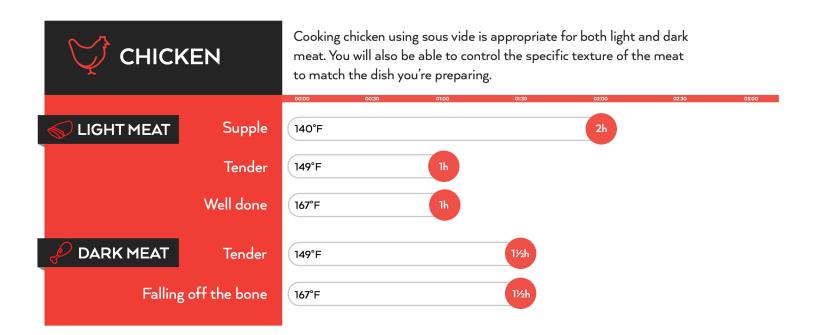
For your convenience, here's a quick guide to common sous vide cooking times and temperatures. Hang it up in your commercial kitchen, and soon your chefs will be creating delicious and tender steaks, chicken, fish, vegetables, and more.

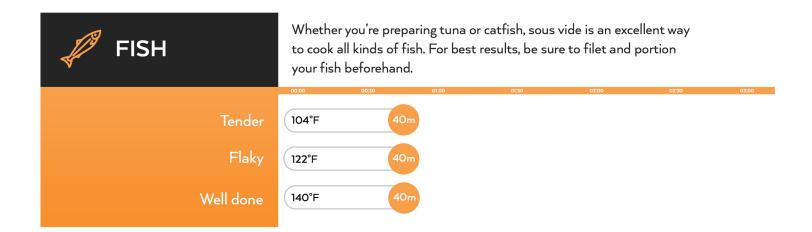


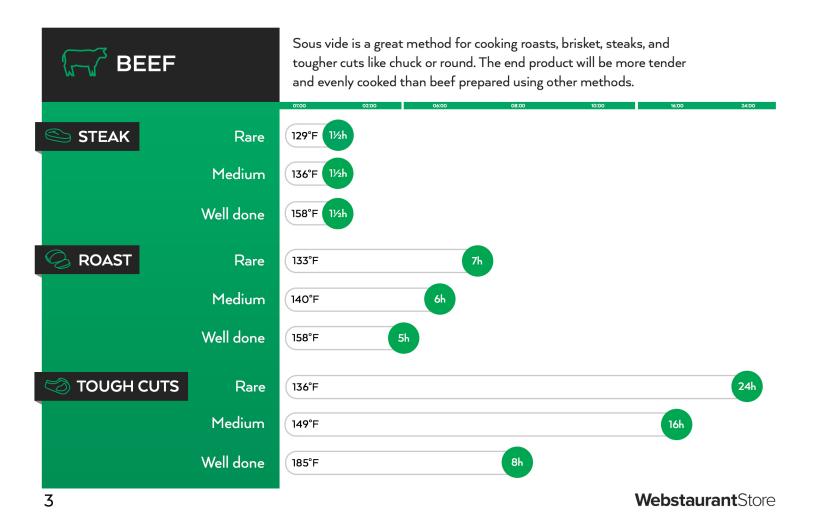
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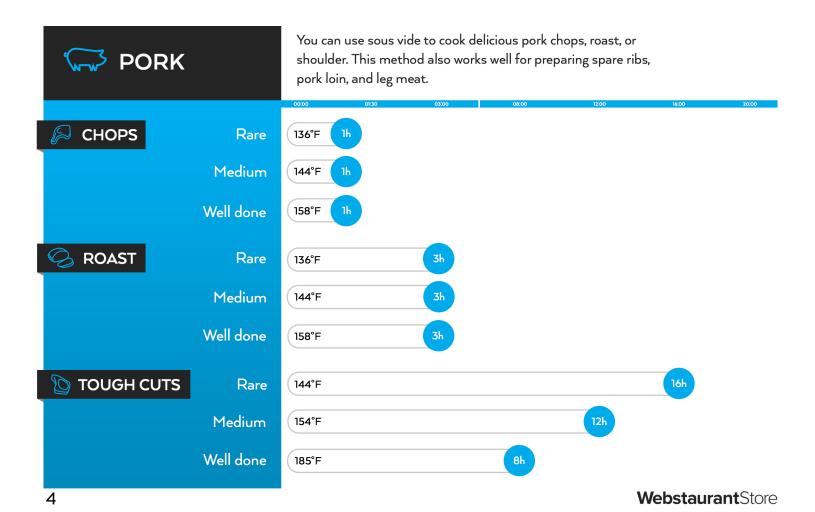
Rare 129°F 1½h
Cooking Time
Water Temperature

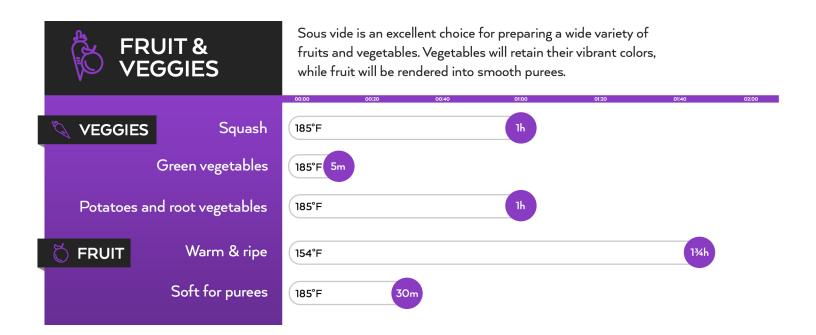
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Cooking eggs sous vide allows you to control the doneness of both the yolk and the white. You can cook eggs cracked into a vacuum sealer bag or whole in the shell.

	00:00	00:30	01:00		01:30	02:00	06:00	08:00
Runny white & runny yolk	140°F	31m						
Runny white & medium yolk	140°F			1¼h				
Runny white & solid yolk	140°F							7¾h
Medium white & runny yolk	151°F	20m						
Medium white & medium yolk	151°F		43m					
Medium white & solid yolk	151°F	26m						
Firm white & runny yolk	185°F	12m						
Firm white & medium yolk	185°F	13m						
Firm white & firm yolk	185°F	14m						