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# MULTI COOKER

*Recipes*

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**YIELD 4 SERVINGS**  
**PREP TIME 15 MINUTES**  
**COOKING TIME 40 MINUTES**  
**TOTAL TIME 55 MINUTES**  
**SETTING BAKE**

## INGREDIENTS

- 2 GRANNY SMITH APPLES, PEELED, CORED AND DICED INTO ½ INCH SQUARES
- 1 CUP FROZEN MIXED BERRIES
- 2 TABLESPOONS CANE SUGAR
- 1 TABLESPOON LEMON JUICE
- 1 TABLESPOON CORNSTARCH
- ½ CUP ALL-PURPOSE FLOUR
- ½ CUP OLD FASHIONED OATS
- 4 TABLESPOONS UNSALTED BUTTER, CUBED AND CHILLED
- ¼ CUP PACKED LIGHT BROWN SUGAR
- 1 TABLESPOON CANE SUGAR
- ¼ TEASPOON CINNAMON
- 4 TABLESPOONS BUTTER, CUBED AND CHILLED
- PINCH OF SALT

## Very Berry Apple Crisp

### Directions

In a medium bowl, combine the chopped apples, mixed berries, cane sugar, lemon juice and cornstarch. Divide the filling between 6 and 4 ounce ramekins and set aside.

In a small bowl combine the flour, oats, butter, brown sugar, cane sugar, cinnamon and salt and mix well. Add the butter and, using your fingers, work the butter into small pieces so that it resembles coarse meal or pebbles. Top each of the ramekins with the topping and place in the pot. Cover the machine with the lid and press 'Power'. Press 'Menu' once to select 'Bake'. Press 'Time/Temp' once until the temperature is flashing and press '+' until it reaches 420°F. Press 'Time/Temp' again until the time is flashing and press '-' and hold until the time reads :40 then press 'Start/Stop'. Once the machine beeps, carefully lift the lid, and using a towel or pot holder remove the ramekins from the cooker. Let cool for 10-15 minutes before enjoying.



**YIELD** 2-3 SERVINGS  
**COOKING TIME** 10 MINUTES  
**PREP TIME** 10 MINUTES  
**TOTAL TIME** 20 MINUTES  
**SETTING** SAUTÉ

## INGREDIENTS

1 TABLESPOON BUTTER  
½ TABLESPOON EXTRA VIRGIN OLIVE OIL  
16 OUNCES CRIMINI OR BABY BELLA MUSHROOMS,  
CLEANED, STEMS REMOVED AND QUARTERED  
1 CLOVE GARLIC, MINCED  
2 TABLESPOONS BALSAMIC VINEGAR  
1 TEASPOON FRESH THYME LEAVES  
KOSHER SALT  
FRESH CRACKED BLACK PEPPER

## Balsamic Roasted Mushrooms

### *Directions*

Press 'Power' then press 'Menu' nine times to select 'Sauté' then press 'Start/Stop'. Add the butter and olive oil and once the butter melts, add the mushrooms. Cook until the mushrooms are just tender, about 5 minutes, then add the garlic, balsamic vinegar, and thyme. Cook until the machine beeps, the mushrooms are very tender, and the balsamic vinegar is thick. Season with kosher salt and black pepper and serve warm.



**YIELD 4 SERVINGS**  
**COOKING TIME 1 HOUR**  
**PREP TIME 30 MINUTES**  
**TOTAL TIME 1 HOUR, 30 MINUTES**  
**SETTING ROAST**

## INGREDIENTS

1 LEMON  
3 SPRIGS FRESH THYME  
3 POUND WHOLE ROASTING CHICKEN  
KOSHER SALT  
FRESHLY GROUND BLACK PEPPER  
1 LARGE ONION, SLICED  
3 CLOVES GARLIC, CRUSHED  
2 CUPS WATER

## Roast Chicken With Lemon and Thyme

### Directions

Grate and reserve 1 tablespoon zest from the lemon. Cut the lemon in quarters and squeeze the juice into a bowl and reserve both the juice and lemon husks. Strip the leaves from three 3 sprigs of thyme and roughly chop them then add them to the zest. Set aside.

Remove package of giblets and neck from the chicken cavities and discard. Pat the chicken dry with paper towel. Season the chicken generously with salt and pepper. Press 'Power', then press 'Menu' six times until 'Manual' is selected. Press 'Time/Temp' until the temperature is flashing then press '+' and hold until the temperature reaches to 360°F. Place chicken into pot and brown the chicken well on all sides, about 7 minutes per side. Remove chicken from pot and fill the cavity with the reserved lemon husks and tie the legs together with a piece of butcher's twine. Press 'Power' to turn off the cooker. Place the steaming rack in the pot and add the chicken. Next add the reserved lemon juice, onions, garlic, and water into pot. Sprinkle chicken with reserved lemon zest and chopped thyme. Cover the machine with the lid, press 'Power' then press 'Menu' three times until 'Roast' is selected then press 'Start/Stop'. Cover and cook until chicken is cooked through, the juices run clear, and the internal temperature in the thickest part of the breast and thigh reaches 165°F. Carefully remove the chicken from the cooker and cool for 10 minutes before serving. Note - To re-crisp the skin after cooking, place into a 450°F oven for 15 minutes.



**YIELD 4-8 SERVINGS**  
**COOKING TIME 2-3 HOURS, UP TO 10 HOURS**  
**COOKING TEMPERATURE 131°F (55°C)**  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the sirloin steak*

- ½ TEASPOON GROUND CUMIN
- ½ TEASPOON ANCHO CHILE POWDER
- ½ TEASPOON SMOKED PAPRIKA
- ½ TEASPOON KOSHER SALT
- ½ TEASPOON FRESH CRACKED BLACK PEPPER
- ¼ TEASPOON MUSTARD POWDER
- ¼ TEASPOON GROUND CORIANDER
- 2 POUNDS SIRLOIN STEAK

### *For the lime-ginger sauce*

- 3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS LIME JUICE
- 1 TABLESPOON RICE WINE VINEGAR
- 1 TABLESPOON HONEY
- 1 TABLESPOON SOY SAUCE
- 1 TABLESPOON SESAME OIL
- 2 TEASPOONS MINCED GINGER
- PINCH KOSHER SALT
- PINCH FRESH CRACKED BLACK PEPPER
- 2 CUPS THINLY SLICED RED CABBAGE
- 2 CUPS THINLY SLICED BOK CHOY OR NAPA CABBAGE
- 1 ORANGE BELL PEPPER, THINLY SLICED
- 2 MEDIUM CARROTS, CUT INTO MATCHSTICKS
- 12 SNOW PEAS, CUT INTO STRIPS

### *For garnish*

- 2 LARGE TOMATOES, SLICED
- 1 TABLESPOON TOASTED SESAME SEEDS

# Sirloin Steak With Lime- Ginger Slaw

### *Directions*

**The steak** Mix the spices together in a bowl and sprinkle it on both sides of the steak. Seal the steaks in a vacuum seal bag, or in a re-sealable bag with the air removed. At this point you can store the pouch in the refrigerator for up to 2 days, freeze it for up to 6 months, or cook it right away. Place the sous vide rack into the pot of the cooker and fill with enough water to cover. Press 'Power' then press 'Menu' four times to select 'Sous Vide'. Allow the water to heat for 30 minutes, then place the sous vide pouches in the rack and cook for 3 to 6 hours. Remove the pouches and place in a 1/2 ice - 1/2 water bath until chilled. You can store the pouches in the refrigerator for around 2 days or freeze them for up to 6 months.

