

Sous Vide Time and Temperature Guide

Protein	Texture / Doneness	Temp (°F)	Time Range	Suggested Marinating Time
Chicken Breast	Juicy, tender	140	1.5–4 hours	30 min–2 hours
	Traditional firm	150	1–4 hours	
Chicken Thighs	Tender & shreddable	165	4–6 hours	1–2 hours
Steak (Beef)	Rare	125	1–2.5 hours	2–12 hours
	Medium-rare	130	1–3 hours	
	Medium	135	1–4 hours	
Pork Chops	Juicy & slightly pink	140	1.5–3 hours	1–4 hours
	Traditional cooked	150	1–4 hours	
Pork Shoulder	Shreddable	165	12–24 hours	Overnight
Lamb Chops	Medium-rare	131	1–2.5 hours	2–6 hours
Salmon	Silky, tender	122	35–45 minutes	15–30 minutes
Shrimp	Juicy & just firm	135	30–45 minutes	15–30 minutes
Scallops	Delicate, creamy	123	30–40 minutes	15–30 minutes