



POULTRY

	WATER BATH TEMPERATURE	COOKING TIME
Chicken breast (with bone)	58 °C	90 minutes
Chicken breast (boneless)	58 °C	60 minutes
Chicken thigh (boneless)	65 °C	90 minutes
Chicken thigh (with bone)	65 °C	105 minutes
Turkey breast	58 °C	2 hours
Turkey thigh	80 °C	8-12 hours



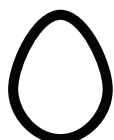
PORK

	COOKING LEVEL	WATER BATH TEMPERATURE	COOKING TIME	CORE TEMPERATURE
Chops, loin, steaks Thickness: up to 10 cm	PINK	62 °C	90 minutes	60 °C
	MEDIUM	66 °C	105 minutes	64 °C
	WELL DONE	71 °C	2 hours	71 °C
Roast, shoulder Thickness: up to 15 cm	PINK	66 °C	12 hours or longer	66 °C
Loin Thickness: up to 5 cm		68 °C	2 hours	68 °C
Spare ribs, back ribs	COOKED UNTIL TENDER	70 °C	18 hours	70 °C



VEGETABLES & FRUIT

	WATER BATH TEMPERATURE	COOKING TIME	COMMENTS/TIPS FOR PREPARATION
Root vegetables – potatoes, carrots, turnips, beets, parsnip, onions etc.	85 °C	60 minutes	Vegetables that have been cut into slices (Thickness: 2-3 cm) will cook faster and more evenly. Check cooking level and cook longer if necessary. Vegetables are soft, but firm to the touch.
Delicate vegetables – asparagus, cauliflower, broccoli, beans, peas in a pod, pumpkin etc.	85 °C	30 minutes	
Banana	56 °C	20 minutes	
Pineapple, peach, strawberries, cherries	65 °C	25 minutes	
Apple, pear	85 °C	25 minutes	



EGGS

	WATER BATH TEMPERATURE	COOKING TIME	EGG YOLK	EGG WHITE
Quick eggs poached in the shell	75 °C	15 minutes		
Quick, soft scrambled eggs in a pouch	86 °C	15 minutes	Massage the pouch every 3-5 minutes	
Quick, firm scrambled eggs in a pouch	92 °C	16-22 minutes	Massage the pouch every 10 minutes	
Whole egg poaching times table:	57 °C	60 minutes	Warm, low viscosity	Liquid, hardly cloudy
	60 °C	60 minutes	Liquid	Cloudy, starting to get gelatinous
	63 °C	60 minutes	Liquid, but more viscous	Slightly gelatinous, very spongy
	66 °C	60 minutes	Viscous, still liquid	Spongy
	68 °C	60 minutes	Highly viscous but not firm, thick	Spongy but becoming firm
	71 °C	60 minutes	Fondant-like consistency	Almost completely firm
	74 °C	60 minutes	Egg yolk is firm on the outside but still moist in the center	Completely firm
	77 °C	60 minutes	Firm, moist	Firm
	79 °C	60 minutes	Firm and drying out	Very firm

※上記リストは、あくまで目安になります。