

CODLO'S SOUS-VIDE *Guide* TO BEEF & VEAL

BEEF CUTS, EXPLAINED

A Tender and Thin

B Tender and Thick

C Tough and Thin

D Tough and Thick

Some of the best steak and roast cuts.

A Rib Eye Steak **B** Rib Eye Roast **D** Short Ribs

The best cut for tenderness and flavour.

B Tenderloin Roast
A Tenderloin Steak (Filet Mignon)

A Porterhouse Steak

A T-Bone Steak

A Top Loin Steak

A Sirloin Steak

Plenty of connective tissue that melts during cooking.

D Flat Iron

C Pot Roast

Popular with soups, stews and deli cuts.

D Brisket Point

Lean and very tough. Longer cooking times recommended.

C Skirt Steak










C Flank Steak


Regarded for its leanness, moderately tough.

B Rump Roast


A Rump Steak

COOKING IT RIGHT...

		Tender		Tough	
		A Thin 1.0-1.5 inches	B Thick 2-3 inches	C Thin 1-1.5 inches	D Thick 2-3 inches
Rare	50°C 122°F	1-2 hours	Not Recommended		
Medium Rare	55°C 131°F		 2.5-3 hours	 4.5-6.5 hours	
Medium	60°C 140°F		 1.5-2 hours	 2.5-4 hours	 24 hours
Done	70°C 158°F		 1-1.5 hours	 2-3 hours	 36-72 hours


Temperature


Timing


Time to
pasteurize