**The slaw** In a large bowl combine the olive oil, lime juice, rice vinegar, honey, soy sauce, sesame oil, ginger, salt, and pepper and whisk until well combined. Add the cabbage, bok choy, bell pepper, carrots, and snow peas and toss to coat. Chill for 10 minutes or overnight.

**Finishing the steaks** Press the 'Power' button and press 'Menu' six times until 'Manual' is selected. Press "Time/Temp" and press '-' and hold until the temperature is set to 425°F. Let the machine heat for 10 minutes, then add the steaks and sear for 2-3 minutes per side, or until they are well browned. Remove the steaks from the pot and let them rest for 5 minutes before slicing. To serve, place a few slices of tomato on each plate. Top the tomato with steak slices, slaw, and garnish with a sprinkle of toasted sesame seeds.



**YIELD 4 SERVINGS**  
**COOKING TIME 2 - 4 HOURS**  
**COOKING TEMPERATURE 141°F (60.5°C)**  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the chicken breast*

2-3 CHICKEN BREASTS  
 SALT AND PEPPER  
 1 TEASPOON GARLIC POWDER  
 6 THYME SPRIGS

### *For the za'atar seasoning*

1 TABLESPOON SESAME SEEDS  
 1 TABLESPOON FRESH THYME LEAVES  
 1 TEASPOON GROUND SUMAC

### *For the za'atar onions*

2 SWEET ONIONS  
 CANOLA OIL  
 ZA'ATAR SEASONING, FROM ABOVE  
 SALT AND PEPPER

### *For the bulgar wheat salad*

2 CUPS COOKED BULGUR WHEAT  
 1/2 CUP COOKED CORN KERNELS  
 1/2 CUP COOKED BLACK BEANS  
 1/4 CUP FRESH POMEGRANATE SEEDS

2 TABLESPOONS CHOPPED FRESH PARSLEY LEAVES

1 TABLESPOON CHOPPED FRESH MINT LEAVES

SALT AND PEPPER

### *To assemble*

FRESH BABY SPINACH  
 AVOCADO SLICES  
 WALNUT OIL OR OLIVE OIL  
 FINISHING SALT OR SEA SALT

# Chicken Breast With Bulgar Salad and Za'atar Onions

*The chicken breast* At least 2 to 4 hours before serving, preheat a water bath to 141°F (60.5°C). Lightly salt and pepper the chicken then sprinkle with the garlic powder. Place the chicken breasts in a single layer in a sous vide bag, add the thyme, then seal. Cook the chicken breasts for 2 to 4 hours.

*The za'atar seasoning* At least 50 minutes before serving, heat a pan with no oil in it over medium-low heat. Add the sesame seeds and cook the seeds until they just start to brown and become aromatic, usually after 2 to 5 minutes. Remove the sesame seeds from the heat. Combine the sesame seeds, thyme leaves and ground sumac together in a small bowl and mix well.

*The za'atar onions* At least 35 minutes before serving, remove the skin from the onions and slice into rounds about 1/2" thick (12mm). Heat the canola oil over medium-high heat then add the onion rounds in a single layer. Let the rounds sit until they begin to brown then flip them. Sprinkle with half of the za'atar seasoning. Let the onion rounds continue to cook until the other side starts to brown. Add the remaining za'atar seasoning and stir to mix in the seasoning. Salt and pepper to taste then continue cooking until the onions are tender. Remove from the heat and set aside.

*The bulgar wheat salad* At least 30 minutes before serving, add the cooked bulgur wheat, corn kernels, black beans to a bowl and mix well to combine. Stir in the pomegranate seeds, parsley and mint. Salt and pepper to taste. The salad can be held for an hour on the counter, or a day in the fridge before being used.

*To assemble* Remove the cooked chicken breast from the sous vide bag and pat dry. Lightly salt the outside then quickly sear it until the chicken is just browned. Cut the chicken into slices. Place some spinach on a plate and top with several chicken slices. Add a spoonful of the bulgur wheat salad to the side as well as a few slices of avocado. Top the chicken with the za'atar onions. Drizzle some walnut oil over the top and sprinkle with some of the finishing salt then serve.



**YIELD 4-8 SERVINGS**  
**COOKING TIME 18 HOURS, OR UP TO 60 HOURS**  
**COOKING TEMPERATURE 150°F (65.6°C)**  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the smoked brisket*

2-3 POUNDS BEEF BRISKET  
 1 TEASPOON ANCHO CHILE POWDER  
 1 TEASPOON SMOKED PAPRIKA  
 1 TEASPOON DRIED THYME LEAVES  
 1/2 TEASPOON MUSTARD POWDER  
 1/2 TEASPOON GROUND CORIANDER

### *For the cranberry barbecue sauce*

170G FRESH CRANBERRIES  
 180G ORANGE JUICE, 3/4 CUP  
 230G WATER, 1 CUP  
 100G KETCHUP  
 75G BROWN SUGAR  
 20G BALSAMIC VINEGAR  
 28G GARLIC, 5-6 CLOVES CHOPPED  
 5G ANCHO CHILE POWDER  
 1-2 CHIPOTLES IN ADOBO SAUCE  
 0.9G XANTHAN GUM, 0.2%

### *To assemble*

FRESH PARSLEY, CHOPPED  
 ARUGULA OR OTHER BITTER GREENS  
 COLESLAW

# Brisket With Cranberry Barbecue Sauce

*The smoked brisket* At least 18 to 36 hours before serving Prepare a smoker over the lowest heat it works at. Preheat a water bath to 150°F (65.6°C). Mix together the spices in a bowl. Lightly salt and pepper the brisket then coat with the spices. Place the brisket in the smoker and smoke for 30 to 60 minutes, ensuring the temperature of the meat stays below the temperature you will be sous viding it at. Once the smoking is done place the brisket in a sous vide bag and seal. Cook the brisket for 18 to 36 hours, until it is tender.

*The cranberry barbecue sauce* At least 15 minutes before serving, combine the cranberries, orange juice, and water in a pot and bring to a boil. Let simmer until the cranberries have popped and released their juices. Blend in the remaining ingredients with an immersion blender until thoroughly mixed and the sauce is smooth. Let simmer for 5 to 10 minutes for the flavors to meld then remove from the heat. The cranberry BBQ sauce will keep in an airtight container placed in the refrigerator for at least a week.

