

Sous vide: time and temperature

Choose chilled/thawed or frozen explicitly. Start timing after the bag is submerged and the preheated bath has recovered. Measure the thickest part and keep portions in one layer. The calculator distinguishes meat heating, soft-salmon recipe times and lean-fish pasteurization.

The website includes a thickness calculator for meat, salmon and lean fish. This PDF contains fixed schedules. Heating through is not pasteurization. Low-temperature salmon requires suitable fish with confirmed parasite controls.

Vegetables

Food	State	Temp	Time	Notes
Asparagus (~1 cm spears)	Frozen	85°C	12-18 min	15 min default. Use 18-20 min if clumped/tightly packed.
Asparagus (~1 cm spears)	Chilled / thawed	85°C	8-12 min	Mostly heat-through + slight tenderizing. Single layer cooks best.
Cauliflower (florets, ~5 cm)	Chilled / thawed	85°C	30-45 min	Bag with butter + curry powder. Single layer; weigh down if needed.
Cauliflower (florets, ~5 cm)	Frozen	85°C	45-60 min	Add ~15 min for frozen. Same bag additions.

Asparagus finish (optional): dry well, then blister 30-60 sec in a very hot pan.

Cauliflower finish (optional): drain liquid, then roast or broil 4-6 min for color. Pairs well with a knob of butter and ½-1 tsp curry powder per ~300 g in the bag.

Beets: 85 °C, 1½-4 h by size - see Sous vide beets.

Poultry: Chicken Breast

Cut	Thickness	State	Temp	Time	Texture / Notes
Breast	~2 cm	Chilled / thawed	63°C	60-75 min	Juicy + tender (default).
Breast	~2 cm	Frozen	63°C	90-105 min	Add ~30 min for frozen.
Breast	~2 cm	Chilled / thawed	65°C	45-60 min	Firmer, more 'classic' bite.
Breast	~2 cm	Frozen	65°C	75-90 min	Firmer texture; extra time for frozen heating.
Breast	~4 cm	Chilled / thawed	63°C	2.5 h	Thick breast: allow the full listed time.
Breast	~4 cm	Frozen	63°C	3 h	Cook-from-frozen default.
Breast	~4 cm	Chilled / thawed	65°C	2 h	Closest 'set-and-forget 2 hours' plan.
Breast	~4 cm	Frozen	65°C	2.5 h	Add buffer if not fully thawed.

Finish: pat dry, then hard sear 30-60 sec/side for color.

Sliced into oyakodon: see the sous vide shortcut there.

Poultry needs a temperature-and-thickness-specific pasteurization schedule. Do not substitute the generic meat heating calculator for these chicken presets.

Poultry: Chicken Drumsticks (bone-in)

Goal	State	Temp	Time	Notes
Tender / pulls off bone	Chilled / thawed	74°C	3-5 h	Good all-round; avoids near-bone pinkness.
Tender / pulls off bone	Frozen	74°C	4-6 h	+30-60 min buffer; thickness-dependent.
Fall-off-the-bone	Chilled / thawed	78°C	3 h	Best match for 'fall off bone'.
Fall-off-the-bone	Frozen	78°C	3-4 h	Add ~1 h if very thick or tightly packed.

Bagging: 2 per bag for very thick drumsticks; 3 per bag OK if mostly single-layer. **Finish:** dry thoroughly, broil 4-8 min total, flip once; apply sugary sauces late.

Beef

Cut	Thickness	State	Doneness	Temp	Time	Hold window
Ribeye	~2.5 cm	Chilled / thawed	Medium	57°C	1½ h	Best 1.5-3 h; OK up to ~4 h (softer past that).
Ribeye	~2.5 cm	Frozen	Medium	57°C	2 h	Best 1.5-3 h; OK up to ~4 h (softer past that).

Sear: optional cool-in-bag 5-10 min, pat very dry, then 30-60 sec/side in screaming-hot pan + neutral oil. Add butter only at the end (15-30 sec baste).

These steak windows are practical texture guides, not pasteurization schedules. For other thicknesses, use the meat heat-through calculator above.

Pork Ribs

Texture target	State	Temp	Time	Notes
BBQ tender (sliceable)	Chilled / thawed	74°C	18-24 h	Default long-cook ribs.
BBQ tender (sliceable)	Frozen	74°C	18-24 h	Default long-cook ribs.
Fall-off-the-bone	Chilled / thawed	78°C	12-18 h	Softer, more shreddy.
Fall-off-the-bone	Frozen	78°C	12-18 h	Softer, more shreddy.
Steakier chew	Chilled / thawed	68°C	24-36 h	Tender but more bite.
Steakier chew	Frozen	68°C	24-36 h	Tender but more bite.

Finish: dry well, brush thin sauce, then broil 4-8 min total (flip once). If sauce is sweet, apply late and watch constantly.

For these long texture cooks, use the same broad window from chilled or frozen. Frozen pieces must be individually separated; a solid frozen bundle or unusually large cut needs a separate schedule.

