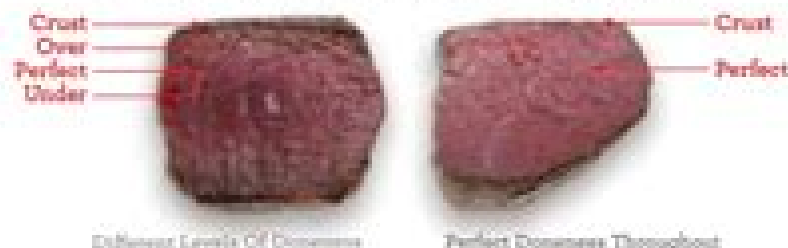
Egg Temperature Scale and Beef Comparison Courtesy of [www.cookingissues.com](http://www.cookingissues.com)

Traditional Cooking vs. Sous Vide Cooking



## TEMPERATURE REFERENCE TABLE

	FOOD	COOKING TEMP	TIME	THICKNESS
<b>BEEF</b>	Tenderloin	128°F / 53°C	60 Mins.	2in. / 2.5cm.
	Rib Eye Steak	128°F / 53°C	60-120 Mins.	1in. / 2.5cm.
	Strip Steak	128°F / 53°C	60-120 Mins.	1in. / 2.5cm.
	Porterhouse Steak	128°F / 53°C	60-120 Mins.	1in. / 2.5cm.
	Brisket	147°F / 64°C	48 Hrs.	
	Veal Shank	167°F / 75°C	12-24 Hrs.	1.5in. / 3.8cm.
<b>LAMB</b>	Lamb Saddle	147°F / 64°C	90 Mins.	1.5in. / 3.8cm.
<b>PORK</b>	Pork Belly	180°F / 82°C	24-48 Hrs.	
	Bloa	128°F / 53°C	24-48 Hrs.	1in. / 2.5cm.
<b>POULTRY</b>	Chicken Breast	147°F / 64°C	60 Mins.	2in. / 5cm.
	Duck Breast	147°F / 64°C	60 Mins.	2in. / 5cm.
	Chicken Thighs	152°F / 66.6°C	90 Mins.	2in. / 5cm.
	Poulet Gren	124°F / 51°C	35-55 Mins.	2in. / 5cm.
<b>FISH</b>	Salmon Fillet	121°F / 52°C	20 Mins.	1in. / 2.5cm.
	Cod Fillet	140°F / 60°C	20 Mins.	1in. / 2.5cm.
	Haddock	140°F / 60°C	20 Mins.	1in. / 2.5cm.
<b>SHELLFISH</b>	Shrimp	140°F / 60°C	10-20 Mins.	1in. / 2.5cm.
	Lobster	140°F / 60°C	15-25 Mins.	1in. / 2.5cm.
	Scallop	140°F / 60°C	15-25 Mins.	1in. / 2.5cm.
<b>VEGETABLES</b>	Root - Whole (Beets, Carrots, Potatoes, etc.)	180°F / 82°C	45-90 Mins.	2in. / 5cm.
	Root - Cut (Beets, Carrots, Potatoes, etc.)	180°F / 82°C	30-30 Mins.	1in. / 2.5cm.
	Bulk - Whole (Onions, Shallots etc.)	180°F / 82°C	90 Mins.	2in. / 5cm.
	Squash - Cut	180°F / 82°C	30 Mins.	1in. / 2.5cm.
	Artichoke Hearts	180°F / 82°C	45-75 Mins.	1.5in. / 3.8cm.
<b>FRUITS</b>	Peach Wedges	180°F / 82°C	15-20 Mins.	1.5in. / 3.8cm.
	Pear Wedges	180°F / 82°C	25-45 Mins.	1.5in. / 3.8cm.
	Apple Slices	180°F / 82°C	45-90 Mins.	1in. / 2.5cm.
<b>EGGS IN SHELL</b>	Soft Poached Egg	140°F / 62°C	60 Mins.	Large Size
<b>CUSTARDS</b>	Creme Anglaise	175°F / 80°C	20 Mins.	

This table is only meant to serve as a guideline. Temperatures should be adjusted to your preference of doneness. Cooking time should be adjusted to initial temperature, flesh tangier characteristics, and thickness of the food being cooked.