*To assemble* Remove the cooked meat from the sous vide bag and pat dry. Lightly salt the outside then quickly sear it until the meat is just browned. Cut the brisket across the grain into thin slices. Place some arugula on a plate and top with several brisket slices. Drizzle the cranberry BBQ sauce over the top then sprinkle with the salt and parsley. Add the coleslaw then serve.



**YIELD** 4 SERVINGS  
**COOKING TIME** 3 - 6 HOURS  
**COOKING TEMPERATURE** 135°F (57.5°C)  
**SETTING** SOUS VIDE

## INGREDIENTS

### *For the pork*

1-2 POUNDS PORK TENDERLOIN  
1 TEASPOON DRIED SAGE  
1 TEASPOON ALLSPICE  
1/2 TEASPOON GINGER  
PEPPER

### *For the glaze*

1 CUP BOURBON WHISKEY  
1/2 CUP BROWN SUGAR  
1/2 CUP KETCHUP  
2 TEASPOONS WORCESTER SAUCE  
1 TEASPOON LIQUID SMOKE  
1/4 CUP APPLE JUICE  
1 TABLESPOON LEMON JUICE  
1 TEASPOON MINCED GARLIC  
1/2 TEASPOON CAYENNE PEPPER  
1/4 TEASPOON DRY MUSTARD  
SALT AND PEPPER

## Bourbon Glazed Pork Tenderloin

*Pre-bath* Mix the spices together in a bowl. Pepper the pork tenderloin, sprinkle with the spices, then place in the sous vide pouches and seal. At this point you can store the pouch in the refrigerator for up to 2 days, freeze it for up to 6 months, or cook it right away.

*Cooking* Preheat the water bath to 135°F / 57.2°C. Place the sous vide pouches in the water bath and cook for 3 to 6 hours. Remove the pouches and place in a 1/2 ice - 1/2 water bath until chilled. You can store the pouches in the refrigerator for around 2 days or freeze them for up to 6 months.

*Finishing* Preheat a grill to high heat or the broiler in the oven. To prepare the glaze, mix together all of the ingredients in a pot over medium-high heat and bring to a simmer, stirring occasionally. Cook for about 30 minutes, until it thickens some. Take the pork out of the pouches and pat dry. Sear on the grill until grill marks form on the first side, a couple of minutes. Brush the glaze on the side facing up and turn the tenderloin. Repeat several times until it is coated with the glaze, cooking about 30 to 60 seconds per turn. Remove from the heat, brush once more with the glaze, slice into 1/2" rounds and serve.



**YIELD 6 SERVINGS**  
**COOKING TIME 2-3 HOURS**  
**COOKING TEMPERATURE 141°F (60.6°C)**  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the bratwurst*

6 LINKS BRATWURST  
 5 OUNCES BEER (PREFERABLY A LAGER)

### *For the guinness mustard*

¼ CUP YELLOW MUSTARD SEEDS  
 ¼ CUP BROWN MUSTARD SEEDS  
 ½ CUP MALT VINEGAR  
 1 CUP GUINNESS  
 2 TABLESPOONS BROWN SUGAR  
 ½ TEASPOON GROUND ALLSPICE  
 ¼ TEASPOON GINGER POWDER  
 ¼ TEASPOON GARLIC POWDER  
 1 TEASPOON SALT  
 ½ TEASPOON BLACK PEPPER

### *For the grilled onions and peppers*

2 ONIONS  
 1 RED PEPPER  
 1 ORANGE PEPPER  
 1 POBLANO PEPPER  
 SALT AND PEPPER

### *To assemble*

6 GRINDER  
 OR HOT DOG BUNS  
 OLIVE OIL

## Beer Brat Grinders With Guinness Mustard

*For the bratwurst* At least 2 to 3 hours before serving, preheat the water bath to 141°F (60.6°C). Place the bratwurst into the sous vide bag and add the beer. Seal the bag then place in the water bath and cook for 2 to 3 hours.

*For the guinness mustard* At least 12 hours before serving, combine the mustard seeds, malt vinegar, and guinness in a bowl. Cover with plastic wrap and let sit for several hours or preferably overnight. The next day, add the soaked mustard seeds and their liquid to a blender or food processor. Add the remaining ingredients and process until it is the consistency you desire. The mustard can be refrigerated for several weeks.

*For the grilled onions and peppers* 40 minutes before serving, Peel the onions and then cut into slices about ½" to ¾" (13mm to 19mm) thick, trying to keep the slices together. You can also thread the onion slices onto a shish-kabob skewer. Cut the sides off of the peppers, leaving them whole. Salt and pepper the onions and peppers and then drizzle with the canola oil. Heat a grill to high heat. Add the onions and peppers and cook until they just begin to brown and are cooked through. Remove them from the heat. Once they have cooled enough to handle slice the peppers into ½" (13mm) strips and cut the onions in half.

*To assemble* Remove the bratwurst from their bag and pat them dry. Sear the brats on the grill over high heat, about 1 or 2 minutes per side. Brush the inside of the buns with oil and then grill briefly until they just start to brown. Remove from the heat then smear some Guinness mustard on the buns, add a bratwurst, and top with the peppers and onions then serve.



**YIELD** 4 SERVINGS  
**COOKING TIME** 13 MINUTES  
**COOKING TEMPERATURE** 167°F (75°C)  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the eggs*

4 EGGS

### *For the wilted spinach salad*

8 CUPS BABY SPINACH

4 STRIPS BACON, CUT INTO BATONS

2 SHALLOTS, DICED

4 GARLIC CLOVES, MINCED

3 TABLESPOONS LEMON JUICE

### *To assemble*

BASIL, MINCED

PARMESAN CHEESE FOR GRATING

LEMON QUARTERS

# 13-Minute Egg on Wilted Spinach Salad

*The eggs* Preheat a water bath to 167°F (75°C) 15 to 20 minutes before serving. Gently place the eggs in the water bath and let cook for 13 minutes. Once cooked, remove from the water bath and set aside.

*The wilted spinach salad* At least 30 to 40 minutes before serving, place the spinach in a bowl and set aside. Heat the bacon over medium heat until the fat has rendered and the bacon is crispy, 15 to 20 minutes. Remove and discard all but approximately 1 tablespoon of the bacon fat. Add the shallots and garlic, cook until the shallots turn translucent, 3 to 5 minutes. Stir in the lemon juice then pour the mixture over the spinach and toss well to combine. Salt and pepper to taste.

*To assemble* Place some spinach in a bowl, leaving an indentation at the top to hold the egg. Crack a 13 minute egg over the top of the spinach, sprinkle with the basil, then grate the parmesan cheese on top. Squeeze some lemon juice over the dish then serve.



