

Sous vide fish and seafood chart

Minimum time by thickness

Food	Doneness	Temperature	0.5 in 1.3 cm	0.75 in 1.9 cm	1 in 2.5 cm	1.25 in 3.2 cm	1.5 in 3.8 cm
Salmon	Soft and buttery	110°F (43.3°C)	20 min*	30 min*	45 min*	1 hr*	1 hr 20 min*
	Translucent, starting to flake	115°F (46.1°C)	20 min*	30 min*	45 min*	1 hr*	1 hr 25 min*
	Moist and flaky	120°F (48.9°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 25 min*
	Firm and flaky	130°F (54.4°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 30 min*
	Firm, fully cooked	140°F (60°C)	1 hr	1 hr 15 min	1 hr 45 min	2 hr	2 hr 30 min
Tuna	Nearly raw	105°F (40.6°C)	15 min*	30 min*	45 min*	1 hr*	1 hr 20 min*
	Rare	110°F (43.3°C)	20 min*	30 min*	45 min*	1 hr*	1 hr 20 min*
	Meaty and moist	115°F (46.1°C)	20 min*	30 min*	45 min*	1 hr*	1 hr 25 min*
	Firm	120°F (48.9°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 25 min*
	Canned tuna texture	130°F (54.4°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 30 min*
Cod	Tender and just flaking	120°F (48.9°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 25 min*
	Moist and flaky	131°F (55°C)	20 min*	30 min*	50 min*	1 hr 5 min*	1 hr 30 min*
	Firm, fully cooked	140°F (60°C)	45 min	1 hr	1 hr 30 min	1 hr 45 min	2 hr 30 min
Halibut	Tender, just flaking	120°F (48.9°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 25 min*
	Moist and flaky	130°F (54.4°C)	20 min*	30 min*	45 min*	1 hr 5 min*	1 hr 30 min*
	Firm, fully cooked	140°F (60°C)	1 hr	1 hr 15 min	1 hr 45 min	2 hr	2 hr 30 min

Set cook times

Food	Doneness	Temperature	Time	Texture
Shrimp Large shrimp, peeled	Soft and buttery	125°F (51.7°C)	15 min to 30 min	Translucent and semi-raw with a soft, buttery texture.
	Very tender	130°F (54.4°C)	15 min to 30 min	Nearly opaque and very tender with a hint of firmness.
	Moist and tender	135°F (57.2°C)	15 min to 30 min	Barely opaque, moist, juicy, and tender.
	Traditional snap	140°F (60°C)	15 min to 30 min	Traditional poached texture with a snappy, juicy bite.
Lobster tail Shelled tail of a 1.5 lb lobster	Soft and translucent	120°F (48.9°C)	20 min to 1 hr	Soft and translucent.
	Tender and succulent	130°F (54.4°C)	20 min to 1 hr	Tender and succulent.
	Traditional firm	140°F (60°C)	20 min to 1 hr	Close to the texture of steamed lobster.
Scallops Sea scallops	Soft, for searing	122°F (50°C)	30 min to 35 min	Soft and barely set. Meant to be seared hard after the bath.
	Firm	131°F (55°C)	30 min to 35 min	Opaque and firm but still tender.
Octopus Whole octopus or tentacles	Slow cook	170°F (76.7°C)	4 hr to 8 hr	Tender with a slight bite.
	Tender, 5 hour cook	175°F (79.4°C)	5 hr	Tender throughout.
	Fast cook	180°F (82.2°C)	2 hr to 4 hr	Tender and soft.