# Sous Vide Temperature Reference Guide Polyscience

**Steve Cylka**



## **Sous Vide Temperature Reference Guide Polyscience:**

*Sous Vide Que Made Easy* Meathead Goldwyn, 2021-12-24 By marrying water and fire by marrying sous vide with the grill or smoker you get sous vide que and you can achieve extraordinary results in many cases better than with either cooking method on its own With this book you will learn all the basics of sous vide along with never before published safety info and learn how to use fire and smoke to amp the food up We ll show you how to sear on a grill gas or charcoal on top of a charcoal chimney at well over 1000F with a torch and how to add smoke You ll learn that is better to add smoke and spice after sous vide get our recommendations on tools and get links to a growing list of recipes But most important we have busted myths and super simplified cooking temperatures and times and you can download and print a great chart [Try This at Home](#) Richard Blais, 2013 From Bravo s Top Chef All Stars winner Richard Blais comes his very cool debut cookbook for home cooks looking to up their game with more excitement in the kitchen This is accessible and fun and includes the signature recipes flavor combinations and cooking techniques that have made him such a popular chef A new way to make a dish is always on Richard Blais s mind He has a wildly creative approach whether it s adding coffee to his butter which he serves with pancakes incorporating the flavors of pastrami into mustard making cannelloni out of squid microwaving apple sauce for his pork chops or cooking lamb shanks in root beer In his debut cookbook with equal degrees of enthusiasm and humor he shares 125 delicious recipes that are full of surprise and flavor Plus there are 25 variations to add more adventure to your cooking such as making cheese foam for your burger or mashed sous vide peas to serve alongside your entr e Dive into an exploration of your kitchen for both creativity and enjoyment Now try this at home **Journal of Food Protection** , 1995

**Casino Journal** , 2006 **Sous Vide** Thomas Keller, 2008 **Immersed** Philip Preston, 2014-06-07 Cooking is ultimately about preparing food with heat Therefore the more temperature control you have the more control you have over the outcome Sous Vide is the most precise and forgiving of today s cooking methods This book is a guide to that Sous Vide cooking Although the name Sous Vide may sound unfamiliar it shouldn t Instead it simply refers to a cooking method that has actually been around in some form since our ancestors started experimenting with fire Over the years that Sous Vide method has continually evolved and become better understood until it has formed today s extraordinarily user friendly versatile safe and efficient cooking technique perfect for both home and professional kitchens Combined with roasting searing and other more well known methods Sous Vide cooking produces results that can t be replicated any other way Whether readers are just starrng to learn about Sous Vide cooking or are already well acquainted this book will provide the information needed to expand their kitchen horizons with ease More specifically the book presents the fundamentals behind all key aspects of the Sous Vide concept including equipment and packaging vacuum packaging cooking times and temperatures and safety It also includes a wide array of tested recipes chosen for their core techniques which can be easily combined and expanded to form an unsurpassed repertoire of meal sensations that can not be created any other way The book was developed by Philip

Preston with the support of his culinary team at PolyScience a leading innovator in precise temperature control That team loves to cook and is constantly exploring all aspects of the culinary arts and sciences for ideas to help readers easily consistently and cost effectively create signature dining experiences anytime they want In turn the world s most accomplished kitchen experts now depend on PolyScience for their precise temperature control and other kitchen products to turn their culinary visions into realities Many of those culinary stars have contributed to this book in order to help readers take control of their kitchens      *Sous Vide* Sarah P Williamson,2022-11-25      **Sous Vide** Sarah Williamson,2017-12-05 Do you want the right recipes for all sorts of Sous Vide Machine foods Do you just keep making the same recipes over and over Do you need a break from under or overcooking your food Do you feel stagnant stuck in a rut and ready for some delicious food Are you bored of the same old recipes which are such a waste of your Sous Vide Machine If you keep doing what you ve always done you ll never learn how to use this wonderful technology Is this positive for you Sous Vide Ultimate Low Temperature Immersion Circulator Guide teaches you every step including many different types of recipes to bring new life to your Sous Vide Machine This is a book of action and doesn t just tell you to try harder to make tasty food Life rewards those who take matters into their own hands and this book is where to start This one book is full of amazing recipes for people who would like to eat healthier without sacrificing flavor The tested recipes in this book have worked for thousands of people just like you Easy to follow recipes and practical explanations help you take immediate action What happens if you keep making the same food over and over again Find out how to perfectly cook different types of meat Learn why you should care about cooking lamb and duck Your friends and family will be amazed at what you prepare Are you prepared to lose weight How will you learn to take your Sous Vide Machine to the next level Cook beef poultry and fish perfect every time What you can do today to start cooking amazing food Tricks for following even difficult recipes How to develop the skills you need to make your Sous Vide Machine come alive What happens when you don t let life pass you by Never wonder what if you could have made steak and other tasty food in your Sous Vide Machine Wake up every day with high energy and desire to try new recipes from this amazing book Inspire yourself and others to use their Sous Vide Machines in ways you can t imagine Feel comfortable with your Sous Vide Machine in minutes Find out how to let go of your fear of cooking with a Sous Vide Machine and take flight towards the food of your dreams period Create new and exciting foods you want and get healthy at the same time Try Sous Vide Ultimate Low Temperature Immersion Circulator Guide today by clicking the BUY NOW button at the top right of this page P S You ll wonder how you ever tried using your Sous Vide Machine without this book