**YIELD 4 - 8 SERVINGS**  
**COOKING TIME 30 - 60 MINUTES**  
**COOKING TEMPERATURE 122°F (50°C)**  
**SETTING SOUS VIDE**

## INGREDIENTS

### *For the salmon*    *For the jalapeño vinaigrette*

2 CUPS WATER	1 JALAPEÑO, MINCED
3.5 TABLESPOONS SALT	1/2 SHALLOT, MINCED
2 CUPS COLD WATER	6 TABLESPOONS OLIVE OIL
1-2 POUNDS SALMON (450G TO 900G)	3 TABLESPOONS LEMON JUICE
SALT AND PEPPER	1 TEASPOON YELLOW MUSTARD
	SALT AND PEPPER

### *To assemble*

GRANNY SMITH APPLE  
 JALAPEÑO, SLICED  
 LEMON CONFIT OR  
 PRESERVED LEMON, DICED  
 FRESH PARSLEY, CHOPPED

# Salmon With Apples and Jalapeños

*The salmon* At least 65 to 95 minutes before serving, preheat a water bath to 122°F (50°C). Combine 2 cups of water with the salt and heat until the salt is dissolved. Add the 2 cups of cold water and let the water cool to room temperature. Remove the skin from the salmon. Cut it into 1" by 3" pieces (25mm by 75mm). Place the salmon into the salted water and let sit for 10 minutes. Remove the salmon and lightly pepper it then place in a sous vide bag and seal. Cook the salmon for 30 to 60 minutes, until heated through.

*The jalapeño vinaigrette* At least 20 minutes before serving, combine all the ingredients and blend together until fully emulsified. The vinaigrette can be made several hours ahead of time and refrigerator, then whisked together before serving.

*To assemble* Cut the apple into 1/4" (7mm) cubes. Remove the salmon from the sous vide bag and pat dry. Place a section of fish on a plate then top with some diced apples and a jalapeno slice. Add some lemon confit and parsley to the top then drizzle with some of the jalapeno vinaigrette.



**YIELD 12 SERVINGS**  
**COOKING TIME 14 MINUTES + 8 HOURS IN MACHINE**  
**PREP TIME 20 MINUTES + 6 HOURS CHILLING**  
**SETTING YOGURT**

## INGREDIENTS

- 1/2 GALLON ORGANIC WHOLE OR LOW-FAT (2%) MILK
- 1 CUP ORGANIC PLAIN WHOLE OR LOW-FAT YOGURT
- 1 TABLESPOON WATER  
(FOR LOW-FAT YOGURT VARIATION, SEE BELOW)\*
- 1 TEASPOON UNFLAVORED GELATIN  
(FOR LOW-FAT YOGURT VARIATION, SEE BELOW)\*

### *For Low-fat Yogurt and Greek Style Yogurt*

\*Low-fat Yogurt Variation: Prepare the recipe as directed but use low-fat milk and yogurt. In step 1, place the water in a cup. Sprinkle the gelatin over top and let stand until softened, about 5 minutes. When the milk reaches 180°F, remove the pan from the heat and stir in the softened gelatin until dissolved.

\*Greek Style Yogurt Variation: Line a large fine-mesh steel strainer with a double coffee filter or a double layer paper towels. Set the strainer into a bowl large enough to catch the whey.

## Basic Plain Yogurt

### *Directions*

In a large saucepan over medium-high heat, heat the milk, stirring occasionally, until small bubbles appear around the edge of the pan and an instant-read thermometer inserted into the milk registers 180°F, 14 to 15 minutes. Pour the hot milk into a large metal bowl; place the bowl in a larger bowl halfway filled with ice water. Cool the milk, stirring occasionally, until lukewarm and an instant-read thermometer registers 110°F, about 5 minutes. In a medium bowl, place the yogurt; gently whisk in 1 cup of the lukewarm milk. Gently whisk the yogurt mixture back into the remaining lukewarm milk. Divide the milk mixture evenly among 8-1 cup (8 ounce) glass canning jars. Place the jars without the lids into the pot and cover with the lid. Press 'Power' then press 'Menu' five times to select the 'Yogurt' setting then press 'Start/Stop'. Once the machine beeps press the 'Power' button to turn off the machine. Carefully remove the lid, taking care not to drip any accumulated water onto the yogurt. Cover the jars with lids and refrigerate at least 6 hours.

*Note: If making low-fat yogurt or Greek yogurt, follow variation to the left at this point.*

Spoon 4 cups Basic Plain Yogurt into the strainer. Refrigerate until whey stops dripping, about 30 minutes. With a small rubber spatula, carefully stir the yogurt (avoid moving the coffee filter). Refrigerate until whey stops dripping, about 30 minutes. Transfer the strained yogurt to an airtight container; cover and refrigerate. Discard the wet coffee filters and the whey. Line the strainer with another double coffee filter and set into the same bowl. Repeat step 2 with the remaining 6 jars of Basic Plain Yogurt. Add the strained yogurt to the container and refrigerate up to 1 week.



**YIELD 4 SERVINGS**  
**COOKING TIME 15 MINUTES**  
**PREP TIME 10 MINUTES**  
**TOTAL TIME 25 MINUTES**  
**SETTING MANUAL**

## INGREDIENTS

1 CUP QUICK-COOKING CORNMEAL/POLENTA (NOT INSTANT)  
4 CUPS WATER  
1 TEASPOON KOSHER SALT  
1 TEASPOON FRESH CRACKED BLACK PEPPER  
2 TABLESPOONS UNSALTED BUTTER  
3.5 OUNCES GOAT CHEESE, AT ROOM TEMPERATURE

## *Creamy Goat Cheese Polenta*

### *Directions*

In the pot of the cooker add the polenta, water, salt, pepper, and butter. Cover the machine with the lid and press 'Power' then press 'Menu' six times until 'Manual' is selected. Press 'Time/Temp' once then press '+' and hold until the temperature reaches 250°F. Press 'Time/Temp' again until the time is flashing and press '-' and hold until the time reads :15. Cook, stirring occasionally, until the machine beeps.

Once the machine beeps, uncover, add the goat cheese, and stir until melted and completely combined. Serve hot.



