

Sous vide chicken and poultry chart

Minimum time by thickness

Food	Doneness	Temperature	0.5 in 1.3 cm	1 in 2.5 cm	1.25 in 3.2 cm	1.5 in 3.8 cm	2 in 5.1 cm	2.5 in 6.4 cm
Chicken breast	Very soft and juicy	140°F (60°C)	1 hr 15 min	2 hr	2 hr 30 min	3 hr 15 min	4 hr 30 min	6 hr 15 min
	Tender and juicy	145°F (62.8°C)	45 min	1 hr 30 min	2 hr	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Juicy and slightly firm	150°F (65.6°C)	35 min	1 hr 15 min	1 hr 45 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Traditional firm	160°F (71.1°C)	35 min	1 hr 15 min	2 hr	2 hr 30 min	4 hr	5 hr 45 min
Chicken thighs	Firm and very juicy	150°F (65.6°C)	1 hr	1 hr 15 min	1 hr 45 min	2 hr 30 min	3 hr 45 min	
	Tender and juicy, short cook	165°F (73.9°C)	1 hr	1 hr 30 min	2 hr	2 hr 30 min	4 hr	
	Falls off the bone, long cook	165°F (73.9°C)	4 hr	4 hr	4 hr	4 hr	4 hr	
Chicken wings	Juicy with some chew	150°F (65.6°C)	1 hr	1 hr 15 min	1 hr 45 min	2 hr 30 min		
	Falls off the bone, longer cook	160°F (71.1°C)	2 hr	2 hr	2 hr	2 hr 30 min		
	Juicy and springy	165°F (73.9°C)	1 hr	1 hr 30 min	2 hr	2 hr 30 min		
	Very soft	176°F (80°C)	1 hr	1 hr 30 min	2 hr	2 hr 30 min		
Chicken drumsticks	Firm and very juicy	150°F (65.6°C)		1 hr 15 min	1 hr 45 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Tender and juicy, short cook	165°F (73.9°C)		1 hr 30 min	2 hr	2 hr 30 min	4 hr	5 hr 45 min
	Falls off the bone, long cook	165°F (73.9°C)		4 hr	4 hr	4 hr	4 hr	5 hr 45 min
Turkey breast	Faintly pink and soft	140°F (60°C)				2 hr 45 min	3 hr 45 min	5 hr
	White and tender	145°F (62.8°C)				2 hr	3 hr	4 hr
	Traditional roast	152°F (66.7°C)				1 hr 45 min	2 hr 30 min	3 hr 30 min
Duck breast	Medium-rare	135°F (57.2°C)	2 hr 30 min	3 hr 15 min	3 hr 45 min	4 hr 30 min		
	Medium	140°F (60°C)	1 hr 15 min	2 hr	2 hr 30 min	3 hr 15 min		

Set cook times

Food	Doneness	Temperature	Time	Texture
Turkey legs Pieces up to 3 in thick	Moist and tender	150°F (65.6°C)	24 hr to 30 hr	Moist and tender, still sliceable.
	Falls off the bone	160°F (71.1°C)	20 hr to 36 hr	Soft meat that falls off the bone.
Duck legs (confit style) Pieces up to 2 in thick	Silky and fork-tender	155°F (68.3°C)	36 hr to 40 hr	Silky, moist, and fork-tender.
	Confit, tender	167°F (75°C)	10 hr to 20 hr	Tender, holds together on the bone.
	Confit, very soft	176°F (80°C)	8 hr to 12 hr	Very soft and pulls easily from the bone.