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Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees. A low temperature cooker allows food to be cooked thanks to the recycling of heat favoring the uniformity of cooking both inside and outside the product. This process makes the meat juicier and more tender avoiding dispersing the juices and nutritional properties of the food. In short, it is true that cooking at a low temperature requires slow cooking and consequently times are considerably longer, but the result will certainly be better. This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner as well as of course containing recipes of Appetizers, Meat, Fish and Seafood, Fruit and Vegetables, Desserts, Cocktails. What are you waiting for? Buy it NOW and let your customers get addicted to this amazing book.

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Vegetables Desserts Cocktails What are you waiting for Buy it NOW and let your customers get addicted to this amazing book     **The Everything Guide To Cooking Sous Vide** Steve Cylka,2015-06-03 Creating a perfectly cooked meal is easy when using the sous vide method Sous vide means cooking under vacuum literally in a vacuum sealed bag in a temperature controlled water bath Cylka gives home cooks all the essential information for preparing delicious food and will have you cooking like a top chef in no time     Low-Temperature Precision Cooking Sarah Williamson,2017-12-07 Do you need some more advanced recipes for your Sous Vide Machine Do you just keep making the same recipes over and over Do you need a break from boring recipes Do you feel stagnant stuck in a rut and ready for a change Are you bored of the same old recipes which are such a waste of your Sous Vide Machine If you keep doing what you ve always done you ll never learn how to use this wonderful technology Is this positive for you Low Temperature Precision Cooking Sous Vide Modern Techniques for Perfect Cooking Through Science Sous Vide Ultimate Low Temperature Immersion Circulator Guide teaches you every step including many different types of recipes to bring new life to your Sous Vide Machine This is a book of action and doesn t just tell you to try harder to make tasty food Life rewards those who take matters into their own hands and this book is where to start This one book is full of amazing recipes for people who would like to eat healthier without sacrificing flavor The tested recipes in this book have worked for thousands of people just like you Easy to implement recipes and practical explanations help you take immediate action What happens if you keep making the same food over and over again Find out new and exciting ways to use your Sous Vide Machine Learn why you should care about cooking lamb and duck Your friends and family will be amazed at what you prepare Are you prepared to lose weight How will you learn to make the Sous Vide Machine your best friend Take a look at the straightforward recipes which break everything down for you What you can do today to start cooking amazing food Tricks for following even difficult recipes How to develop the skills you need to make your Sous Vide Machine come alive What happens when you don t let life pass you by Never wonder what if you could have made steak and other tasty food in your Sous Vide Machine Wake up every day with high energy and desire to try new recipes from this amazing book Inspire yourself and others to use their Sous Vide Machines in ways you can t imagine Feel comfortable with your Sous Vide Machine in minutes Find out how to let go of your fear of cooking with a Sous Vide Machine and take flight towards the food of your dreams period Create new and exciting foods you want and get healthy at the same time Try Low Temperature Precision Cooking Sous Vide Modern Techniques for Perfect Cooking Through Science Sous Vide Ultimate Low Temperature Immersion Circulator Guide today by clicking the BUY NOW button at the top right of this page P S You ll wonder how you ever tried using your Sous Vide Machine without this book     **Codlo Sous-Vide Guide and Recipes** Grace Lee,2014-02-19 A full color complete guide to sous vide whether you re just starting out or are already cooking sous vide this is the perfect companion     *Amazing Food Made Easy - Sous Vide* Jason Logsdon,2016-04-08 Do you want to get the most out of your sous vide machine Are you looking to consistently prepare great food with a minimal amount

