



Sous Vide Doneness Guide

PROTEIN + CUT	DONENESS	TEMPERATURE	TIME
Beef Ribeye	Medium Rare	129°F (54°C)	1-2 hours
	Medium	135°F (57°C)	1-2 hours
	Medium Well	145°F (63°C)	1-2 hours
	Well Done	155°F (68°C)	1-2 hours
Beef Tenderloin	Medium Rare	130°F (54°C)	1-2 hours
	Medium	135°F (57°C)	1-2 hours
	Medium Well	145°F (63°C)	1-2 hours
	Well Done	155°F (68°C)	1-2 hours
Beef - 8oz Filet	Medium Rare	130°F (54°C)	1-2 hours
	Medium	135°F (57°C)	1-2 hours
	Medium Well	145°F (63°C)	1-2 hours
	Well Done	155°F (68°C)	1-2 hours
Beef Short Ribs	Braised/Tender	165°F (74°C)	24-36 hours
Pork Tenderloin	Medium	140°F (60°C)	1.5-3 hours
	Medium Well	145°F (63°C)	1.5-3 hours
	Well Done	150°F (66°C)	1.5-3 hours
Pork Chop	Medium	140°F (60°C)	1-2 hours
	Medium Well	145°F (63°C)	1-2 hours
	Well Done	150°F (66°C)	1-2 hours
Lamb Rack	Medium Rare	129°F (54°C)	2-3 hours
	Medium	135°F (57°C)	2-3 hours
	Medium Well	145°F (63°C)	2-3 hours
	Well Done	155°F (68°C)	2-3 hours
Lamb Shank	Braised/Tender	165°F (74°C)	18-24 hours
Lamb Shoulder	Shreddable	165°F (74°C)	18-24 hours
Chicken Breast	Fully Cooked	140-150°F (60-65°C)	1.5-4 hours
Chicken Thigh (Boneless)	Fully Cooked	165°F (74°C)	4-6 hours

