

	Thickness	Temperature	Time (hours)		Thickness	Temperature	Time (hours)
<b>BEEF</b>				VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES			
Brisket	2-inch	140 °F	24 - 48	Rib Eye, Sirloin and Porterhouse Steak	1-inch		
Bottom Round Brisket	4-inch			Rare		125 °F	1 - 6
Medium Rare		130 °F	5 - 10	Medium Rare		130 °F	1 - 6
Medium		136 °F	5 - 10	Medium		140 °F	1 - 6
Medium Well		144 °F	5 - 10	Medium Well		150 °F	1 - 6
Flank Steak	1 - 1 ½-inch			Well Done		155 °F	1 - 6
Rare		125 °F	2 - 10	Short Ribs		167 °F	24 - 36
Medium Rare		130 °F	2 - 10	Tenderloin Roast	1 - 1 ½-inch		
Medium		140 °F	2 - 10	Rare		131 °F	3 - 6
Medium Well		150 °F	2 - 10	Medium Rare		135 °F	3 - 6
Well Done		155 °F	2 - 10	Medium		140 °F	3 - 6
Flat Iron Steak	2-inch			Medium Well		150 °F	3 - 6
Rare		125 °F	2 - 8	Tenderloin Steak (Filet Mignon)	1 ½-inch		
Medium Rare		130 °F	2 - 8	Rare		125 °F	1 - 6
Medium		140 °F	2 - 8	Medium Rare		130 °F	1 - 6
Medium Well		150 °F	2 - 8	Medium		140 °F	1 - 6
Well Done		155 °F	2 - 8	Medium Well		150 °F	1 - 6
Hamburgers	1-inch			Well Done		155 °F	1 - 6
Rare		125 °F	1 - 3	Tri-Tip Roast	3 - 4-inch		
Medium Rare		130 °F	1 - 3	Rare		131 °F	5 - 10
Medium		140 °F	1 - 3	Medium Rare		135 °F	5 - 10
Medium Well		145 °F	1 - 3	Medium		140 °F	5 - 10
Well Done		155 °F	1 - 3	Veal Chop (Bone in)	1 - 1 ½-inch		
Pot Roast (Chuck)	3 - 4-inch	160 °F	24 - 30	Rare		129 °F	3 - 6
Prime Rib Roast	5 - 6-inch			Medium Rare		134 °F	3 - 6
Medium Rare		130 °F	6 - 10	Veal Shank	1 - 2-inch	167 °F	24 - 36
Medium		136 °F	6 - 10				
Medium Well		144 °F	6 - 10				

<b>PORK</b>				VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES			
Boneless Chops	1-inch	140 °F	1 - 3	Loin Roast		144 °F	4 - 6
Bone-in Chops	1-inch	140 °F	1 ½ - 3	Sausage		165 °F	18 - 24
Baby Bay Ribs		165 °F	12 - 24	Shoulder	3-inch	175 °F	12 - 24
Country Style Ribs		167 °F	18 - 24	Tenderloin		145 °F	1 ½ - 4
Ham - Cured		155 °F	8 - 12				

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<b>LAMB</b>				<a href="http://bluejeanchef.com">VISIT BLUEJEANCHEF.COM FOR SOUS VIDE RECIPES</a>			
Lamb Chops				Lamb Shank		167 °F	18 - 36
Rare		126 °F	1 - 3	Rack of Lamb			
Medium Rare		131 °F	1 - 3	Rare		126 °F	2 - 3
Medium		140 °F	1 - 3	Medium Rare		137 °F	2 - 3
Medium Well		150 °F	1 - 3	Medium		145 °F	2 - 3
Well Done		155 °F	1 - 3	Medium Well		150 °F	2 - 3
Leg of Lamb (Bone-in)				Well Done		155 °F	2 - 3
Medium Rare		130 °F	18 - 24				
Medium		144 °F	18 - 24				
Medium Well		150 °F	18 - 24				