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action What happens if you keep making the same food over and over again Find out new and exciting ways to use your Sous Vide Machine Learn why you should care about cooking lamb and duck Your friends and family will be amazed at what you prepare Are you prepared to lose weight How will you learn to make the Sous Vide Machine your best friend Take a look at the straightforward recipes which break everything down for you What you can do today to start cooking amazing food Tricks for following even difficult recipes How to develop the skills you need to make your Sous Vide Machine come alive What happens when you don't let life pass you by Never wonder what if you could have made steak and other tasty food in your Sous Vide Machine Wake up every day with high energy and desire to try new recipes from this amazing book Inspire yourself and others to use their Sous Vide Machines in ways you can't imagine Feel comfortable with your Sous Vide Machine in minutes Find out how to let go of your fear of cooking with a Sous Vide Machine and take flight towards the food of your dreams period Create new and exciting foods you want and get healthy at the same time Try Low Temperature Precision Cooking Sous Vide Modern Techniques for Perfect Cooking Through Science Sous Vide Ultimate Low Temperature Immersion Circulator Guide today by clicking the BUY NOW button at the top right of this page P S You'll wonder how you ever tried using your Sous Vide Machine without this book *Sous Vide Cookbook for Beginners* Christopher

Lester, 2020-03-06 Have you ever wondered how they manage to do those super tender mega tasty meats in restaurants and cafes Actually it is not a secret anymore most of them own a truly magic device with a French name Sous Vide The foods are cooking with sous vide at lower temperatures This way no part of the food is ever heated above its ideal cooking temperature which ensures even sous vide cooking saving all the juiciness and tenderness In the Complete Sous Vide Cookbook for Everybody we have collected all the most relevant tips and the best sous vide recipes to make sure that your Sous Vide at home experience is truly perfect HOW TO GET STARTED SOUS VIDE COOKING FOR EVERYBODY You will find useful tips the best foods and clear instructions for cooking sous vide at home EAT DELICIOUS RESTAURANT QUALITY MEALS AT HOME You will find original easy to follow recipes for Sous Vide better home cooking WHAT CAN I COOK WITH SOUS VIDE Try cooking eggs pork lamb fish vegetables and desserts using your Sous Vide cooker BE PREPARED TO SEE SOUS VIDE RECIPES THAT WILL MAKE YOU DROOL Mouth watering photos clear and simple instructions and nutritional information are provided HOW LONG DOES IT TAKE TO COOK Each sous vide recipe furnishes preparation and cooking time USEFUL SOUS VIDE EQUIPMENT HELPS MAKE YOUR COOKING EASIER For your convenience we have included information about kitchen tools for the perfect Sous Vide cooking INTERESTING FACTS ABOUT SOUS VIDE FOR EVERYBODY At the beginning of the sous vide recipe book you are provided with incredible facts and advantages of Sous Vide cooking FIND ANY SOUS VIDE RECIPE EASILY You can find any sous vide recipe in the Table of Contents by the main ingredients or in the Recipe Index alphabetically By the way Sous Vide cooking is not only an excellent match for meat and fish but is ideally suited to make the most delicious vegetables side dishes fruit and desserts Get familiar with the tips and advice and then



