

Can food be overcooked?

Yes, but the time window for overcooking is much longer than with traditional methods. For example, a medium-rare beef tenderloin remains perfectly cooked for at least 20 minutes after the minimum time. After that it will appear still medium-rare but slowly change its texture. Less delicate foods, such as a brisket can remain 12 hours longer than the minimum time without overcooking. Avoid cook times over 72 hours for food safety reasons.

What are the temperatures for various levels of doneness?

TEMPERATURE RANGES FOR MEAT:

Rare – 122-130°F (50-54.4°C)
 Medium-Rare – 131-139°F (55-59°C)
 Medium – 140-148°F (60-64°C)
 Medium Well – 149-156°F (65-69°C)

TEMPERATURE RANGES FOR FISH:

Rare – 104-108°F (40-42°C)
 Medium-Rare – 118-125°F (48-52°C)
 Medium – 136-140°F (58-60°C)

TEMPERATURE RANGE FOR VEGETABLES:

183-190°F (83-87°C)

What water volume can be controlled by the Sous Vide Professional?

Up to 8 gallons (30 liter).

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TEMPERATURE REFERENCE GUIDE

SousVide™

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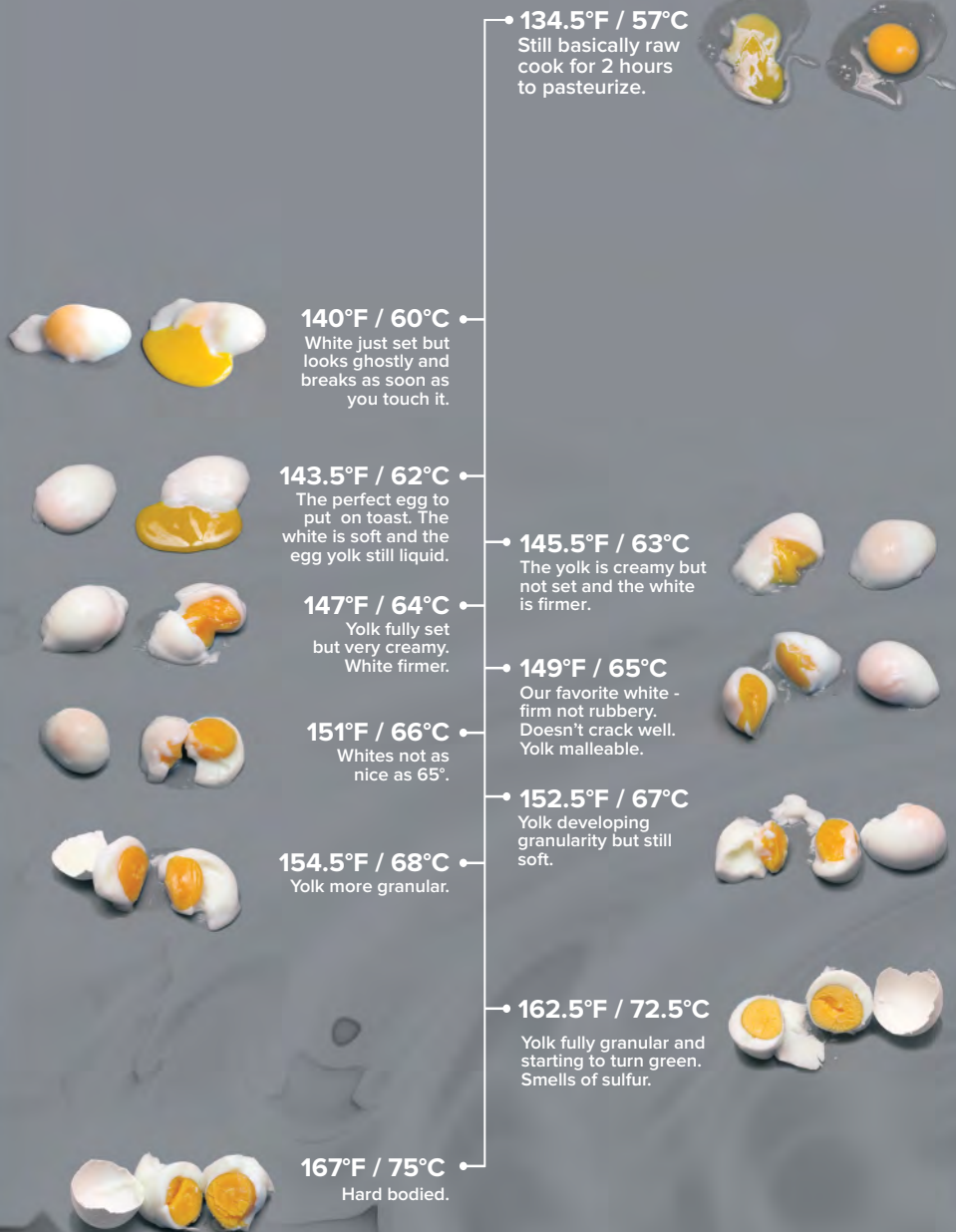
PRECISE TEMPERATURE COOKING SYSTEM



