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## Sous vide reference sheet by Great British Chefs

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Our handy infographic gives you all the times, temperatures and tips you'll need to sous vide like the pros.

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### Chicken



#### Breast

62°  
1 to 2 hours



#### Leg

75°  
6 to 12 hours



Cook **BREASTS** with the skin on and sear after cooking until crisp. Once **LEG** meat is cooked, chill down until completely cold in the fridge. You can then portion the meat and it will hold its shape better when finished off in a pan.

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### Duck



#### Breast

58°  
45 mins



#### Leg

75°  
8 to 10 hours



Cook **BREASTS** with the skin on and sear after cooking until crisp. Once **LEG** meat is cooked, chill down until completely cold in the fridge. You can then portion the meat and it will hold its shape better when finished off in a pan.

## Lamb



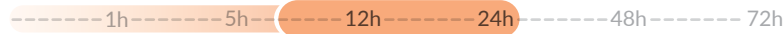
### Prime cuts

55° / 60° / 70°  
1 hour



### Tough cuts

55° / 60° / 70°  
8 to 24 hours



**TOUGH CUTS:** Tough cuts of meat can be cooked sous vide two ways; low temperatures for long periods of time will give pink meat, not unlike a steak. Higher temperatures for shorter amounts of time will give a result similar to braised meat.

## Beef



### Prime cuts

55° / 60° / 70°  
1 hour



### Roasting cuts

55° / 60° / 70°  
5 hours



### Tough cuts

55° / 60° / 70°  
24 to 72 hours



**PRIME CUTS:** Always sear prime cuts in a very hot pan after cooking sous vide to add flavour and drive heat through the meat before serving. Remember, the thicker the cut, the longer the cooking time.

## Pork



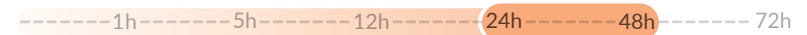
### Prime cuts

56° / 58° / 60°  
1.5 to 2 hours



### Tough cuts

60° / 65° / 75°  
24 to 48 hours



**PRIME CUTS** of pork will be pink when cooked at 56°C - this is perfectly safe to eat and very moist and tender.

## Fish



### Oily fish

43°/ 50°/ 60°  
20 to 30 mins



### Lean fish

43°/ 50°/ 60°  
20 to 30 mins



**OILY FISH** such as salmon and trout are delicious cooked at low temperatures and can be served medium rare or 'mi-cuit'. Be aware that this does not pasteurise the fish, so is unsuitable for high risk groups such as pregnant women and children.

**LEAN FISH:** To help the fish hold together during the cooking process, cook with the skin on. You can either sear after cooking or remove altogether.

## Shellfish



### Squid

52°  
20 to 30 mins



### Oysters

60°  
5 mins



Sous vide cooking for short periods of time makes shellfish such as mussels and oysters easier to open and makes them more plump without affecting the texture and taste of the raw product.

## Vegetables



### Root vegetables

80°/ 90°  
1 hour



### Soft vegetables

80°/ 90°  
45 mins to 1 hour



### Green vegetables

85°  
5 to 20 mins



### Bean and pulses

84°  
6 to 24 hours



### Fruit

65°  
45 mins



**ROOT VEGETABLES** cooked sous vide will retain their original shape, so they're great for roasting and pan frying afterwards for extra colour and flavour.

**SOFT VEGETABLES** benefit from being cooked sous vide, especially when they're going to be pureed, as their colour and flavour is retained in the bag.

Always soak **BEANS AND PULSES** overnight before cooking, as this helps to soften them.

**FRUIT** becomes bright and vibrant when cooked sous vide. Hard, underripe fruit can be transformed into all sorts of tasty desserts, especially with the addition of a little sugar.

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## Eggs



### Sauces

61.5°

60 mins



### Runny

63°

60 mins



### Poached

64°

60 mins



### Hard

68°

60 mins



Eggs are one of the biggest success stories of sous vide cooking. As long as the temperature of the water remains below 70°C, you will never end up with grey rings around your yolks.