

Sous vide beef roasts and tough cuts chart

Minimum time by thickness

Food	Doneness	Temperature	1.5 in 3.8 cm	2 in 5.1 cm	2.5 in 6.4 cm	3 in 7.6 cm	3.5 in 8.9 cm	3.75 in 9.5 cm
Tri-tip	Rare	125°F (51.7°C)	2 hr 15 min*	Not rec.	Not rec.			
	Medium-rare	131°F (55°C)	2 hr 15 min*	3 hr 45 min*	6 hr			
	Medium	140°F (60°C)	2 hr 30 min	3 hr 45 min	5 hr 30 min			
	Medium-well	150°F (65.6°C)	2 hr 30 min	3 hr 45 min	5 hr 30 min			
	Well done	160°F (71.1°C)	2 hr 30 min	4 hr	5 hr 45 min			
Beef tenderloin (whole roast)	Rare	125°F (51.7°C)	1 hr 15 min*	2 hr*	Not rec.	Not rec.	Not rec.	Not rec.
	Medium-rare	131°F (55°C)	1 hr 15 min*	2 hr*	3 hr*	4 hr*	Not rec.	Not rec.
	Medium	140°F (60°C)	1 hr 15 min*	2 hr*	3 hr*	4 hr 45 min	6 hr	6 hr 45 min
	Medium-well	150°F (65.6°C)	1 hr 30 min	2 hr 15 min	3 hr	4 hr 15 min	5 hr 30 min	6 hr 15 min
	Well done	160°F (71.1°C)	1 hr 30 min	2 hr 15 min	3 hr 15 min	4 hr 15 min	5 hr 30 min	6 hr 15 min
Prime rib (rib roast)	Rare	125°F (51.7°C)		2 hr*	Not rec.	Not rec.	Not rec.	Not rec.
	Medium-rare	131°F (55°C)		2 hr*	3 hr*	4 hr*	Not rec.	Not rec.
	Medium	140°F (60°C)		2 hr*	3 hr*	4 hr 45 min	6 hr	6 hr 45 min
	Medium-well	150°F (65.6°C)		2 hr 15 min	3 hr	4 hr 15 min	5 hr 30 min	6 hr 15 min

Set cook times

Food	Doneness	Temperature	Time	Texture
London broil (top round) Pieces up to 2.25 in thick	Medium-rare, steak-like	131°F (55°C)	24 hr to 60 hr	Pink and sliceable, tender like a good steak.
	Medium, steak-like	140°F (60°C)	18 hr to 60 hr	Light pink and sliceable, a little firmer.
	Tender braise	150°F (65.6°C)	12 hr to 36 hr	Gray-brown, moist, and soft like a pot roast that still slices.
Chuck roast Pieces up to 2.25 in thick at 131°F. Pieces up to 3 in thick at 155°F and 176°F	Steak-like, medium-rare	131°F (55°C)	24 hr to 48 hr	Pink and sliceable, with the tenderness of a steak.
	Moist and tender	155°F (68.3°C)	36 hr	Moist, tender, and sliceable, like barbecue.
	Fall apart	176°F (80°C)	12 hr to 18 hr	Very soft and shreddable, like a classic pot roast.
Brisket Pieces up to 3 in thick	Firm and meaty	135°F (57.2°C)	36 hr to 72 hr	Pink, firm, and meaty, like a tender steak.
	Traditional	155°F (68.3°C)	24 hr to 36 hr	Extra moist with a traditional barbecue texture.
	Braised	176°F (80°C)	24 hr to 36 hr	Very soft and falling apart, like a classic braise.
Beef short ribs Pieces up to 2.25 in thick at 131°F. Pieces up to 2.5 in thick at 140°F, 156°F and 176°F	Steak-like, medium-rare	131°F (55°C)	48 hr to 72 hr	Pink and tender, like a rich steak.
	Steak-like, medium	140°F (60°C)	48 hr to 72 hr	Light pink, tender, and a little firmer.
	Firm but shreddable	156°F (68.9°C)	24 hr to 48 hr	Moist, holds its shape, and pulls apart with a fork.
	Fall apart	176°F (80°C)	12 hr to 24 hr	Very soft and falling off the bone, like a braise.
Corned beef Pieces up to 3 in thick	Firm and sliceable	135°F (57.2°C)	48 hr	Pink, firm, and easy to slice thin.
	Tender	150°F (65.6°C)	24 hr to 48 hr	Moist and tender, still slices cleanly.
	Traditional, fall apart	176°F (80°C)	12 hr to 24 hr	Very soft, like boiled corned beef.
Beef back ribs Pieces up to 2 in thick	Steak-like, medium-rare	131°F (55°C)	8 hr to 24 hr	Pink and tender, with a steak-like bite.
	Steak-like, medium	140°F (60°C)	8 hr to 24 hr	Light pink and a little firmer.
	Tender braise	150°F (65.6°C)	8 hr to 24 hr	Soft and moist, pulls from the bone.
Eye of round (roast beef) Roast up to 2.75 in across at 131°F. Roast up to 3.75 in across at 140°F	Medium-rare	131°F (55°C)	24 hr to 48 hr	Pink edge to edge, tender enough to slice thin for roast beef.
	Medium	140°F (60°C)	24 hr to 48 hr	Light pink, firmer, and good for sandwiches.

Minimum times are for food that starts at fridge temperature. Measure the thickest part. * Not pasteurized at this time. The calculator gives the details for your thickness. Not rec. means not recommended at that thickness and temperature. The calculator gives the reason. Cooking from frozen takes longer. Get the exact time at sousvidetimecalculator.com.