



SOUS VIDE COOKING

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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.

TYPE OF MEAT

CUT





CHICKEN

Cooking chicken using sous vide is appropriate for both light and dark meat. You will also be able to control the specific texture of the meat to match the dish you're preparing.



LIGHT MEAT

Supple

140°F

2h

Tender

149°F

1h

Well done

167°F

1h



DARK MEAT

Tender

149°F

1½h

Falling off the bone

167°F

1½h

00:00 00:30 01:00 01:30 02:00 02:30 03:00



FISH

Whether you're preparing tuna or catfish, sous vide is an excellent way to cook all kinds of fish. For best results, be sure to filet and portion your fish beforehand.

00:00 00:30 01:00 01:30 02:00 02:30 03:00

Tender

104°F

40m

Flaky

122°F

40m

Well done

140°F

40m



BEEF

Sous vide is a great method for cooking roasts, brisket, steaks, and tougher cuts like chuck or round. The end product will be more tender and evenly cooked than beef prepared using other methods.



STEAK

Rare

129°F 1½h

Medium

136°F 1½h

Well done

158°F 1½h



ROAST

Rare

133°F 7h

Medium

140°F 6h

Well done

158°F 5h



TOUGH CUTS

Rare

136°F 24h

Medium

149°F 16h

Well done

185°F 8h



PORK

You can use sous vide to cook delicious pork chops, roast, or shoulder. This method also works well for preparing spare ribs, pork loin, and leg meat.



CHOPS

Rare



Medium



Well done



ROAST

Rare



Medium



Well done



TOUGH CUTS

Rare



Medium



Well done





FRUIT & VEGGIES

Sous vide is an excellent choice for preparing a wide variety of fruits and vegetables. Vegetables will retain their vibrant colors, while fruit will be rendered into smooth purees.

00:00 00:20 00:40 01:00 01:20 01:40 02:00

VEGGIES

Squash



Green vegetables



Potatoes and root vegetables



FRUIT

Warm & ripe



Soft for purees





EGGS

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