**YIELD 8 SERVINGS**  
**PREP TIME 30 MINUTES**  
**COOKING TIME 3 HOURS**  
**TOTAL TIME 2 HOURS, 30 MINUTES**  
**SETTING SLOW COOK**

## INGREDIENTS

1 POUND HOT OR SWEET BULK ITALIAN SAUSAGE  
 1 28-OUNCE CAN CRUSHED TOMATOES  
 2 15-OUNCE CANS DICED TOMATOES  
 4 TABLESPOONS BUTTER  
 1/2 LARGE ONION, CHOPPED  
 2 CLOVES GARLIC, MINCED  
 1 TEASPOON GROUND FENNEL  
 1 TEASPOON OREGANO  
 1/2 TEASPOON FRESH CRACKED BLACK PEPPER  
 1/4 TEASPOON THYME  
 1/4 TEASPOON SALT  
 1 15-OUNCE CONTAINER RICOTTA CHEESE  
 1 9-OUNCE PACKAGE NO-BOIL LASAGNA NOODLES  
 4 CUPS SHREDDED MOZZARELLA CHEESE  
 1 CUP GRATED PARMESAN CHEESE  
 1 EGG

## Slow Cooked Lasagna

### Directions

Press 'Power' then press 'Menu' six times until 'Manual' is selected then press the "Start/Stop" button. Once hot, add the sausage and brown well, about 8 minutes. Remove from the cooker and reserve. Add the crushed tomatoes, diced tomatoes, butter, onion, garlic, fennel, oregano, black pepper, thyme, and salt to the pot. Cook, stirring frequently, until the sauce thickens, about 15 minutes. Press the 'Power' button and let the sauce cool for 10 minutes, then transfer the sauce with a ladle to a bowl, leaving about 1/2 cup of the sauce on the bottom of the pot.

In a small bowl, combine the ricotta cheese and egg and mix well. To assemble the lasagna, begin by adding 1/4 of noodles into the bottom of the pot. Spread on 1/3 of the ricotta mixture, 1/3 of the browned sausage, and 1/3 of the shredded mozzarella cheese. Spread 1/4 of the reserved tomato sauce over the top, then repeat this process twice more. Top with the remaining noodles, sauce, and the parmesan cheese, cover with the lid. Cover the machine with the lid and press the 'Power' button, then press the "Menu" button seven times until 'Slow Cook' is selected. Press the "Time/Temp" button once and press the "-" button and hold to set the cooking time to 3:00, then press the 'Start/Stop' button. The lasagna is ready when it is bubbling, and the noodles are tender throughout. Press the "Start/Stop" button and allow the lasagna to cool for 20 minutes before slicing and serving.



**YIELD 4 SERVINGS**  
**PREP TIME 15 MINUTES**  
**COOKING TIME 10 MINUTES**  
**TOTAL TIME 25 MINUTES**  
**SETTING STEAM**

## INGREDIENTS

2 POUNDS EXTRA JUMBO (16/20) SHELL ON SHRIMP, DEVEINED  
1 TABLESPOON SEAFOOD SEASONING  
1 CUP WATER  
1 CUP LAGER BEER  
2 TABLESPOONS FRESH LEMON JUICE

## Seasoned Steamed Shrimp

### *Directions*

In a large bowl, toss the shrimp with the seafood seasoning. Refrigerate for 15 minutes.

Add the water, beer, and lemon juice to the pot. Place the steam rack into the pot and add the shrimp. Cover the machine with the lid and press 'Menu' eleven times until "Steam" is selected, then press 'Time/Temp' and press '-' once so the time reads :20 then press "Start/Stop". Cook for 15 minutes then check the shrimp. The shrimp are ready when they are bright pink, opaque, and curled into a 'C'. Serve hot.



**YIELD 6-8 SERVINGS**  
**PREP TIME 15 MINUTES**  
**COOKING TIME 2 HOURS**  
**TOTAL TIME 2 HOURS, 15 MINUTES**  
**SETTING STEW**

## INGREDIENTS

2 POUND PORK SHOULDER, CUT INTO 3/4 INCH CHUNKS  
1 CUP BBQ SAUCE  
1 CUP TOMATO SAUCE  
1 CAN (APPROX. 15 OZ.) DICED TOMATOES  
1 ONION, PEELED AND SLICED  
1 TABLESPOON WORCESTERSHIRE SAUCE  
1/2 TEASPOON SALT  
1/2 TEASPOON GARLIC POWDER  
1/4 TEASPOON OREGANO  
1/4 TEASPOON BLACK PEPPER

## Pulled Pork

### Directions

Place the pieces of pork shoulder in the pot and add the BBQ sauce, tomato sauce, diced tomatoes, onion, Worcestershire sauce, salt, garlic powder, oregano and black pepper. Stir to combine.

Press 'Power' then press 'menu' ten times until 'Stew' is selected then press 'Start/Stop'. When done, shred in the pot using two wooden paddles or spoons and stir so the meat and sauce are well combined. Serve warm on a roll with coleslaw.



**YIELD 4 SERVINGS**  
**PREP TIME 15 MINUTES**  
**COOKING TIME 10 MINUTES**  
**TOTAL TIME 25 MINUTES**  
**SETTING RICE**

## INGREDIENTS

1 TABLESPOON VEGETABLE OIL  
1 TABLESPOON BUTTER  
1 CUP LONG GRAIN RICE  
1/3 CUP FINELY CHOPPED ONION  
1 CLOVE GARLIC, MINCED  
2 TABLESPOONS TOMATO PASTE  
1 TEASPOON KOSHER SALT  
1/4 TEASPOON CHILI POWDER  
1/2 TEASPOON CUMIN  
1/4 TEASPOON CORIANDER  
1/4 TEASPOON SMOKED PAPRIKA  
1 CAN DRAINED DICED TOMATOES WITH GREEN CHILIES,  
SUCH AS ROTEL, UNDRAINED  
2 CUPS WATER

## Mexican Rice

### Directions

Press 'Power', then press 'Menu' 9 times until 'Sauté' is selected, and finally press 'Start/Stop'. Add the vegetable oil and butter, and once the butter has melted, add the rice and cook until it turns a light golden color, about 5-8 minutes. Add the onion and garlic and cook until they become fragrant, about 2 minutes. Add the tomato paste, salt, and spices and cook until fragrant, about 2-3 minutes. Add the diced tomatoes with green chilies and water and stir to combine.

Cover the machine with the lid and press 'Power' twice, then press 'Menu' two times until 'Rice' is selected. Press 'Timer/Temp' once until the temperature is flashing. Press the '-' button and hold until the temperature reads 375°F. Then press the 'Temp/Timer' button again so the time is flashing, and hit the '+' once until the time reads :15 then press 'Start/Stop'. Once the timer goes off uncover the rice and fluff with a spoon. Serve hot.

