

Sous Vide Times & Temperatures

SKS

Chicken and Poultry



	Temperature F	Min. Time	Max Time
breast-tender	145	1.5 hr	4 hr
breast- traditional firm	155	1 hr	4 hr
leg/thigh- tender	165	1 hr	4 hr
leg/thigh- off the bone tender	165	4 hr	12 hr
duck breast	130-135	1.5-2 hr	5 hr
duck leg	165	6 hr	12 hr

Beef, Lamb, Red Meat



	Temperature F	Min. Time	Max Time
steak-rare	125-129	1.5-2 hr	5 hr
steak-medium rare	130-134	1.5-2 hr	5 hr
steak-medium	135-139	1.5-2 hr	5 hr
steak-medium well	140-144	1.5-2 hr	5 hr
steak-well done	145-165	1.5-2 hr	5 hr
roast-rare	125-129	4-6 hr	12 hr
roast-medium rare	130-134	4-6 hr	12 hr
roast-medium	135-139	4-6 hr	12 hr
roast-medium well	140-144	4-6 hr	12 hr
roast-well done	145-165	4-6 hr	12 hr
hamburger-medium	130-135	1 hr	4 hr
braising meats	155-165	12-24 hr	48 hr
lamb- leg	135 or higher	6 hr	12 hr
lamb rack- medium	135-139	2 hr	6 hr

Pork



	Temperature F	Min. Time	Max Time
chops/loin/tenderloin-slight pink	134-140	1.5 hr	5 hr
chops/loin/tenderloin-cooked through	145-150	1.5 hr	5 hr
braise/slow-belly/shank/shoulder	155-165	12-24 hr	48 hr
baby back ribs	155-165	6 hr	24 hr

Seafood



	Temperature F	Min. Time	Max Time
fish filet- slight translucent	120	20 min	30 min
fish filet- tender/flakey	125-130	30 min	1 hr
fish filet- tender/fully cooked	135	30 min	1.5 hr
shellfish- shrimp/scallop/lobster-tender	125-130	30 min	1 hr
shellfish- shrimp/scallop/lobster-firm	135-140	30 min	1.5 hr

Eggs



	Temperature F	Min. Time	Max Time
soft/runny yolk- cooked in shell	145	45 min	3 hr
medium/jammy yolk- cooked in shell	147-150	45 min	3 hr
hard cooked in shell	160-165	45 min	3 hr
scrambled/omelette/frittata/egg bite	170	45 min	2 hr

Fruits and Vegetables



	Temperature F	Min. Time	Max Time
root/firm vegetable- fork tender	183	1.5 hr	4 hr
root/firm vegetable- soft	185	1.5 hr	4 hr
root/firm vegetable- puree	190-200	1.5 hr	4 hr
green/tender veg/fruits- crisp	181	30 min	2 hr
green/tender veg/fruits- fork tender	183	30 min	2 hr
green/tender veg/fruits- soft	185	30 min	2 hr
green/tender veg/fruits- puree	190-200	30 min	2 hr

Other



	Temperature F	Min. Time	Max Time
flavored alcohols	140	2 hr	6 hr
anglaise sauce	170	1 hr	1 hr
custard/pudding/cheesecake	175-180	1 hr	1 hr
chocolate truffles	150	30 min	1 hr
soups	190	1.5 hr	3 hr
stocks/broths	185	2 hr	8 hr



48-inch Dual-Fuel Pro Range with Sous Vide and Induction SKSDR480SIS



36-inch Dual-Fuel Pro Rangetop with Sous Vide and Induction SKSRT360SIS



48-inch Dual-Fuel Pro Rangetop with Sous Vide and Induction SKSRT480SIS



36-inch Dual-Fuel Pro Range with Sous Vide and Induction SKSDR360SIS



36-inch Dual-Fuel Pro Range with Steam-Combi Oven and Sous Vide SKSDR360SS