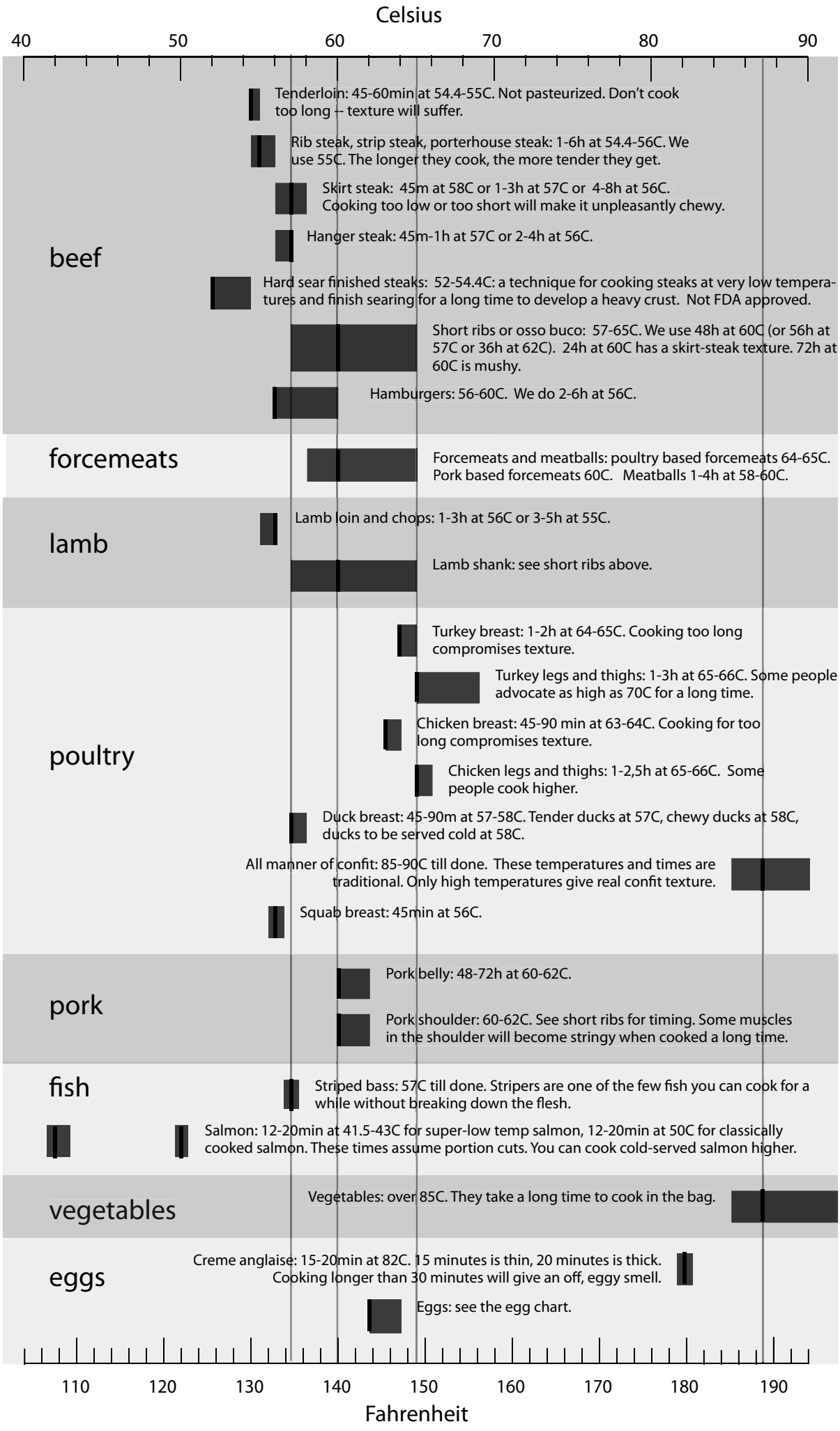
Celsius
40
50
60
70
80
90
beef
Tenderloin: 45-60min at 54.4-55C. Not pasteurized. Don't cook too long -- texture will suffer.
Rib steak, strip steak, porterhouse steak: 1-6h at 54.4-56C. We use 55C. The longer they cook, the more tender they get.
Skirt steak: 45m at 58C or 1-3h at 57C or 4-8h at 56C. Cooking too low or too short will make it unpleasantly chewy.
Hanger steak: 45m-1h at 57C or 2-4h at 56C.
Hard sear finished steaks: 52-54.4C: a technique for cooking steaks at very low temperatures and finish searing for a long time to develop a heavy crust. Not FDA approved.
Short ribs or osso buco: 57-65C. We use 48h at 60C (or 56h at 57C or 36h at 62C). 24h at 60C has a skirt-steak texture. 72h at 60C is mushy.
Hamburgers: 56-60C. We do 2-6h at 56C.
forcemeats
Forcemeats and meatballs: poultry based forcemeats 64-65C. Pork based forcemeats 60C. Meatballs 1-4h at 58-60C.
lamb
Lamb loin and chops: 1-3h at 56C or 3-5h at 55C.
Lamb shank: see short ribs above.
poultry
Turkey breast: 1-2h at 64-65C. Cooking too long compromises texture.
Turkey legs and thighs: 1-3h at 65-66C. Some people advocate as high as 70C for a long time.
Chicken breast: 45-90 min at 63-64C. Cooking for too long compromises texture.
Chicken legs and thighs: 1-2,5h at 65-66C. Some people cook higher.
Duck breast: 45-90m at 57-58C. Tender ducks at 57C, chewy ducks at 58C, ducks to be served cold at 58C.
All manner of confit: 85-90C till done. These temperatures and times are traditional. Only high temperatures give real confit texture.
Squab breast: 45min at 56C.
pork
Pork belly: 48-72h at 60-62C.
Pork shoulder: 60-62C. See short ribs for timing. Some muscles in the shoulder will become stringy when cooked a long time.
fish
Striped bass: 57C till done. Stripers are one of the few fish you can cook for a while without breaking down the flesh.
Salmon: 12-20min at 41.5-43C for super-low temp salmon, 12-20min at 50C for classically cooked salmon. These times assume portion cuts. You can cook cold-served salmon higher.
vegetables
Vegetables: over 85C. They take a long time to cook in the bag.
eggs
Creme anglaise: 15-20min at 82C. 15 minutes is thin, 20 minutes is thick. Cooking longer than 30 minutes will give an off, eggy smell.
Eggs: see the egg chart.
110
120
130
140
150
160
170
180
190
Fahrenheit