	Thickness	Temperature	Time (hours)		Thickness	Temperature	Time (hours)
<b>POULTRY</b>				<a href="http://bluejeanchef.com">VISIT BLUEJEANCHEF.COM FOR SOUS VIDE RECIPES</a>			
Chicken Breast (Boneless)	1-inch	140 °F	1 - 3	Duck Breast	1-inch	136 °F	1 ½ - 4
Chicken Breast (Bone-in)	1 ½-inch	147 °F	2 - 6	Duck Legs		149 °F	1 ½ - 4
Chicken Thighs (Boneless)		158 °F	4 - 8	Duck Confit		158 °F	16 - 24
Chicken Thighs (Bone-in)		165 °F	2 - 6	Turkey Breast (Boneless)	2-inch	146 °F	2 - 8
Chicken (Whole)		148 °F	5 - 7	Turkey Breast (Bone-in)		150 °F	2 - 8
Cornish Game Hens		155 °F	6 - 8	Turkey Legs		165 °F	8 - 10

	Thickness	Temperature	Time (minutes)		Thickness	Temperature	Time (minutes)
<b>FISH &amp; SEAFOOD</b>				<a href="http://bluejeanchef.com">VISIT BLUEJEANCHEF.COM FOR SOUS VIDE RECIPES</a>			
Crab Legs		144 °F	30 - 90 minutes	Shrimp	1-inch	135 °F	15 - 30 minutes
Codfish	1-inch	136 °F	20 - 40 minutes	Trout	1 ½-inch	132 °F	30 - 60 minutes
Flounder Fillet	1-inch	122 °F	30 - 60 minutes	Tuna Steak	1-inch		
Halibut Fillet	2-inch	122 °F	40 - 60 minutes	Rare		105 °F	30 - 60 minutes
Lobster Tails		130 °F	20 - 45 minutes	Medium Rare		110 °F	30 - 60 minutes
Octopus	1 ½-inch	171 °F	4 - 7 hours	Medium		115 °F	30 - 60 minutes
Sea Bass Fillet		122 °F	30 - 60 minutes	Well Done		122 °F	30 - 60 minutes
Scallops	1-inch	126 °F	15 - 35 minutes	Tuna - Ahi Loin	1 ½-inch		
Salmon Fillet		122 °F	30 - 60 minutes	Rare		109 °F	45 - 60 minutes

	Thickness	Temperature	Time		Thickness	Temperature	Time
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<b>VEGETABLES</b>				<b>VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES</b>			
Artichoke Hearts		190 °F	1 - 2 hours	Eggplant (cubed or sliced)	1-inch	183 °F	30 - 45 minutes
Asparagus		183 °F	20 - 45 minutes	Green Beans		185 °F	30 - 60 minutes
Beets	½-inch	194 °F	1 ½ - 2 hours	Onions (diced or sliced)		185 °F	30 - 90 minutes
Broccoli Florets		183 °F	20 - 30 minutes	Squash (cubed or sliced)	1-inch	194 °F	30 - 45 minutes
Brussels Sprouts	halved	185 °F	40 - 60 minutes	Sweet Potatoes (cubed or sliced)	1-inch	194 °F	30 - 60 minutes
Carrots	½-inch	185 °F	30 - 60 minutes	Parsnips	½-inch	185 °F	30 - 60 minutes
Cauliflower Florets		185 °F	25 - 35 minutes	Potatoes (wedges or slices)	½-inch	185 °F	30 - 120 minutes
Corn on the Cob		185 °F	30 - 60 minutes				

<b>FRUIT</b>				<b>VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES</b>			
Apples (diced or sliced)		183 °F	35 - 50 minutes	Pears (diced or sliced)		183 °F	35 - 50 minutes
Bananas		183 °F	25 - 35 minutes	Pineapples (cubed)		167 °F	25 - 35 minutes
Cherries		158 °F	25 - 35 minutes				

<b>EGGS</b>				<b>VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES</b>			
Runny Barely Poached		145 °F	45 minutes	Soft-boiled		163 °F	25 minutes
Set - Creamy Yolk		147 °F	45 minutes	Hard-boiled		167 °F	45 minutes
Set - Fudgy Yolk		147 °F	60 minutes	Egg Bites		185 °F	45 - 60 minutes

<b>DAIRY</b>				<b>VISIT <a href="http://BLUEJEANCHEF.COM">BLUEJEANCHEF.COM</a> FOR SOUS VIDE RECIPES</b>			
Crème Anglaise		173 °F	1 hour	Pudding		176 °F	1 hour
Custard		176 °F	1 hour	Yogurt		110 °F	12 - 24 hours