Lamb - collagen-heavy cuts

Cut	Goal	State	Temp	Time	Notes
Lamb shank (whole)	Braised tender (sliceable)	Chilled / thawed	68°C	24-36 h	Frozen vs thawed negligible at this scale.
Lamb shank (whole)	Braised tender (sliceable)	Frozen	68°C	24-36 h	Frozen vs thawed negligible at this scale.
Lamb shank (whole)	Fall-apart	Chilled / thawed	74°C	18-24 h	More 'braise' texture.
Lamb shank (whole)	Fall-apart	Frozen	74°C	18-24 h	More 'braise' texture.

For these long texture cooks, use the same broad window from chilled or frozen. Frozen pieces must be individually separated; a solid frozen bundle or unusually large cut needs a separate schedule.

Lamb - steak-like slices

Cut	Thickness	State	Temp	Time	Finish / Notes
Shank steaks (cross-cut)	2-2.5 cm	Chilled / thawed	60°C	8-12 h	Collagen needs time. Add ~1 h buffer for frozen.
Shank steaks (cross-cut)	2-2.5 cm	Frozen	60°C	9-13 h	Collagen needs time. Add ~1 h buffer for frozen.
Boneless lamb slices w/ fat + some skin	2-2.5 cm	Chilled / thawed	56-57°C	1½-2 h	Dry thoroughly. Crisp skin in pan skin-side down 2-5 min (press for contact).
Boneless lamb slices w/ fat + some skin	2-2.5 cm	Frozen	56-57°C	2-2.5 h	Dry thoroughly. Crisp skin in pan skin-side down 2-5 min (press for contact).

Skin note: sous vide does not crisp skin. You must dry thoroughly and use direct high heat (pan or broiler).

Salmon - soft at 50 °C

Food	Thickness	State	Temp	Time	Notes
Salmon, soft	up to 13 mm	Chilled / thawed	50°C	30 min	ChefSteps recipe timing; serve immediately. Not pasteurized.
Salmon, soft	up to 13 mm	Frozen	50°C	45 min	Estimate: recipe time × 1.5. Not a validated pasteurization schedule.
Salmon, soft	14-25 mm	Chilled / thawed	50°C	40 min	ChefSteps recipe timing; serve immediately. Not pasteurized.
Salmon, soft	14-25 mm	Frozen	50°C	60 min	Estimate: recipe time × 1.5. Not a validated pasteurization schedule.
Salmon, soft	26-38 mm	Chilled / thawed	50°C	60 min	ChefSteps recipe timing; serve immediately. Not pasteurized.
Salmon, soft	26-38 mm	Frozen	50°C	90 min	Estimate: recipe time × 1.5. Not a validated pasteurization schedule.

Use salmon suitable for undercooked service with supplier-confirmed parasite controls. Ordinary freezer storage does not establish parasite destruction. Unpasteurized fish is unsuitable for pregnant or immunocompromised people.

Full salmon recipe: bagging, cooking and crisp-skin finish ->

Sources: ChefSteps salmon recipe; ChefSteps frozen-food guidance.

Salmon - pasteurized at 60 °C

Food	Thickness	Temp	Chilled, 5°C	Frozen: thaw first	Notes
Salmon, fatty fish	5 mm	60°C	40 min	Thaw, then 40 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	10 mm	60°C	50 min	Thaw, then 50 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	15 mm	60°C	60 min	Thaw, then 60 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	20 mm	60°C	75 min	Thaw, then 75 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	25 mm	60°C	90 min	Thaw, then 90 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	30 mm	60°C	120 min	Thaw, then 120 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	35 mm	60°C	135 min	Thaw, then 135 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Salmon, fatty fish	40 mm	60°C	150 min	Thaw, then 150 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.

Measure the thickest part; round up to the next 5 mm row. These are Baldwin's separate fatty- and lean-fish schedules. They are not interchangeable.

Remove reduced-oxygen retail packaging before fridge thawing. These schedules start with fully thawed fish, not a frozen centre.

Source: Baldwin, Table 3.1 - fish pasteurization.

Lean fish - pasteurized at 60 °C

Food	Thickness	Temp	Chilled, 5°C	Frozen: thaw first	Notes
Cod or similar lean fish	5 mm	60°C	30 min	Thaw, then 30 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	10 mm	60°C	35 min	Thaw, then 35 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	15 mm	60°C	50 min	Thaw, then 50 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	20 mm	60°C	60 min	Thaw, then 60 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	25 mm	60°C	75 min	Thaw, then 75 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	30 mm	60°C	105 min	Thaw, then 105 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	35 mm	60°C	120 min	Thaw, then 120 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.
Cod or similar lean fish	40 mm	60°C	135 min	Thaw, then 135 min	Starts at 5°C; includes heating and pasteurization. Thaw in the fridge to 5°C first. Thawing time is additional.

Measure the thickest part; round up to the next 5 mm row. These are Baldwin's separate fatty- and lean-fish schedules. They are not interchangeable.

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