



## SOUS-VIDE COOKING GUIDE

Product	Temperature	Time
<b>FISH</b>		
Baby squid	55 °C / 131 °F	7'
Cod	65 °C / 149 °F	30'
Cuttlefish	64 °C / 147 °F	10h
Eel	59 °C / 138 °F	10'
Grouper fish	55 °C / 131 °F	14'
Hake	60 °C / 140 °F	12'
Horse mackerel	55 °C / 131 °F	18'
Mackerel	55 °C / 131 °F	13'
Monkfish	60 °C / 140 °F	12'
Monkfish liver	65 °C / 149 °F	3h 15'
Red mullet	55 °C / 131 °F	5'
Salmon	65 °C / 149 °F	14'
Sea bass	60 °C / 140 °F	12'
Skate	55 °C / 131 °F	12'
Sole	56 °C / 133 °F	20'
Squid	65 °C / 149 °F	25'
Sturgeon	61 °C / 142 °F	16'
Sword fish	50 °C / 122 °F	12-15'
Tuna	50 °C / 122 °F	11'
Tuna Belly	50 °C / 122 °F	8'
<b>SEAFOOD</b>		
Clams	90 °C / 194 °F	2'
Cockles	90 °C / 194 °F	2'
Mussels	90 °C / 194 °F	2'
Octopus	77 °C / 171 °F	5h
Oysters	85 °C / 185 °F	4'
Razor clams	65 °C / 149 °F	5'
Rock mussels	80 °C / 176 °F	3'
Scarlet shrimp	65 °C / 149 °F	7'
<b>MEAT</b>		
Bacon terrine and rabbit ribs	65 °C / 149 °F	12'
Burger	65 °C / 149 °F	25'
Chateaubriand	60 °C / 140 °F	45'
Chicken breast	65 °C / 149 °F	35'
Chicken thighs	80 °C / 176 °F	2h
Duck magret	65 °C / 149 °F	50'
Duck thighs	80 °C / 176 °F	8-10h
Foie gras	65 °C / 149 °F	30'
Free-range chicken breast	65 °C / 149 °F	50'
Knuckle of pork	80 °C / 176 °F	10h



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Neck of lamb	80 °C / 176 °F	16h
Ox stew	80 °C / 176 °F	16h
Oxtail	82 °C / 180 °F	8h
Partridge thighs	80 °C / 176 °F	6h
Pickled quail	90 °C / 194 °F	3h
Pig's blade bone	65 °C / 149 °F	16h
Pig's snout - ear	80 °C / 176 °F	18h
Pig's tail	82 °C / 180 °F	8h
Pig's trotters	80 °C / 176 °F	18h
Pigeon breast	65 °C / 149 °F	15'
Pigeon thighs	80 °C / 176 °F	2h 30'
Pork belly	80 °C / 176 °F	10h
Pork cheek	80 °C / 176 °F	8h
Pork chop	65 °C / 149 °F	1h
Pork jowl	80 °C / 176 °F	18h
Pork ribs	80 °C / 176 °F	18h
Poulard	62 °C / 144 °F	1h 30'
Poulard breast	62 °C / 144 °F	1h 30'
Poulard thighs	68 °C / 154 °F	1h
Pressed duck magret	65 °C / 149 °F	25'
Rabbit	80 °C / 176 °F	1h
Rabbit terrine	74 °C / 165 °F	12h
Rack of lamb	60 °C / 140 °F	35'
Shoulder of kid goat	80 °C / 176 °F	10h
Shoulder of lamb	80 °C / 176 °F	18h
Sirloin (medium) - 220gr 4 cm	70 °C / 158 °F	15'
Sirloin (extra rare or bleu) - 220gr 4 cm	70 °C / 158 °F	8'
Sirloin (rare) - 220gr 4 cm	70 °C / 158 °F	10'
Sirloin (well done) - 220gr 4 cm	70 °C / 158 °F	20'
Steak / rib-eye	<i>See recipe</i>	<i>See recipe</i>
Stuffed quail	65 °C / 149 °F	1h
Turkey thighs	75 °C / 167 °F	4h
Veal cheek	80 °C / 176 °F	14-18'
Veal heart	80 °C / 176 °F	24h
Veal kidneys	85 °C / 185 °F	1h 30'
Veal knuckle	80 °C / 176 °F	16h
Veal liver	65 °C / 149 °F	1h
Veal ribs	70 °C / 158 °F	12h
Veal sweetbreads	82 °C / 180 °F	8h
Veal tongue	90 °C / 194 °F	8h
Veal tripe	82 °C / 180 °F	8h
Whole suckling pig	80 °C / 176 °F	12h



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<b>VEGETABLES</b>		
Artichoke	85 °C / 185 °F	25-45'
Baby carrot	85 °C / 185 °F	16-20'
Baby courgette	85 °C / 185 °F	20'
Beetroot	85 °C / 185 °F	2'
Bell pepper	80 °C / 176 °F	50'
Black turnip	85 °C / 185 °F	20-25'
Button mushrooms	85 °C / 185 °F	15'
Carrot	85 °C / 185 °F	45-55'
Cauliflower	85 °C / 185 °F	40'
Celeriac	85 °C / 185 °F	30'
Courgette	85 °C / 185 °F	14-15'
Fennel	85 °C / 185 °F	50'
Frozen broad beans	85 °C / 185 °F	20'
Frozen peas	85 °C / 185 °F	15'
Garlic confit	85 °C / 185 °F	1h
Green asparagus	85 °C / 185 °F	24'
Green garlic	85 °C / 185 °F	10-25'
Pak choy	85 °C / 185 °F	6'
Parsnip	85 °C / 185 °F	10'
Potato garnish	90 °C / 194 °F	50'
Pumpkin	85 °C / 185 °F	12-15'
Quince	85 °C / 185 °F	45'
Radish	85 °C / 185 °F	5'
Rhubarb	61 °C / 142 °F	1h
Salsify	85 °C / 185 °F	14'
Sliced potato (1 cm)	85 °C / 185 °F	25'
Spinach	85 °C / 185 °F	15'
Spring onion	85 °C / 185 °F	30'
Swede	85 °C / 185 °F	16'
Sweet potato	90 °C / 194 °F	50'
Swiss chard	85 °C / 185 °F	15'
Turnip	85 °C / 185 °F	20-40'
White asparagus	85 °C / 185 °F	40'
Whole potato	85 °C / 185 °F	3h
<b>FRUIT AND OTHERS</b>		
Apple	85 °C / 185 °F	12'
Banana	65 °C / 149 °F	20'
Cherry	83 °C / 181 °F	20'
Coconut	83 °C / 181 °F	40'
Custard	83 °C / 181 °F	20'
Figs	63 °C / 145 °F	40'



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Kiwi	80 °C / 176 °F	20'
Melon	65 °C / 149 °F	20'
Orange confit in syrup (blanched previously)	65 °C / 149 °F	2h
Papaya	64 °C / 147 °F	45'
Peaches in syrup	80 °C / 176 °F	45'
Pear purée	83 °C / 181 °F	1h
Persimmon	83 °C / 181 °F	35'
Pineapple	80 °C / 176 °F	30'
Plum	65 °C / 149 °F	20'
Pomegranate water	80 °C / 176 °F	30'
Raspberry juice	65 °C / 149 °F	45'
Watermelon	65 °C / 149 °F	20'