

Sous Vide Time & Temperature Guide

comprehensive



To be safe, you should at least cook it for this long.

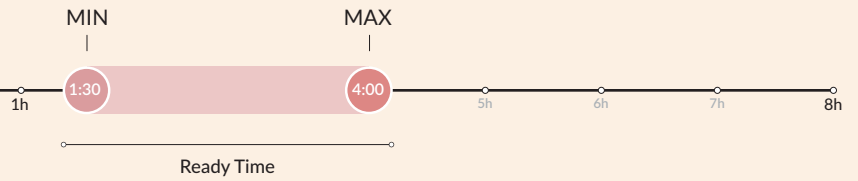
You should seriously consider it done.

Kind of Food

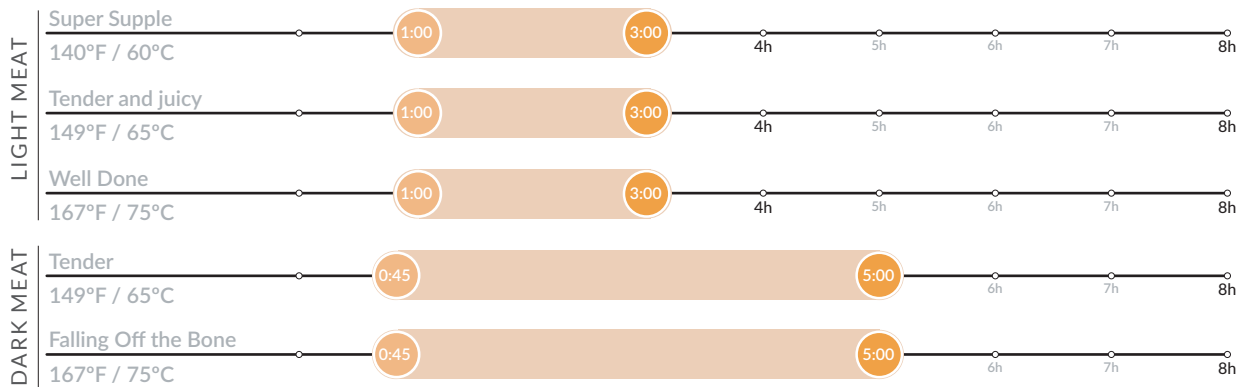
Specifications

145°F / 63°C

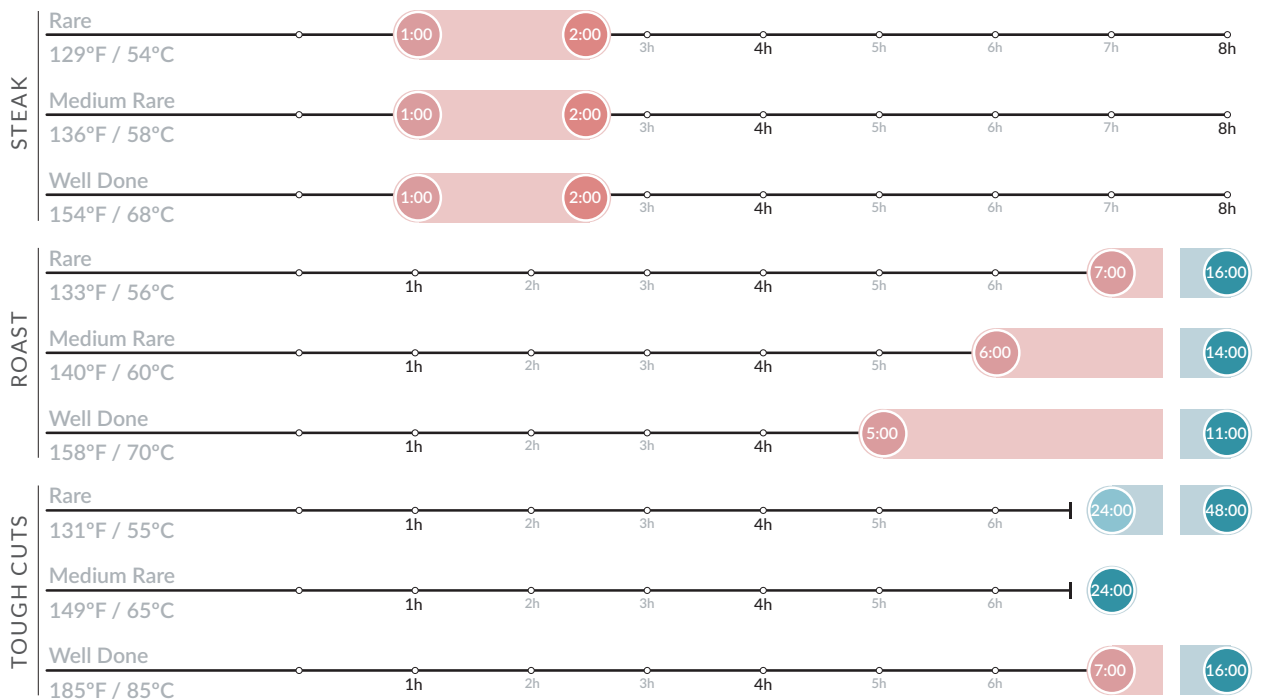
Water Temperature



