

# Sous Vide Guidelines and Temperature/Time Chart

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Sous Vide allows for the protein to cook to a specific internal temperature and then hold that temperature until taken out of the water bath. Use the following parameters as a guide to your operation. Be aware of additional information about sous vide, especially when cooking vegetables.

### Standard Guidelines

- Sear protein (just to set exterior color and/or char-marks) before vacuum packing.
- Vacuum pack the protein. Use a vacuum pack machine or alternatively, place protein in 'ziploc' bag, submerge in cold water until just before the seal, wait 30 seconds for the air to evaporate, then close tight the bag while the seal is just above the water level. This will remove air from bag and it is ready to go in the water bath.
- Several portions can be vacuum packed in the same bag as long as same thickness is maintained.
- Use both a temperature-controlled heat source and some method to move or agitate the water to provide consistent temperature throughout the water bath. Brands such as Annova, are acceptable.
- When protein has been cooked (see temp/time chart), remove it from the bag, dry it on both sides, season, and sear for 1 min/side to create that final sear and fresh seasoning.

### Temperature/Time Chart [Please use as a guide.]

<b>Protein, Cut Selection</b>	<b>Thickness</b> Sous Vide relies on thickness to get to internal temperature, not weight	<b>Minimum time</b> Amount of time to obtain internal temperature	<b>Max. Time</b> After this time, could notice texture change	<b>Water Temperature</b>
Beef, Tenderloin	1.5" (3.8 cm)	1 hr	3 hrs	130° F (54°C)
Beef, Flat Iron/Top Blade	0.5 - 0.75" (1.27 - 1.90 cm)	45 min	3 hrs	130° F (54°C)
Beef, Teres Major/Shoulder Tender	2 - 3" (5 - 7.5 cm)	1 hr	3 hrs	130° F (54°C)
Beef, Top Sirloin, center cut	2 - 3" (5 - 7.5 cm)	1 hr	3 hrs	130° F (54°C)
Beef, Bottom Sirloin Ball Tip	0.5 - 1" (1.27 - 2.5 cm)	45 min	3 hrs	130° F (54°C)
Beef, Strip Loin, Boneless	0.5 - 1" (1.27 - 2.5 cm)	45 min	3 hrs	130° F (54°C)
Pork, Loin Chop, Bone-in	0.5 - 1" (1.27 - 2.5 cm)	75 min	4 hrs	140° F (60° C)
Pork, Tenderloin	1.5" (3.8 cm)	90 min	4 hrs	140° F (60° C)
Lamb, Chop	1 - 2" (2.5 – 5 cm)	1 hr	4 hrs	130° F (54°C)
Lamb, Rack	3 - 4" (7.5 - 10 cm)	1.5 hr	6 hrs	130° F (54°C)