

## Time & Temperature for Sous-Vide

**General rules:**

- 1/ Bring the water bath to temperature
- 2/ Select the freshest ingredients for the recipe - process to sous vide
- 3/ Immersion of the pouch into the water - time setting
- 4/ Once the food is cooked you must refrigerate or quickly chill the pouch into iced
- 5/ Open the bag and finish your dish like with final slicing, grilling, or pan frying before

Protein	Doneness	Core Temperature		Cuts	Time
		C°	F°		Min.
Beef, Veal, Lamb	Rare	52 - 54	125 - 130	rib eye, fillet steak	
	Medium Rare	54 - 56	130 - 133	T-bone, hamburger	60 - 90 min
	Medium	56 - 58	133 - 136	roast, rack, carre	1 - 4 hr
	Medium Well	58 - 60	136 - 140	hamburger, chuck	1 - 4 hr
	Well done	63 and above	145	braised, stew, sausage, brisket	1 - 12 hr
Pork	Medium	58 - 60	136-140	mignon, fillet	45 - 60 min
	Medium Well	60 - 62	140 - 144	roast, rack, carre	1 - 4 hr
	Well done	63 and above	145	braised, confit	1 - 4 hr
Poultry	Medium	56 - 58	133 - 136	duck magret	45 - 60 min
	Medium	63	145	chicken breast	45 - 60 min
	Well done	63 and above	145	leg, chicken thigh, confit	1 - 12 hr
Fish	Tender & flaky	50 - 55	122 - 131	John dory, salmon	30 - 60 min
	Well done	60 - 62	140 - 144	prawn tail, sole fillet	30 - 90 min
Egg		63 and above	145	albumin start coagulate	45 min
Vegetables, Fruits		85	185	green vegetable	15 - 45 min
		85	185	root vegetable	45 min - 3 hr