# SOUS VIDE TEMPERATURE GUIDE

## BEEF - ROASTS AND TOUGH CUTS

### Bottom Round Roast

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Brisket

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Cheek

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	149°F for 2 to 3 Days (65.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Chuck Roast

Medium Rare	131°F for 36 to 60 Hours (55.0°C)
Flaky and Tender	161°F for 1 to 2 Days (71.6°C)
Well-Traditional	176°F for 12 to 24 Hours (80°C)

### Pot Roast

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Prime Rib Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)

### Rib Eye Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)

### Ribs

Medium Rare	131°F for 48 to 60 Hours (55.0°C)
Flaky and Tender	141°F for 2 to 3 Days (60.5°C)
Well-Traditional	156°F for 1 to 2 Days (68.8°C)

### Shank

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Short Ribs

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Flaky and Tender	150°F for 18 to 36 Hours (65.5°C)
Well-Traditional	175°F for 12 to 24 Hours (79.4°C)

### Sirloin Roast

Medium Rare	131°F for 5 to 10 Hours (55.0°C)
Medium	140°F for 5 to 10 Hours (60.0°C)

### Stew Meat

Medium Rare	131°F for 4 to 8 Hours (55.0°C)
Medium	140°F for 4 to 8 Hours (60.0°C)

### Sweetbreads

Medium	140°F for 30 to 45 Min (60°C)
Pre-Roasting	152°F for 60 Min (66.7°C)

### Tenderloin Roast

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Medium	140°F for 3 to 6 Hours (60.0°C)

### Tongue

Low and Slow	140°F for 48 Hours (60.0°C)
High and Fast	158°F for 24 Hours (70.0°C)

### Top Loin Strip Roast

Medium Rare	131°F for 4 to 8 Hours (55.0°C)
Medium	140°F for 4 to 8 Hours (60.0°C)

### Top Round Roast

Medium Rare	131°F for 1 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)
Well-Traditional	160°F for 1 to 2 Days (71.1°C)

### Tri-Tip Roast

Medium Rare	131°F for 5 to 10 Hours (55°C)
Medium	140°F for 5 to 10 Hours (60°C)

# SOUS VIDE TEMPERATURE GUIDE

## BEEF - STEAK AND TENDER CUTS

### Blade Steak

Medium Rare	131°F for 4 to 10 Hours (55.0°C)
Medium	140°F for 4 to 10 Hours (60.0°C)

### Bottom Round Steak

Medium Rare	131°F for 1 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)

### Chuck Steak

Medium Rare	131°F for 36 to 60 Hours (55.0°C)
Medium	140°F for 36 to 60 Hours (60.0°C)

### Eye Round Steak

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)

### Flank Steak

Medium Rare	131°F for 2 to 12 Hours (55.0°C)
Medium Rare and Tender	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 2 to 12 Hours (60.0°C)

Medium and Tender	140°F for 1 to 2 Days (60.0°C)
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### Flat Iron Steak

Medium Rare	131°F for 4 to 24 Hours (55.0°C)
Medium	140°F for 4 to 24 Hours (60.0°C)

### Hamburger

Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 4 Hours (60.0°C)

### Hanger Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Porterhouse Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Rib Steak

Medium Rare	131°F for 2 to 8 Hours (55.0°C)
Medium	140°F for 2 to 8 Hours (60.0°C)

### Ribeye Steak

Medium Rare	131°F for 2 to 6 Hours (55.0°C)
Medium	140°F for 2 to 6 Hours (60.0°C)

### Sausage

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 90 to 120 Min (60°C)

### Shoulder Steak

Medium Rare	131°F for 4 to 10 Hours (55.0°C)
Medium	140°F for 4 to 10 Hours (60.0°C)

### Sirloin Steak

Medium Rare	131°F for 2 to 10 Hours (55.0°C)
Medium	140°F for 2 to 10 Hours (60.0°C)

### Skirt Steak

Medium Rare	135°F for 1 to 3 Hours (57.2°C)
Medium Rare and Tender	131°F for 12 to 24 Hours (55.0°C)
Medium	140°F for 1 to 3 Hours (60.0°C)

### T-Bone Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Tenderloin Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Top Loin Strip Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Top Round Steak

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)

### Tri-Tip Steak

Medium Rare	131°F for 2 to 24 Hours (55.0°C)
Medium	140°F for 2 to 24 Hours (60.0°C)

# SOUS VIDE TEMPERATURE GUIDE

## CHICKEN AND EGGS

### Breast

Rare	136°F for 1 to 4 Hours (57.8°C)
Medium / Typical	140°F - 147°F for 1 to 4 Hours (63.9°C)
More Dry	140°F - 147°F for 4 to 12 Hours (63.9°C)

### Drumstick

Rare	140°F for 90 to 120 Min (60.0°C)
Ideal	148°F - 156°F for 2 to 5 Hours (64.4°C)
For Shredding	160°F - 170°F for 8 to 12 Hours (71.1°C)

### Eggs

Over Easy	140°F - 145°F for 45 to 60 Min (60°C)
Poached	142°F for 45 to 60 Min (61.1°C)
13 Minute	167°F for 13 Min (75°C)
Hard Boiled	155°F for 45 to 60 Min (68.3°C)
Pasteurized	135°F for 75 Min (57.2°C)

### Leg

Rare	140°F for 90 to 120 Min (60.0°C)
Ideal	148°F - 156°F for 2 to 5 Hours (64.4°C)
For Shredding	160°F - 170°F for 8 to 12 Hours (71.1°C)

### Sausage

White Meat	140°F for 1 to 2 Hours (63.9°C)
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Mixed Meat	140°F for 90 to 120 Min (60.0°C)
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### Thigh

Rare	140°F for 90 to 120 Min (60.0°C)
Ideal	148°F - 156°F for 2 to 5 Hours (64.4°C)
For Shredding	160°F - 170°F for 8 to 12 Hours (71.1°C)

### Whole Chicken

Rare	140°F for 4 to 6 Hours (60.0°C)
Typical	148°F for 4 to 6 Hours (64.4°C)
Larger	148°F for 6 to 8 Hours (64.4°C)
Butterflied	148°F for 2 to 4 Hours (64.4°C)

## DUCK

### Breast

Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 4 Hours (60.0°C)

### Drumstick

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Well	176°F for 8 to 10 Hours (80.0°C)
Confit	167°F for 10 to 20 Hours (75.0°C)

### Foie Gras

Foie Gras	134°F for 35 to 55 Min (56.7°C)
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### Leg

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Well	176°F for 8 to 10 Hours (80.0°C)
Duck Confit	167°F for 10 to 20 Hours (75.0°C)

### Sausage

Breast Meat	131°F for 1 to 2 Hours (55.0°C)
Mixed Meat	131°F for 2 to 3 Hours (55.0°C)

### Thigh

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
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Well	176°F for 8 to 10 Hours (80.0°C)
Confit	167°F for 10 to 20 Hours (75.0°C)

### Whole Duck

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Medium	140°F for 3 to 6 Hours (60.0°C)
Confit	167°F for 10 to 20 Hours (75.0°C)

# SOUS VIDE TEMPERATURE GUIDE

## FISH AND SHELLFISH

### Arctic Char

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Black Sea Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Bluefish

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Carp

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Catfish

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Cod

Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)

### Flounder

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Grouper

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Haddock

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Hake

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Halibut

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### King Crab Tail

	140°F for 30 to 45 Min (60.0°C)
<b>Lobster</b>	
Medium Rare	126°F for 15 to 40 Min (52.2°C)
Medium	140°F for 15 to 40 Min (60.0°C)

### Mackerel

"Sushi", Rare	109°F for 10 to 30 Min (42.8°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)