Includes:

- Temperature Scale For Eggs
- Reference Table For Sous Vide Cooking
- Traditional Vs Sous Vide Beef Comparison

EGG TEMPERATURE SCALE



Egg Temperature Scale and Beef Comparison Courtesy of www.cookingissues.com

BEEF COMPARISON

Traditional Cooking vs. Sous Vide Cooking



Different Levels Of Doneness

Perfect Doneness Throughout

TEMPERATURE REFERENCE TABLE

	FOOD	COOKING TEMP	TIME	THICKNESS
BEEF	Tenderloin	138°F / 59°C	60 Mins.	3in. / 7.6cm.
	Rib Eye Steak	138°F / 59°C	60-120 Mins.	1in. / 2.5cm.
	Strip Steak	138°F / 59°C	60-120 Mins.	1in. / 2.5cm.
	Porterhouse Steak	138°F / 59°C	60-120 Mins.	1in. / 2.5cm.
	Brisket	147°F / 64°C	48 Hrs.	
	Veal Shank	167°F / 75°C	12-24 Hrs.	1.5in / 3.8cm.
LAMB	Lamb Saddle	141°F / 60.5°C	90 Mins.	1.5in / 3.8cm.
PORK	Pork Belly	180°F / 82°C	24-48 Hrs.	
	Ribs	138°F / 59°C	24-48 Hrs.	1in. / 2.5cm.
POULTRY	Chicken Breast	147°F / 64°C	60 Mins.	2in. / 5cm.
	Duck Breast	147°F / 64°C	60 Mins.	2in. / 5cm.
	Chicken Thighs	152°F / 66.6°C	90 Mins.	2in. / 5cm.
	Foie Gras	134°F / 56°C	35-55 Mins.	2in. / 5cm.
FISH	Salmon Filet	125°F / 52°C	20 Mins.	1in. / 2.5cm.
	Cod Filet	140°F / 60°C	20 Mins.	1in. / 2.5cm.
	Halibut	140°F / 60°C	20 Mins.	1in. / 2.5cm.
SHELLFISH	Shrimp	149°F / 65°C	15-20 Mins.	1in. / 2.5cm.
	Lobster	145°F / 63°C	15-35 Mins.	1in. / 2.5cm.
	Scallops	140°F / 60°C	15-35 Mins.	1in. / 2.5cm.
VEGETABLES	Root - Whole (Beets, Carrots, Potatoes, etc.)	185°F / 85°C	45-90 Mins.	2in. / 5cm.
	Root - Cut (Beets, Carrots, Potatoes, etc.)	185°F / 85°C	20-30 Mins.	1in. / 2.5cm.
	Bulb - Whole (Onions, Shallots etc.)	185°F / 85°C	90 Mins.	2in. / 5cm.
	Squash - Cut	185°F / 85°C	30 Mins.	1in. / 2.5cm.
	Artichoke Hearts	185°F / 85°C	45-75 Mins.	1.5in. / 3.8cm.
FRUITS	Peach Wedges	185°F / 85°C	15-20 Mins.	1.5in. / 3.8cm.
	Pear Wedges	181°F / 83°C	25-45 Mins.	1.5in. / 3.8cm.
	Apple Slices	185°F / 85°C	45-90 Mins.	1in. / 2.5cm.
EGGS IN SHELL	Soft Poached Egg	145°F / 62.7°C	60 Mins	Large Size
CUSTARDS	Crème Anglaise	179.6°F / 82°C	20 Mins.	

This table is only meant to serve as a guideline. Temperatures should be adjusted to your preference of doneness. Cooking time should be adjusted to initial temperature, heat transfer characteristics, and thickness of the food being cooked.