

Recommended Cooking Temperatures and Times

FOOD	THICKNESS ¹		TEMPERATURE		TIME	
	inch	cm	°F	°C	min	max
BEEF, VEAL, LAMB, GAME						
Tender Cuts	1	2.5	134 or higher	56.5 or higher	1 hr	4 hrs
Tenderloin, Rib-eye, T-bone, Chops, Outlets	2	5	134 or higher	56.5 or higher	3 hrs	6 hours
Tough Cuts and Grassfed ²						
Bison, Game	1	2.5	134 or higher	56.5 or higher	8-10 hrs	12-24 hrs
Lamb Roast or Leg	2.75	7	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, Outlets	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

Sous Vide Temperature Reference Guide Polyscience

Meathead Goldwyn

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