# SOUS VIDE TEMPERATURE GUIDE

## FISH AND SHELLFISH

### Mahi Mahi

"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Marlin

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Monkfish

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	118°F for 10 to 30 Min (47.8°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Octopus

Slow Cook	170°F for 4 to 7 Hours (76.7°C)
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Fast Cook	180°F for 2 to 3 Hours (82.2°C)
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### Red Snapper

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Salmon

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Sardines

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Scallops

Pre-Sear	122°F for 15 to 35 Min (50.0°C)
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### Scrod

"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Sea Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Shark

"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Shrimp

"Sushi" Medium Rare	122°F for 15 to 35 Min (50.0°C)
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Medium Rare	132°F for 15 to 35 Min (55.6°C)
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### Skate

"Sushi", Medium Rare	129°F for 10 to 30 Min (53.9°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Soft Shell Crab

Standard	145°F for 3 hours (62.8°C)
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### Sole

"Sushi", Medium Rare	122°F for 10 to 30 Min (50.0°C)
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	143°F for 10 to 30 Min (61.7°C)

### Squid

Pre-Sear	113°F for 45 to 60 Min (45.0°C)
Low Heat	138°F for 2 to 4 Hours (58.9°C)
High Heat	180°F for 1 Hour (82.2°C)

# SOUS VIDE TEMPERATURE GUIDE

## FISH AND SHELLFISH

### Striped Bass

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Sturgeon

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Swordfish

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Tilapia

"Sushi", Rare	104°F for 10 to 30 Min (40.0°C)
"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Trout

"Sushi", Medium	122°F for 10 to 30 Min (50.0°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

### Tuna

"Sushi", Rare	100°F for 10 to 20 Min (37.8°C)
"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)

### Turbot

"Sushi", Medium	129°F for 10 to 30 Min (53.9°C)
Rare	
Medium Rare	132°F for 10 to 30 Min (55.6°C)
Medium	140°F for 10 to 30 Min (60.0°C)

# SOUS VIDE TEMPERATURE GUIDE

## FRUITS AND VEGETABLES

<b>Acorn Squash</b>	183°F for 1 to 2 Hours (83.9°C)	<b>Pears</b>	183°F for 25 to 60 Min (83.9°C)
<b>Apples</b>	183°F for 1 to 2 Hours (83.9°C)	<b>Pineapple</b>	167°F for 45 to 60 Min (75.0°C)
<b>Artichokes</b>	183°F for 45 to 75 Min (83.9°C)	<b>Plums</b>	167°F for 15 to 20 Min (75.0°C)
<b>Asparagus</b>	183°F for 10 to 30 Min (83.9°C)	<b>Potatoes</b>	
<b>Banana</b>	183°F for 10 to 15 Min (83.9°C)	<b>Small</b>	183°F for 30 to 60 Min (83.9°C)
<b>Beet</b>	183°F for 60 to 90 Min (83.9°C)	<b>Large</b>	183°F for 60 to 120 Min (83.9°C)
<b>Broccoli</b>	183°F for 30 to 60 Min (83.9°C)	<b>Pumpkin</b>	183°F for 45 to 60 Min (83.9°C)
<b>Brussels Sprouts</b>	183°F for 45 to 60 Min (83.9°C)	<b>Radish</b>	183°F for 10 to 25 Min (83.9°C)
<b>Butternut Squash</b>	183°F for 45 to 60 Min (83.9°C)	<b>Rhubarb</b>	141°F for 25 to 45 Min (60.6°C)
<b>Cabbage</b>	183°F for 60 Min (83.9°C)	<b>Rutabaga</b>	183°F for 2 Hours (83.9°C)
<b>Carrot</b>	183°F for 45 to 60 Min (83.9°C)	<b>Salsify</b>	183°F for 45 to 60 Min (83.9°C)
<b>Cauliflower</b>		<b>Squash, Summer</b>	183°F for 30 to 60 Min (83.9°C)
<b>Florets</b>	183°F for 20 to 30 Min (83.9°C)	<b>Squash, Winter</b>	183°F for 1 to 2 Hours (83.9°C)
<b>For Puree</b>	183°F for 2 Hours (83.9°C)	<b>Sunchokes</b>	183°F for 40 to 60 Min (83.9°C)
<b>Stems</b>	183°F for 60 to 75 Min (83.9°C)		
<b>Celery Root</b>	183°F for 60 to 75 Min (83.9°C)	<b>Sweet Potatoes</b>	
<b>Chard</b>	183°F for 60 to 75 Min (83.9°C)	<b>Small</b>	183°F for 45 to 60 Min (83.9°C)
<b>Cherries</b>	183°F for 15 to 25 Min (83.9°C)	<b>Large</b>	183°F for 60 to 90 Min (83.9°C)
<b>Corn</b>	183°F for 15 to 25 Min (83.9°C)	<b>Swiss Chard</b>	183°F for 60 to 75 Min (83.9°C)
<b>Eggplant</b>	183°F for 30 to 45 Min (83.9°C)	<b>Turnip</b>	183°F for 45 to 60 Min (83.9°C)
<b>Fennel</b>	183°F for 30 to 60 Min (83.9°C)	<b>Yams</b>	183°F for 30 to 60 Min (83.9°C)
<b>Golden Beets</b>	183°F for 30 to 60 Min (83.9°C)	<b>Zucchini</b>	183°F for 30 to 60 Min (83.9°C)
<b>Green Beans</b>	183°F for 30 to 45 Min (83.9°C)		
<b>Leek</b>	183°F for 30 to 60 Min (83.9°C)		
<b>Onion</b>	183°F for 35 to 45 Min (83.9°C)		
<b>Parsnip</b>	183°F for 30 to 60 Min (83.9°C)		
<b>Pea Pods</b>	183°F for 30 to 40 Min (83.9°C)		
<b>Peaches</b>	183°F for 30 to 60 Min (83.9°C)		

# SOUS VIDE TEMPERATURE GUIDE

## LAMB

### Arm Chop

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

### Blade Chop

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

### Breast

Medium Rare	131°F for 20 to 28 Hours (55.0°C)
Medium	140°F for 20 to 28 Hours (60.0°C)
Well-Traditional	165°F for 20 to 28 Hours (73.9°C)

### Leg, Bone In

Rare	126°F for 1 to 2 Days (52.2°C)
Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)

### Leg, Boneless

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

### Loin Chops

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Loin Roast

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Loin, Boneless

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Neck

Medium Rare	131°F for 2 to 3 Days (55.0°C)
Medium	140°F for 2 to 3 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

### Osso Buco

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

### Rack

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 1 to 4 Hours (60.0°C)

### Rib Chop

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 1 to 3 Hours (60.0°C)

### Ribs

Medium Rare	131°F for 22 to 26 Hours (55.0°C)
Medium	140°F for 22 to 26 Hours (60.0°C)
Well-Traditional	165°F for 22 to 26 Hours (73.9°C)

### Shank

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 1 to 2 Days (73.9°C)

