

# Sous Vide™

## PROFESSIONAL

PRECISE TEMPERATURE COOKING SYSTEM

FREQUENTLY ASKED QUESTIONS

### Can food be overcooked?

Yes, but the time window for overcooking is much longer than with traditional methods. For example, a medium-rare beef tenderloin remains perfectly cooked for at least 20 minutes after the minimum time. After that it will appear still medium-rare but slowly change its texture. Less delicate foods, such as a brisket can remain 12 hours longer than the minimum time without overcooking. Avoid cook times over 72 hours for food safety reasons.

### What are the temperatures for various levels of doneness?

#### TEMPERATURE RANGES FOR MEAT:

Rare – 122-130°F (50-54.4°C)  
 Medium-Rare – 131-139°F (55-59°C)  
 Medium – 140-148°F (60-64°C)  
 Medium Well – 149-156°F (65-69°C)

#### TEMPERATURE RANGES FOR FISH:

Rare – 104-108°F (40-42°C)  
 Medium-Rare – 118-125°F (48-52°C)  
 Medium – 136-140°F (58-60°C)

#### TEMPERATURE RANGE FOR VEGETABLES:

183-190°F (83-87°C)

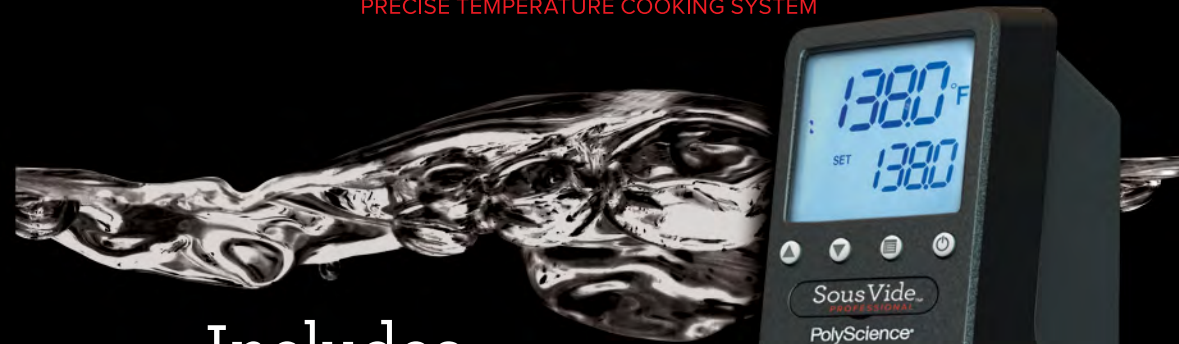
### What water volume can be controlled by the Sous Vide Professional?

Up to 8 gallons (30 liter).

Visit [sousvideprofessional.com](http://sousvideprofessional.com) for videos, downloads and more!



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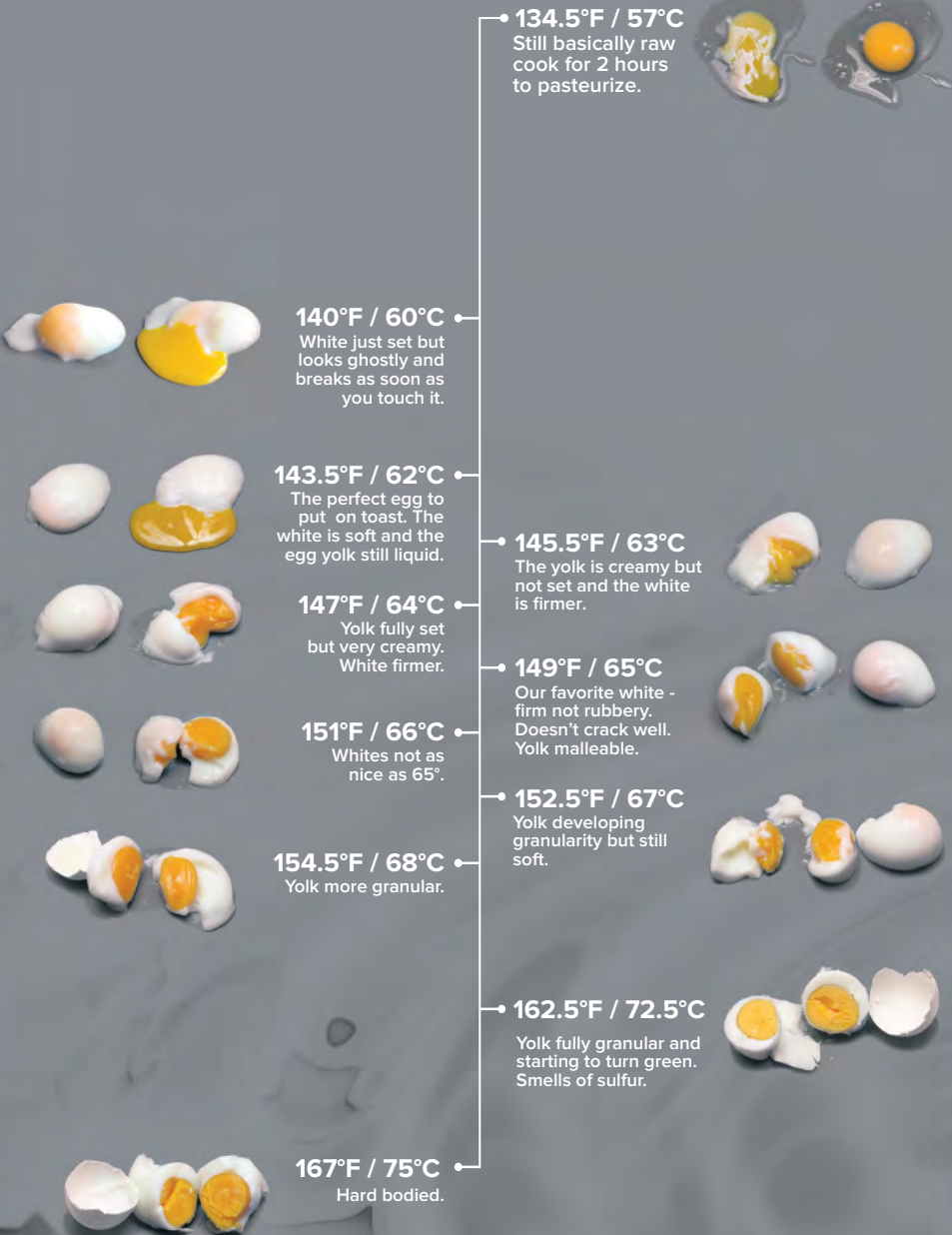