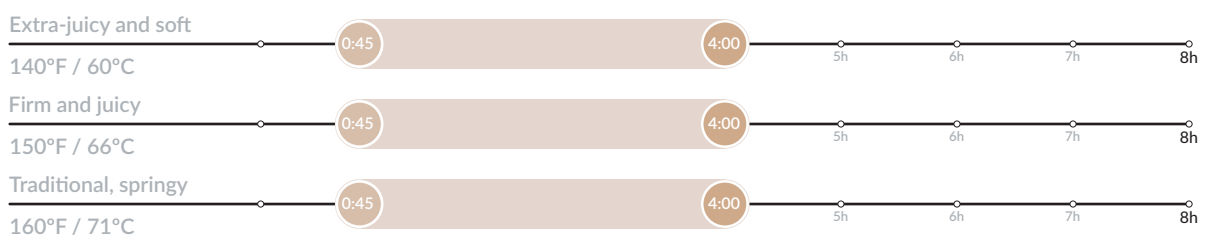
Chicken



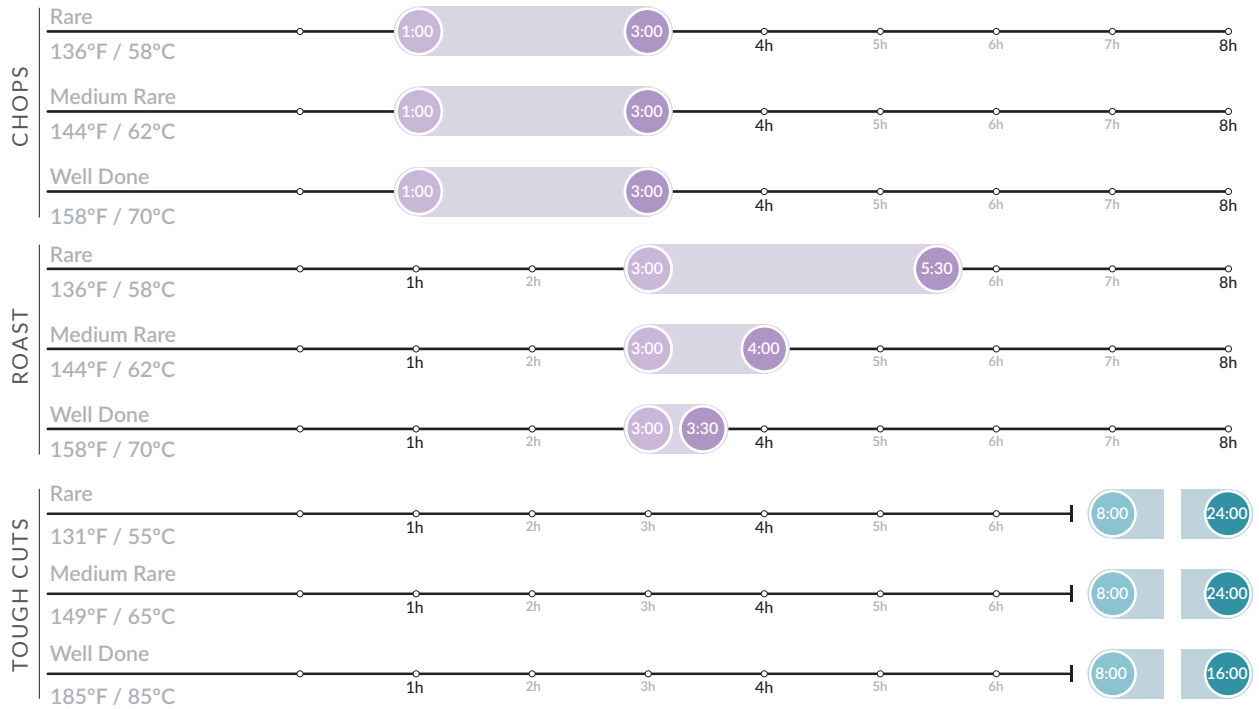
Beef



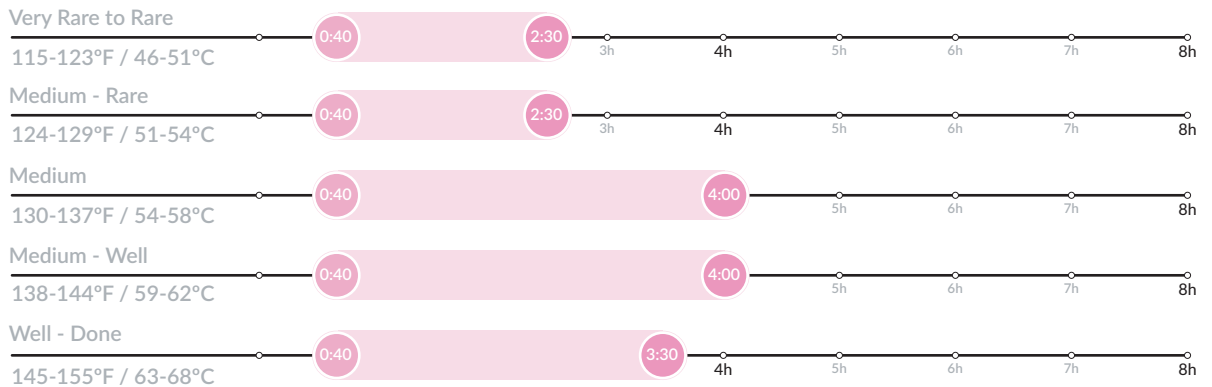
Sausage



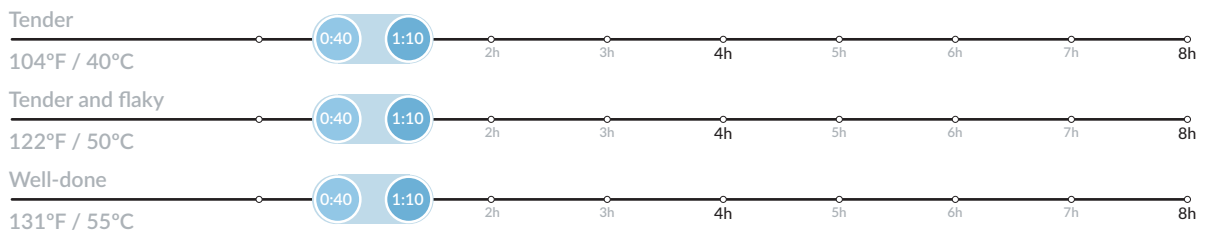
Pork



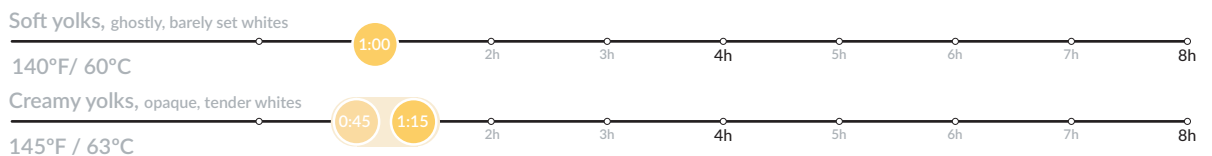
Hamburguer



Fish



Eggs



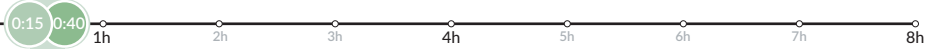
Vegetables



GREEN VEGGIES

Asparagus, peas, broccoli (etc)

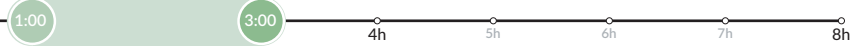
183°F / 84°C



ROOT VEGGIES

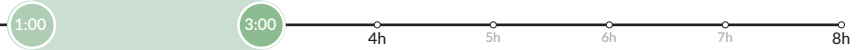
Carrots, parsnips, potatoes (etc)

183°F / 84°C



WINTER SQUASH

185°F / 85°C



Fruit



Warm and ripe

154°F / 68°C



Cooked to soft (f.e. for purees)

145°F / 63°C