### Shoulder

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	165°F for 18 to 36 Hours (73.9°C)

### Tenderloin

Rare	126°F for 1 to 2 Hours (52.2°C)
Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 1 to 3 Hours (60.0°C)

# SOUS VIDE TEMPERATURE GUIDE

## PORK

### Arm Steak

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)

### Baby Back Ribs

Medium Rare	131°F for 24 to 48 Hours (55.0°C)
Medium	140°F for 12 to 48 Hours (60.0°C)
Well-Traditional	155°F for 12 to 24 Hours (68.3°C)

### Back Ribs

Medium Rare	131°F for 24 to 48 Hours (55.0°C)
Medium	140°F for 12 to 48 Hours (60.0°C)
Well-Traditional	155°F for 12 to 24 Hours (68.3°C)

### Belly

Low and Slow	140°F for 2 to 3 Days (60.0°C)
In Between	160°F for 18 to 36 Hours (71.1°C)
High and Fast	180°F for 12 to 18 Hours (82.2°C)

### Blade Chops

Medium Rare	131°F for 8 to 12 Hours (55.0°C)
Medium	140°F for 8 to 12 Hours (60.0°C)

### Blade Roast

Medium Rare	131°F for 1 to 2 Days (55.0°C)
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Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	155°F for 1 to 2 Days (68.3°C)

### Blade Steak

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)

### Boston Butt

Medium Rare	131°F for 1 to 2 Days (55.0°C)
Medium	140°F for 1 to 2 Days (60.0°C)
Well-Traditional	155°F for 1 to 2 Days (68.3°C)

### Butt Roast

Medium Rare	131°F for 18 to 36 Hours (55.0°C)
Medium	140°F for 18 to 36 Hours (60.0°C)
Well-Traditional	155°F for 18 to 36 Hours (68.3°C)

### Country Style Ribs

Medium Rare	131°F for 8 to 24 Hours (55.0°C)
Medium	140°F for 8 to 24 Hours (60.0°C)
Well-Traditional	155°F for 12 to 24 Hours (68.3°C)

### Fresh Side Pork

Low and Slow	140°F for 2 to 3 Days (60.0°C)
In Between	160°F for 18 to 36 Hours (71.1°C)
High and Fast	180°F for 12 to 18 Hours (82.2°C)

### Ground Pork

Medium Rare	131°F for 2 to 4 Hours (55.0°C)
Medium	140°F for 2 to 4 Hours (60.0°C)

### Ham Roast

Medium Rare	131°F for 10 to 20 Hours (55.0°C)
Medium	140°F for 10 to 20 Hours (60.0°C)
Well-Traditional	155°F for 10 to 20 Hours (68.3°C)

### Ham Steak

Medium Rare	131°F for 2 to 3 Hours (55.0°C)
Medium	140°F for 2 to 3 Hours (60.0°C)

### Kebabs

Medium Rare	131°F for 3 to 8 Hours (55.0°C)
Medium	140°F for 3 to 8 Hours (60.0°C)
Well-Traditional	155°F for 3 to 8 Hours (68.3°C)

### Leg (Fresh Ham)

Medium Rare	131°F for 10 to 20 Hours (55.0°C)
Medium	140°F for 10 to 20 Hours (60.0°C)
Well-Traditional	155°F for 10 to 20 Hours (68.3°C)

### Loin Chop

Medium Rare	131°F for 3 to 5 Hours (55.0°C)
Medium	140°F for 2 to 4 Hours (60.0°C)

### Loin Roast

Medium Rare	131°F for 4 to 8 Hours (55.0°C)
Medium	140°F for 4 to 6 Hours (60.0°C)

### Picnic Roast

Medium Rare	131°F for 1 to 3 Days (55.0°C)
Medium	140°F for 1 to 3 Days (60.0°C)
Well-Traditional	155°F for 1 to 3 Days (68.3°C)

### Pork Chops

Medium Rare	131°F for 3 to 6 Hours (55.0°C)
Medium	140°F for 2 to 4 Hours (60.0°C)

# SOUS VIDE TEMPERATURE GUIDE

## PORK

### Rib Chops

Medium Rare 131°F for 5 to 8 Hours (55.0°C)  
Medium 140°F for 4 to 7 Hours (60.0°C)

### Rib Roast

Medium Rare 131°F for 5 to 8 Hours (55.0°C)  
Medium 140°F for 4 to 7 Hours (60.0°C)

### Sausage

Medium Rare 131°F for 2 to 3 Hours (55.0°C)  
Medium 140°F for 2 to 3 Hours (60.0°C)  
Well-Traditional 155°F for 2 to 3 Hours (68.3°C)

### Shank

Medium Rare 131°F for 8 to 10 Hours (55.0°C)  
Medium 140°F for 8 to 10 Hours (60.0°C)

### Shoulder

Medium Rare 135°F for 1 to 2 Days (57.2°C)  
Medium 145°F for 1 to 2 Days (62.8°C)  
Well-Traditional 156°F for 18 to 24 Hours (68.8°C)

### Sirloin Chops

Medium Rare 131°F for 6 to 12 Hours (55.0°C)  
Medium 140°F for 5 to 10 Hours (60.0°C)

### Sirloin Roast

Medium Rare 131°F for 6 to 12 Hours (55.0°C)  
Medium 140°F for 5 to 10 Hours (60.0°C)  
Well-Traditional 155°F for 10 to 16 Hours (68.3°C)

### Spare Ribs

Medium Rare 131°F for 24 to 48 Hours (55.0°C)  
Medium 140°F for 12 to 48 Hours (60.0°C)  
Well-Traditional 155°F for 12 to 24 Hours (68.3°C)

### Spleen

Spleen 145°F for 1 Hour (62.8°C)

### Tenderloin

Medium Rare 131°F for 3 to 6 Hours (55.0°C)  
Medium 140°F for 2 to 4 Hours (60.0°C)

## TURKEY

### Breast

"Rare" 136°F for 1 to 4 Hours (57.8°C)  
Medium / Typical 140°F - 147°F for 1 to 4 Hours (63.9°C)

### Drumstick

Medium Rare 140°F for 3 to 4 Hours (60.0°C)  
Ideal 148°F for 4 to 8 Hours (64.4°C)  
For Shredding 160°F for 18 to 24 Hours (71.1°C)

### Leg

Medium Rare 140°F for 3 to 4 Hours (60.0°C)  
Ideal 148°F for 4 to 8 Hours (64.4°C)  
For Shredding 160°F for 18 to 24 Hours (71.1°C)

### Sausage

White Meat 140°F for 1 to 4 Hours (63.9°C)  
Mixed Meat 140°F for 3 to 4 Hours (64.4°C)

### Thigh

Medium Rare 140°F for 3 to 4 Hours (60.0°C)  
Ideal 148°F for 4 to 8 Hours (64.4°C)  
For Shredding 160°F for 18 to 24 Hours (71.1°C)