Recommended Cooking Temperatures and Times

FOOD	THICKNESS		TEMPERATURE		TIME	
	inch	cm	°F	°C	min	max
BEEF, VEAL, LAMB, GAME						
Tender Cuts	4.4	2.5	134 or higher	56.5 or higher	1 hr	4 hrs
Tenderloin, Rib-eye, T-bone, Chops, Cutlets	2	5	134 or higher	56.5 or higher	3 hrs	6 hours
Tough Cuts and Grassfed 2	4	0.5	101	50 5 No.	8-10 hrs	40.04.5
Bison, Game	2.75	2.5	134 or higher	56.5 or higher		12-24 hrs
Lamb Roast or Leg			134 or higher	56.5 or higher	10 hrs	24-48 hrs
Spare Ribs	2	5	134 or higher	56.5 or higher	24 hrs	48-72 hrs
Flank Steak, Brisket	1	2.5	134 or higher	56.5 or higher	8 hrs	24 hrs
	2	5	134 or higher	56.5 or higher	12 hrs	30 hrs
PORK						
Tenderloin	1.5	4	134 or higher	56.5 or higher	90 min	6-8 hrs
Baby Back Ribs			165	74	4-8 hrs	24 hrs
Chops, Cutlets	1	2.5	134 or higher	56.5 or higher	2-4 hrs	6-8 hrs
	2	5	134 or higher	56.5 or higher	4-6 hrs	8-10 hrs
Roast	2.75	7	160-176	71-80	12 hrs	30 hrs
Spare Ribs	2.75	7	160-176	71-80	12 hrs	30 hrs
Belly (quick)	2	5	185	85	5 hrs	8 hrs
Belly (slow)	2	5	167	75	24 hrs	48-72 hrs
POULTRY						
White Meat Chicken Breast, bone in	2	5	146 or higher	63.5 or higher	2.5 hrs	4-6 hrs
Chicken Breast, boneless	1	2.5	146 or higher	63.5 or higher	1 hr	2-4 hrs
Turkey Breast, bone in	2.75	7	146 or higher	63.5 or higher	4 hrs	6-8 hrs
Turkey Breast, boneless	2	5	146 or higher	63.5 or higher	2.5 hrs	4-6 hrs
Duck Breast	1	2.5	134 or higher	63.5 or higher	90 min	4-6 hrs
Dark Meat Chicken Leg or Thigh, bone in			165-176	74-80	4 hrs	6-8 hrs
Chicken Thigh, boneless	1	2.5	165-176	74-80	2 hrs	4-6 hrs
Turkey Leg or Thigh			165-176	74-80	8 hrs	10 hrs
Duck Leg			165-176	74-80	8 hrs	18 hrs
Split Game Hen	2.75	7	150 or higher	65.5 or higher	6 hrs	8 hrs
SEAFOOD						
Fish	0.5 - 1	1.25 - 2.5	126 or higher	52 or higher	20 min	30 min

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Roman Wölfel

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Table of Contents Sous Vide Temperature Reference Guide Polyscience

- 1. Understanding the eBook Sous Vide Temperature Reference Guide Polyscience
 - The Rise of Digital Reading Sous Vide Temperature Reference Guide Polyscience
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Sous Vide Temperature Reference Guide Polyscience
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sous Vide Temperature Reference Guide Polyscience
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Sous Vide Temperature Reference Guide Polyscience
 - Personalized Recommendations
 - Sous Vide Temperature Reference Guide Polyscience User Reviews and Ratings
 - Sous Vide Temperature Reference Guide Polyscience and Bestseller Lists
- 5. Accessing Sous Vide Temperature Reference Guide Polyscience Free and Paid eBooks
 - Sous Vide Temperature Reference Guide Polyscience Public Domain eBooks
 - Sous Vide Temperature Reference Guide Polyscience eBook Subscription Services
 - Sous Vide Temperature Reference Guide Polyscience Budget-Friendly Options
- 6. Navigating Sous Vide Temperature Reference Guide Polyscience eBook Formats

- o ePub, PDF, MOBI, and More
- Sous Vide Temperature Reference Guide Polyscience Compatibility with Devices
- Sous Vide Temperature Reference Guide Polyscience Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of Sous Vide Temperature Reference Guide Polyscience
 - Highlighting and Note-Taking Sous Vide Temperature Reference Guide Polyscience
 - Interactive Elements Sous Vide Temperature Reference Guide Polyscience
- 8. Staying Engaged with Sous Vide Temperature Reference Guide Polyscience
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sous Vide Temperature Reference Guide Polyscience
- 9. Balancing eBooks and Physical Books Sous Vide Temperature Reference Guide Polyscience
 - Benefits of a Digital Library
 - o Creating a Diverse Reading Collection Sous Vide Temperature Reference Guide Polyscience
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sous Vide Temperature Reference Guide Polyscience
 - o Setting Reading Goals Sous Vide Temperature Reference Guide Polyscience
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sous Vide Temperature Reference Guide Polyscience
 - Fact-Checking eBook Content of Sous Vide Temperature Reference Guide Polyscience
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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