For your convenience, here's a quick guide to common sous vide cooking times and temperatures. Hang it up in your commercial kitchen, and soon your chefs will be creating delicious and tender steaks, chicken, fish, vegetables, and more.
Cooking chicken using sous vide is appropriate for both light and dark meat. You will also be able to control the specific texture of the meat to match the dish you’re preparing.

**LIGHT MEAT**
- **Supple**
  - 140°F
  - 2h
- **Tender**
  - 149°F
  - 1h
- **Well done**
  - 167°F
  - 1h

**DARK MEAT**
- **Tender**
  - 149°F
  - 1½h
- **Falling off the bone**
  - 167°F
  - 1½h
Whether you’re preparing tuna or catfish, sous vide is an excellent way to cook all kinds of fish. For best results, be sure to filet and portion your fish beforehand.

<table>
<thead>
<tr>
<th>Texture</th>
<th>Temperature</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tender</td>
<td>104°F</td>
<td>40m</td>
</tr>
<tr>
<td>Flaky</td>
<td>122°F</td>
<td>40m</td>
</tr>
<tr>
<td>Well done</td>
<td>140°F</td>
<td>40m</td>
</tr>
</tbody>
</table>
Sous vide is a great method for cooking roasts, brisket, steaks, and tougher cuts like chuck or round. The end product will be more tender and evenly cooked than beef prepared using other methods.

<table>
<thead>
<tr>
<th>STEAK</th>
<th>Rare</th>
<th>129°F</th>
<th>1¼h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium</td>
<td>136°F</td>
<td>1¼h</td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>158°F</td>
<td>1½h</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ROAST</th>
<th>Rare</th>
<th>133°F</th>
<th>7h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium</td>
<td>140°F</td>
<td>6h</td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>158°F</td>
<td>5h</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TOUGH CUTS</th>
<th>Rare</th>
<th>136°F</th>
<th>24h</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medium</td>
<td>149°F</td>
<td>16h</td>
<td></td>
</tr>
<tr>
<td>Well done</td>
<td>185°F</td>
<td>8h</td>
<td></td>
</tr>
</tbody>
</table>
You can use sous vide to cook delicious pork chops, roast, or shoulder. This method also works well for preparing spare ribs, pork loin, and leg meat.
Sous vide is an excellent choice for preparing a wide variety of fruits and vegetables. Vegetables will retain their vibrant colors, while fruit will be rendered into smooth purees.

- **Squash**: 185°F for 1 hour
- **Green vegetables**: 185°F for 5 minutes
- **Potatoes and root vegetables**: 185°F for 1 hour
- **Warm & ripe fruit**: 154°F for 1 3/4 hours
- **Soft for purees**: 185°F for 30 minutes
Cooking eggs sous vide allows you to control the doneness of both the yolk and the white. You can cook eggs cracked into a vacuum sealer bag or whole in the shell.

- **Runny white & runny yolk**
  - 140°F
  - 31m

- **Runny white & medium yolk**
  - 140°F
  - 1¾h

- **Runny white & solid yolk**
  - 140°F
  - 7¾h

- **Medium white & runny yolk**
  - 151°F
  - 20m

- **Medium white & medium yolk**
  - 151°F
  - 43m

- **Medium white & solid yolk**
  - 151°F
  - 26m

- **Firm white & runny yolk**
  - 185°F
  - 12m

- **Firm white & medium yolk**
  - 185°F
  - 13m

- **Firm white & firm yolk**
  - 185°F
  - 14m