

SOUS VIDE COOKING TIMES AND TEMPERATURES

General guidelines:

- The temperatures and cooking times are approximate values that are also dependent on many factors such as quality, feed, growth, slaughter and the thickness of the food. With flash fried meat, for example, it can be assumed that the cooking stage is reached once the corresponding core temperature has been reached.
- Important: Raw or unpasteurized food should never be served to particularly susceptible individuals such as people with weakened immune systems, pregnant women, children under four years of age or older people. For safety reasons, we recommend that food is not stored at a temperature between 5 °C and 55 °C for longer than four hours.
- No liability assumed for any information



BEEF

	COOKING LEVEL	WATER BATH TEMPERATURE	COOKING TIME	CORE TEMPERATURE	COMMENTS/TIPS FOR PREPARATION
Steaks – fillet steak, rib eye steak, rump steak, strip steak etc. Thickness: up to 8 cm	VERY RARE	53 °C	60 minutes		Flash fry or grill briefly; 30 seconds on each side
	RARE	56 °C	60 minutes	54 °C	
	PINK	58 °C	60 minutes	56 °C	
	MEDIUM	60 °C	90 minutes	60 °C	
	WELL DONE	72 °C	90 minutes	72 °C	
Roasts – rib, prime rib, eye of round, inside round, top sirloin etc. Thickness: approx. 10 cm	VERY RARE	53 °C	2.5 hours		Can be browned before or after sous vide cooking; 45 seconds on each side.
	RARE	57 °C	2.5 hours		
	PINK	61 °C	2.5 hours		
	MEDIUM	69 °C	2.5 hours		
	WELL DONE	75 °C	2.5 hours		
Thin rib, brisket, cured meat	COOKED UNTIL TENDER	65 °C	48 hours	63 °C	Grill, flash fry, glaze or serve directly from the pouch
Cheek, tongue	COOKED UNTIL TENDER	67 °C	48 hours	63 °C	Grill or cut into thin strips and cure



LAMB

Chops, loin, T-bone steaks Thickness: approx. 1 cm	RARE	56 °C	2 hours	
	PINK	59 °C	2 hours	
	MEDIUM/WELL DONE	67 °C	2 hours	
Knuckle Thickness: 5-8 cm at the thickest point	COOKED UNTIL TENDER	69 °C	18-24 hours	
Shoulder Thickness: up to 13 cm	COOKED UNTIL TENDER	64 °C	12 hours	
Tongue, neck, cheek	COOKED UNTIL TENDER	69 °C	26-30 hours	



SEAFOOD

Peeled prawns	52 °C	30 minutes	
Shucked scallops	54 °C	10 minutes	
Peeled lobster	58 °C	25 minutes	
Tuna fillet	49 °C	18 minutes	
Catfish fillet	57 °C	20 minutes	
Cod fillet	53 °C	22 minutes	
Haddock fillet	56 °C	18 minutes	
Halibut fillet	56 °C	22 minutes	
Pike-perch fillet	56 °C	22 minutes	
Red snapper fillet	50 °C	20 minutes	
Salmon fillet	52 °C	12 minutes	
Perch fillet	52 °C	15 minutes	
Swordfish fillet	55 °C	15 minutes	
Nile perch fillet	57 °C	15 minutes	

※上記リストは、あくまで目安になります。