select a sous vide recipe that you fancy As you get more experienced you can start experimenting with the settings and products or just keep following the sous vide recipes and instructions for your favorite dishes These Sous Vide recipes are categorized into different chapters that range from Eggs and Dairy Poultry Meat Seafood Vegetables and Grains Sauces and Infusions Desserts Well with modern cooking appliances the fairy tales have got closer than ever Pay attention to 2 options of the paperback see All 3 formats and editions black white interior color interior Download this cookbook today and enjoy your fragrant healthy bread at home Scroll up and click the BUY NOW button to get your copy [Sous Vide Mastery](#) Barrett Williams, ChatGPT, 2024-04-30 Sous Vide Mastery The Ultimate Guide to Precision Cooking Embark on a culinary journey that transforms the ordinary into extraordinary with Sous Vide Mastery the comprehensive guide to mastering the art of sous vide cooking Unlock the secrets to preparing restaurant quality meals with unparalleled flavor and texture all from the comfort of your own kitchen As you delve into the beginning chapters you are introduced to the foundational elements of sous vide cooking exploring its fascinating evolution and essential principles Through an enriching tour of time and temperature your understanding of this innovative cooking technique will deepen equipping you with the knowledge to embark on your own sous vide adventures Discover the science that elevates sous vide above conventional cooking methods Learn to harness consistency through precision observe the mystique of the Maillard reaction and adapt sous vide to an array of food textures This book intricately uncovers the molecules behind the magic ensuring each meal you craft is a testament to taste and tenderness The invaluable insights within Sous Vide Mastery guide you through setting up your very own sous vide station a sanctuary for succulence and flavor Delving into the essential techniques you will become adept at vacuum sealing managing water baths and fine tuning temperature control to craft dishes that resonate with perfection Unleash the potential of every ingredient from the tenderest cuts of beef perfected in their submerged sanctuary to the vibrant nutrient rich vegetables that retain their color and bite Revel in the chapter dedicated to sous vide meats where beef poultry pork lamb and game reach unprecedented heights of deliciousness or explore the delicate realm of sous vide seafood taking the pearls of the ocean to peaks of palatable delight Not merely content with main courses Sous Vide Mastery dedicates a beautiful ballet of balance to vegetables sweets and sauces unfolding the pages is akin to lifting the lid off a treasure chest bursting with sous vide gems And for those seeking the final polish on their culinary composition the art of finishing illustrates post sous vide searing sauces and the thrill of textural contrasts Prepare to elevate your recipe development expertly understanding ingredient behavior and engineering balanced dishes that resonate with your personal palate Expand your skill set with chapters on seamless meal planning integrating sous vide with traditional cooking and even advancing to large scale sous vide operations a veritable feast for the aspiring home chef or the seasoned professional Challenge common sous vide pitfalls with a troubleshooting guide that equips you to overcome any obstacle ensuring your culinary adventures remain unblemished by typical errors From safe storage practices to reheating protocols that preserve the integrity of your creations this book will

become an essential reference in your culinary repertoire Dive into the pages of Sous Vide Mastery and transform your culinary dreams into a delicious reality one precise temperature at a time **Beginning Sous Vide** Jason Logsdon,2010

Sous vide cooking is finally hitting the mainstream thanks to several popular chefs and TV shows It s even easy to do at home We will teach you how sous vide works and what you need to know to get started using it at home We cover the whole spectrum of sous vide equipment from 1 000 immersion circulators to using ziploc bags for free on your stove We also include over 100 of our favorite sous vide recipes to get you started sous viding right away This Book Includes The history of and science behind sous vide cooking More than 100 recipes for beef pork fish vegetables chicken duck lamb and turkey Over 400 sous vide time and temperature combinations across 175 cuts of meat and types of fish and vegetables Comparisons of common sous vide setups including our recommendation for the Beginning Home Setup which only costs a few hundred dollars The basics of sous vide safety Over 30 of our best tips and tricks for successful sous vide cooking Temperature conversion charts to easily move between Celsius and Fahrenheit **Sous Vide Made Easy** Charlotte Green,2021-03-03 55% OFF for Bookstores NOW at 15 29 instead of 33 97 LAST DAYS Your Customers Never Stop to Use this Awesome Cookbook Do you want to keep up with innovation and in the meantime cook tasty dishes for your family like a real chef DISCOVER Sous Vide Made Easy The kitchen is a constantly evolving sector and one of the most interesting innovations in cooking techniques is that of low temperature cooking or sous vide cooking Cooking food at low temperatures involves cooking the product at a temperature between 50 and 60 degrees A low temperature cooker allows food to be cooked thanks to the recycling of heat favoring the uniformity of cooking both inside and outside the product This process makes the meat juicier and more tender avoiding dispersing the juices and nutritional properties of the food In short it is true that cooking at a low temperature requires slow cooking and consequently times are considerably longer but the result will certainly be better This book dedicates space to everything you need to know about this particular type of cooking and answers all the questions you will ask yourself if you are a beginner as well as of course containing recipes of Appetizers Meat Fish and Seafood Fruit and Vegetables Desserts Cocktails What are you waiting for Buy it NOW and let your customers get addicted to this amazing book

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In a global inundated with displays and the cacophony of fast transmission, the profound power and emotional resonance of verbal artistry often fade into obscurity, eclipsed by the constant assault of noise and distractions. Yet, located within the lyrical pages of **Sous Vide Temperature Reference Guide Polyscience**, a charming work of literary beauty that impulses with organic emotions, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, this exciting opus instructions viewers on an emotional odyssey, gently exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect their fascinating publishing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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