

Sous Vide Times & Temperatures

Beef

Rib Eye	270g	70 Minutes	64°C
Beef Cheek	340g	48 Hours	62°C
Fillet Steak	170g	45 Minutes	60°C
Sirloin Steak	170g	45 Minutes	60°C



Poultry & Game

Chicken Breast	180g	45 Minutes	65°C
Duck Breast	200g	30 Minutes	62°C
Venison Loin	175g	1 Hour	62°C
Quail	1 Whole Quail	1 Hour	65°C
Eggs		45 Minutes - 1.30 Hours	65°C



Lamb

Lamb Rump	300g	1 Hour	64 °C
Lamb Shank	300g	10 - 12 Hours	76 °C
Lamb Leg	1.85kg	8-10 Hours	60 °C
Lamb Rack	6 Bone	25 Minutes	52 °C



Pork

Pork Belly	1kg	18 Hours	83°C
Pulled Pork	2kg	24 Hours	70°C
Pig Cheek	450g	8 Hours	80°C
Ham Joint	2.5 - 3kg	12 Hours	65°C
Pork Ribs	1 Rack	4 Hours	75°C



Fish & Seafood

Salmon	80g	15 - 20 Minutes	48°C
Cod	80g	12 - 15 Minutes	56°C
Halibut	150g	20 Minutes	55°C
Lemon Sole	120g	15 Minutes	50°C
Scallops	4 - 6 Pieces	10 Minutes	65°C
Sea Bass	100 - 110g	12 - 15 Minutes	62°C
Monkfish	190 - 200g	20 Minutes	52°C



Fruit

Rhubarb		20 Minutes	61°C
Ripe Pear		40 - 60 Minutes	48°C
Banana		15 Minutes	82°C
Strawberries		8 - 10 Minutes	85°C
Pineapple Chunks		45 Minutes - 1 Hour	83°C
Plums		40 Minutes	82°C
Apple Chunks		75 Minutes	82°C



Vegetables

Leeks (Diced)		6 - 7 Minutes	90°C
Butternut Squash (Diced)		20 Minutes	90°C
Cauliflower		15 Minutes	90°C
Asparagus		9 Minutes	83°C
Baby Carrots		40 Minutes	85°C
Corn on the Cob		1.30 Hours	90°C
Sweet Potatoes (Diced)		1 Hour	90°C
New Potatoes		1 - 2 Hours	90°C
Baby Parsnips		1.20 Hours	90°C



For presentation purposes you may wish to finish off your food item by searing it in a hot pan.

