

Sous vide steak 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	1.5 in 3.8 cm	2 in 5.1 cm	2.5 in 6.4 cm
Steak, Ribeye steak, New York strip steak, Sirloin steak	Rare	125°F (51.7°C)	30 min*	50 min*	1 hr 15 min*	2 hr 15 min*	Not rec.	Not rec.
	Medium-rare	131°F (55°C)	30 min*	50 min*	1 hr 15 min*	2 hr 15 min*	3 hr 45 min*	6 hr
	Medium	140°F (60°C)	30 min*	50 min*	1 hr 30 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Medium-well	150°F (65.6°C)	30 min	50 min	1 hr 15 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Well done	160°F (71.1°C)	30 min	50 min	1 hr 15 min	2 hr 30 min	4 hr	5 hr 45 min
Filet mignon	Rare	125°F (51.7°C)		50 min*	1 hr 15 min*	2 hr 15 min*	Not rec.	Not rec.
	Medium-rare	131°F (55°C)		50 min*	1 hr 15 min*	2 hr 15 min*	3 hr 45 min*	6 hr
	Medium	140°F (60°C)		50 min*	1 hr 30 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Medium-well	150°F (65.6°C)		50 min	1 hr 15 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Well done	160°F (71.1°C)		50 min	1 hr 15 min	2 hr 30 min	4 hr	5 hr 45 min
Flank steak	Rare	125°F (51.7°C)	30 min*	50 min*	1 hr 15 min*	2 hr 15 min*		
	Medium-rare	131°F (55°C)	30 min*	50 min*	1 hr 15 min*	2 hr 15 min*		
	Medium	140°F (60°C)	30 min*	50 min*	1 hr 30 min	2 hr 30 min		
	Medium-well	150°F (65.6°C)	30 min	50 min	1 hr 15 min	2 hr 30 min		
	Well done	160°F (71.1°C)	30 min	50 min	1 hr 15 min	2 hr 30 min		
	Medium-rare, long cook	131°F (55°C)	12 hr	12 hr	12 hr	12 hr		
Skirt steak	Rare	125°F (51.7°C)	30 min*	50 min*	1 hr 15 min*			
	Medium-rare	131°F (55°C)	30 min*	50 min*	1 hr 15 min*			
	Medium	140°F (60°C)	30 min*	50 min*	1 hr 30 min			
	Medium-well	150°F (65.6°C)	30 min	50 min	1 hr 15 min			
	Well done	160°F (71.1°C)	30 min	50 min	1 hr 15 min			
Picanha (sirloin cap)	Rare	125°F (51.7°C)			1 hr 15 min*	2 hr 15 min*	Not rec.	Not rec.
	Medium-rare	131°F (55°C)			1 hr 15 min*	2 hr 15 min*	3 hr 45 min*	6 hr
	Medium	140°F (60°C)			1 hr 30 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Medium-well	150°F (65.6°C)			1 hr 15 min	2 hr 30 min	3 hr 45 min	5 hr 30 min
	Well done	160°F (71.1°C)			1 hr 15 min	2 hr 30 min	4 hr	5 hr 45 min
Burgers	Medium	135°F (57.2°C)	1 hr 15 min	1 hr 45 min	2 hr	3 hr		
	Medium-well	140°F (60°C)	50 min	1 hr 15 min	1 hr 30 min	2 hr 30 min		
	Well done	150°F (65.6°C)	30 min	50 min	1 hr 15 min	2 hr 30 min		