



| FISH | | |
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| PRODUCT | TEMPERATURE | TIME |
| 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 / 132,8 °F | 20' |
| Squid | 65 °C / 131 °F | 25' |
| Sturgeon | 61 °C / 142 °F | 16' |
| Sword fish | 50 °C / 122 °F | 12-15' |
| Tuna | 50 °C / 122 °F | 11' |
| Tuna Belly (ventresca) | 50 °C / 122 °F | 8' |

| SHELLFISH | | |
|----------------|----------------|------|
| PRODUCT | TEMPERATURE | TIME |
| 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' |

*Note: All cooking times and temperatures are approximate.



| MEAT | | |
|-------------------------------|----------------|--------|
| PRODUCT | TEMPERATURE | TIME |
| 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 |
| 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 |

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| 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 | 68 °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 |
| Shoulder of lamb | 75 °C / 167 °F | 7h |
| Stuffed quail | 65 °C / 149 °F | 1h |
| Turkey thighs | 75 °C / 167 °F | 4h |
| Veal cheek | 80 °C / 176 °F | 14-18h |
| 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 | 80 °C / 176 °F | 8h |
| Veal tripe | 82 °C / 180 °F | 8h |
| Whole suckling pig | 80 °C / 176 °F | 12h |

*Note: All cooking times and temperatures are approximate.



| VEGETABLES | | |
|--------------------|----------------|--------|
| PRODUCT | TEMPERATURE | TIME |
| 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' |
| Fozen peas | 85 °C / 185 °F | 15' |
| Frozen broad beans | 85 °C / 185 °F | 20' |
| 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' |

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| 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 |

*Note: All cooking times and temperatures are approximate.



| FRUIT AND OTHERS | | |
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| PRODUCT | TEMPERATURE | TIME |
| 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' |
| 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' |

*Note: All cooking times and temperatures are approximate.