

# 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)

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		
		<b>A</b> Thin 1.0-1.5 inches	<b>B</b> Thick 2-3 inches	<b>C</b> Thin 1-1.5 inches	<b>D</b> 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	36-72 hours
Done	70°C 158°F		1-1.5 hours	2-3 hours		

Temperature

Timing

Time to pasteurize