

Sous vide time and temperature chart

Beef	Temperature	Time
Steak medium-rare	131°F (55°C)	2 hr 15 min* at 1.5 in
Ribeye steak medium-rare	131°F (55°C)	2 hr 15 min* at 1.5 in
Filet mignon medium-rare	131°F (55°C)	2 hr 15 min* at 1.5 in
New York strip steak medium-rare	131°F (55°C)	2 hr 15 min* at 1.5 in
Sirloin steak medium-rare	131°F (55°C)	1 hr 45 min* at 1.25 in
Flank steak medium-rare	131°F (55°C)	50 min* at 0.75 in
Skirt steak medium-rare	131°F (55°C)	30 min* at 0.5 in
Tri-tip medium-rare	131°F (55°C)	3 hr 45 min* at 2 in
Picanha (sirloin cap) medium-rare	131°F (55°C)	3 hr 45 min* at 2 in
Beef tenderloin (whole roast) medium-rare	131°F (55°C)	3 hr* at 2.5 in
Prime rib (rib roast) medium-rare	131°F (55°C)	3 hr 30 min* at 2.75 in
Burgers medium	135°F (57.2°C)	2 hr at 1 in
London broil (top round) medium-rare, steak-like	131°F (55°C)	24 hr to 60 hr
Chuck roast moist and tender	155°F (68.3°C)	36 hr
Brisket traditional	155°F (68.3°C)	24 hr to 36 hr
Beef short ribs steak-like, medium-rare	131°F (55°C)	48 hr to 72 hr
Corned beef tender	150°F (65.6°C)	24 hr to 48 hr
Beef back ribs steak-like, medium	140°F (60°C)	8 hr to 24 hr
Eye of round (roast beef) medium-rare	131°F (55°C)	24 hr to 48 hr

Pork	Temperature	Time
Pork chops medium	140°F (60°C)	2 hr 30 min at 1.5 in
Pork tenderloin medium	140°F (60°C)	2 hr 45 min at 2 in
Pork loin roast medium	140°F (60°C)	6 hr at 3.5 in
Pork shoulder (pork butt) pulled pork	165°F (73.9°C)	18 hr to 24 hr
Pork belly tender and sliceable	150°F (65.6°C)	24 hr to 48 hr
Pork ribs (baby back or spare) traditional barbecue	165°F (73.9°C)	12 hr
Bacon	145°F (62.8°C)	8 hr to 48 hr
Pork sausage (bratwurst) firm and juicy	150°F (65.6°C)	1 hr 30 min at 1.25 in
Ham (fully cooked)	140°F (60°C)	3 hr to 8 hr

Poultry	Temperature	Time
Chicken breast tender and juicy	145°F (62.8°C)	2 hr 30 min at 1.5 in
Chicken thighs tender and juicy, short cook	165°F (73.9°C)	1 hr 30 min at 1 in
Chicken wings juicy and springy	165°F (73.9°C)	1 hr at 0.75 in
Chicken drumsticks tender and juicy, short cook	165°F (73.9°C)	2 hr 30 min at 1.5 in
Turkey breast white and tender	145°F (62.8°C)	5 hr 15 min at 3 in
Turkey legs moist and tender	150°F (65.6°C)	24 hr to 30 hr
Duck breast medium-rare	135°F (57.2°C)	3 hr 15 min at 1 in
Duck legs (confit style) confit, very soft	176°F (80°C)	8 hr to 12 hr

Lamb	Temperature	Time
Lamb chops medium-rare	131°F (55°C)	1 hr 45 min* at 1.25 in
Rack of lamb medium-rare	131°F (55°C)	2 hr* at 2 in
Leg of lamb (boneless, rolled) medium	140°F (60°C)	4 hr 45 min at 3 in
Lamb shank fall apart	165°F (73.9°C)	18 hr to 24 hr

Fish	Temperature	Time
Salmon moist and flaky	120°F (48.9°C)	45 min* at 1 in
Tuna rare	110°F (43.3°C)	45 min* at 1 in
Cod moist and flaky	131°F (55°C)	50 min* at 1 in
Halibut moist and flaky	130°F (54.4°C)	45 min* at 1 in

Shellfish	Temperature	Time
Shrimp moist and tender	135°F (57.2°C)	15 min to 30 min
Lobster tail tender and succulent	130°F (54.4°C)	20 min to 1 hr
Scallops soft, for searing	122°F (50°C)	30 min to 35 min
Octopus slow cook	170°F (76.7°C)	4 hr to 8 hr

Vegetables	Temperature	Time
Potatoes pieces up to 1 in	183°F (83.9°C)	30 min to 1 hr
Carrots	183°F (83.9°C)	45 min to 1 hr
Asparagus	183°F (83.9°C)	10 min to 30 min
Corn on the cob	183°F (83.9°C)	30 min to 45 min
Sweet potatoes small pieces	183°F (83.9°C)	45 min to 1 hr
Broccoli	183°F (83.9°C)	30 min to 1 hr
Green beans	183°F (83.9°C)	30 min to 45 min
Beets	183°F (83.9°C)	1 hr to 1 hr 30 min

Eggs	Temperature	Time
Eggs (in shell) onsen style, liquid yolk	145°F (62.8°C)	45 min to 1 hr 5 min
Egg bites (in jars)	172°F (77.8°C)	1 hr

Desserts	Temperature	Time
Cheesecake (in jars)	176°F (80°C)	1 hr 30 min
Crème brûlée soft set	176°F (80°C)	1 hr
Yogurt	110°F (43.3°C)	5 hr to 8 hr

Times for steaks, chops, breasts and fillets are minimums at the thickness shown. Thicker food takes longer. Times for the other foods are for the sizes on each food chart and in the calculator. * Not pasteurized at this time. The calculator gives the details for your thickness. Cooking from frozen takes longer. Get the exact time at sousvidetimecalculator.com.