

MONTEREY BAY CERTIFIED FARMERS MARKETS

EDIBLE PARADISE

COOKING SEASONALLY FROM THE FARMERS MARKETS

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Sous Vide Time & Temperature Guide

FOOD	BATH	TIME	RESULT / NOTES
Chicken breast	150°F	1½–4 hrs	Tender and juicy. Minimum safe time depends on thickness; use validated pasteurization guidance.
Chicken thighs	165°F	2–6 hrs	Tender; longer cooking creates a softer texture.
Beef steak	130°F	1–3 hrs	Medium-rare. Avoid prolonged cooking at very low temperatures.
Beef steak	135°F	1–4 hrs	Medium-rare to medium; slightly firmer.
Pork chops	140°F	1½–3 hrs	Juicy and tender.
Pork shoulder	165°F	12–24 hrs	Very tender; suitable for shredding or pulling.
Lamb chops	131–135°F	1–2½ hrs	Medium-rare to medium.
Salmon	122–125°F	30–45 min	Silky, delicate texture; best served promptly.
Shrimp	135°F	30–45 min	Juicy and firm.
Scallops	123–125°F	30–40 min	Tender and delicate.
Carrots	183°F	1–1½ hrs	Tender with concentrated flavor.
Beets	185°F	2–3 hrs	Tender while retaining shape.
Potatoes	190°F	1–2 hrs	Tender and creamy.
Asparagus	180°F	10–20 min	Tender-crisp; timing varies with thickness.
Corn on the cob	183°F	30–45 min	Tender, juicy, concentrated corn flavor.
Soft-cooked eggs	145°F	45–60 min	Creamy yolk with a very soft white.
Yogurt - incubation	108–110°F	6–10 hrs	Maintains a steady incubation temperature for cultured yogurt.
Crème brûlée /custards	176–180°F	About 1 hr	Cook in heat-safe jars; chill thoroughly before serving.
Fruit	175–185°F	30–90 min	Gently tenderizes while helping fruit retain its shape. Adjust for variety and ripeness.

IMPORTANT: Sous vide safety depends on both time and temperature. For meat and poultry, thickness and starting temperature also affect the minimum cooking time required for pasteurization. When using temperatures below conventional USDA recommendations, follow validated sous vide time-and-temperature guidance rather than relying on bath temperature alone. For food cooked ahead, cool promptly in an ice-water bath and refrigerate appropriately.