### Includes:

- Temperature Scale For Eggs
- Reference Table For Sous Vide Cooking
- Traditional Vs Sous Vide Beef Comparison



## EGG TEMPERATURE SCALE



## BEEF COMPARISON

Traditional Cooking vs. Sous Vide Cooking



Different Levels Of Doneness

Perfect Doneness Throughout

## TEMPERATURE REFERENCE TABLE

|                      | FOOD  | COOKING TEMP   | TIME         | THICKNESS       |
|----------------------|---|----------------|--------------|-----------------|
| <b>BEEF</b>          | Tenderloin                                    | 138°F / 59°C   | 60 Mins.     | 3in. / 7.6cm.   |
|                      | Rib Eye Steak                                 | 138°F / 59°C   | 60-120 Mins. | 1in. / 2.5cm.   |
|                      | Strip Steak                                   | 138°F / 59°C   | 60-120 Mins. | 1in. / 2.5cm.   |
|                      | Porterhouse Steak                             | 138°F / 59°C   | 60-120 Mins. | 1in. / 2.5cm.   |
|                      | Brisket                                       | 147°F / 64°C   | 48 Hrs.      |                 |
|                      | Veal Shank                                    | 167°F / 75°C   | 12-24 Hrs.   | 1.5in / 3.8cm.  |
| <b>LAMB</b>          | Lamb Saddle                                   | 141°F / 60.5°C | 90 Mins.     | 1.5in / 3.8cm.  |
| <b>PORK</b>          | Pork Belly                                    | 180°F / 82°C   | 24-48 Hrs.   |                 |
|                      | Ribs  | 138°F / 59°C   | 24-48 Hrs.   | 1in. / 2.5cm.   |
| <b>POULTRY</b>       | Chicken Breast                                | 147°F / 64°C   | 60 Mins.     | 2in. / 5cm.     |
|                      | Duck Breast                                   | 147°F / 64°C   | 60 Mins.     | 2in. / 5cm.     |
|                      | Chicken Thighs                                | 152°F / 66.6°C | 90 Mins.     | 2in. / 5cm.     |
|                      | Foie Gras                                     | 134°F / 56°C   | 35-55 Mins.  | 2in. / 5cm.     |
| <b>FISH</b>          | Salmon Filet                                  | 125°F / 52°C   | 20 Mins.     | 1in. / 2.5cm.   |
|                      | Cod Filet                                     | 140°F / 60°C   | 20 Mins.     | 1in. / 2.5cm.   |
|                      | Halibut                                       | 140°F / 60°C   | 20 Mins.     | 1in. / 2.5cm.   |
| <b>SHELLFISH</b>     | Shrimp  | 149°F / 65°C   | 15-20 Mins.  | 1in. / 2.5cm.   |
|                      | Lobster                                       | 145°F / 63°C   | 15-35 Mins.  | 1in. / 2.5cm.   |
|                      | Scallops                                      | 140°F / 60°C   | 15-35 Mins.  | 1in. / 2.5cm.   |
| <b>VEGETABLES</b>    | Root - Whole (Beets, Carrots, Potatoes, etc.) | 185°F / 85°C   | 45-90 Mins.  | 2in. / 5cm.     |
|                      | Root - Cut (Beets, Carrots, Potatoes, etc.)   | 185°F / 85°C   | 20-30 Mins.  | 1in. / 2.5cm.   |
|                      | Bulb - Whole (Onions, Shallots etc.)          | 185°F / 85°C   | 90 Mins.     | 2in. / 5cm.     |
|                      | Squash - Cut                                  | 185°F / 85°C   | 30 Mins.     | 1in. / 2.5cm.   |
|                      | Artichoke Hearts                              | 185°F / 85°C   | 45-75 Mins.  | 1.5in. / 3.8cm. |
|                      | <b>FRUITS</b>                                 | Peach Wedges   | 185°F / 85°C | 15-20 Mins.     |
|                      | Pear Wedges                                   | 181°F / 83°C   | 25-45 Mins.  | 1.5in. / 3.8cm. |
|                      | Apple Slices                                  | 185°F / 85°C   | 45-90 Mins.  | 1in. / 2.5cm.   |
| <b>EGGS IN SHELL</b> | Soft Poached Egg                              | 145°F / 62.7°C | 60 Mins      | Large Size      |
| <b>CUSTARDS</b>      | Crème Anglaise                                | 179.6°F / 82°C | 20 Mins.     |                 |

This table is only meant to serve as a guideline. Temperatures should be adjusted to your preference of doneness. Cooking time should be adjusted to initial temperature, heat transfer characteristics, and thickness of the food being cooked.