



GLASS PLATE

& BEYOND

Sous Vide Temperature & Time Guide

A comprehensive, cookbook style chart for perfectly cooked proteins, vegetables, and more.

BEEF/LAMB

Cut / Item	Temp	Time	Notes
Steak (Medium Rare)	129°F / 54°C	1–3 hrs	Classic steakhouse texture
Steak (Medium)	135°F / 57°C	1–3 hrs	Slightly firmer
Steak (Well Done but tender)	150°F / 65.5°C	1–3 hrs	Still juicy via SV
Short Ribs (Tender Braised)	167°F / 75°C	12–24 hrs	Falls apart
Short Ribs (Steak like)	140°F / 60°C	24–48 hrs	Sliceable
Roast / Prime Rib	133°F / 56°C	6–10 hrs	Even rosy center
Rack of Lamb	135°F / 56°C	30–36 hrs	Even rosy center

PORK

Cut / Item	Temp	Time	Notes
Pork Chop (Medium)	140°F / 60°C	1–4 hrs	Tender + safe
Pork Chop (Well Done)	150°F / 65.5°C	1–4 hrs	Traditional
Pork Tenderloin	135°F / 57°C	1.5–3 hrs	Silky result
Pork Belly	170°F / 76.5°C	10–14 hrs	Shreddable
Pulled Pork (Shoulder)	165°F / 74°C	18–24 hrs	Classic BBQ texture

POULTRY

Cut / Item	Temp	Time	Notes
Chicken Breast (Juicy)	145°F / 63°C	1.5–2.5 hrs	Pasteurized, ultra tender
Chicken Breast (Traditional)	150°F / 65.5°C	1–2 hrs	Firmer
Chicken Thighs	165°F / 74°C	1–4 hrs	Best texture
Duck Breast	135°F / 57°C	1.5 hrs	Rosy & tender
Duck Legs (Confit Style)	167°F / 75°C	12–24 hrs	Classic confit

FISH & SEAFOOD

Item	Temp	Time	Notes
Salmon (Tender)	122°F / 50°C	30–45 min	Buttery
Salmon (Traditional)	131°F / 55°C	45–60 min	Flakes
Halibut / Cod	132°F / 56°C	45–60 min	Prevents drying
Shrimp	135°F / 57°C	30–45 min	Sweet, tender
Scallops	123°F / 51°C	30–40 min	Silky

EGGS

Style	Temp	Time	Notes
Soft Boiled	145°F / 63°C	45 min	Custardy whites
Poached Style	167°F / 75°C	13 min	Set whites, runny yolk
Jammy	148°F / 64°C	45 min	Ramen style
Hard Boiled	165°F / 74°C	45 min	Fully set

VEGETABLES

Item	Temp	Time	Notes
Carrots	183°F / 84°C	1–1.5 hrs	Sweetens + tender
Potatoes	194°F / 90°C	1–2 hrs	Perfect mash base
Asparagus	180°F / 82°C	8–12 min	Keep crisp
Broccoli	183°F / 84°C	15–20 min	Vibrant
Corn on the Cob	183°F / 84°C	30–45 min	Juicy
Beets	185°F / 85°C	2–3 hrs	Salad ready

OTHER FAVORITES

Item	Temp	Time	Notes
Crepe Brûlée	176°F / 80°C	1 hr	Silky custard
Cheesecake (Basque/Base)	176°F / 80°C	1.5 hrs	Foolproof
Yogurt	110°F / 43°C	8–12 hrs	Thick & tangy
Infused Oil	131°F / 55°C	1–3 hrs	Garlic/herb
Cocktails (Hot Infusions)	135°F / 57°C	1–3 hrs	Extract flavors

General Rules of Thumb

- **Season lightly** before bagging; finish after cooking.
- **Always finish with high heat** for sear (cast iron, broiler, torch).
- **Thicker = longer** (but sous vide is forgiving).
- **Use proper bags** (vacuum seal or sturdy freezer rated zipper bags).
- **Ice bath** to chill if not serving immediately.