

Joe's Sous Vide Time & Temperature Guide

Food Category	Temperature	Time Range	Finishing Notes
Steak Medium Rare	128 – 134	1 – 5 hours	30 - 60 secs each side in cast iron, brush w/ butter
Steak Medium	135 – 145	1 – 5 hours	30 - 60 secs each side in cast iron, brush w/ butter
Brisket (steak style)	135 – 140	48 – 72 hours	Grill on high heat 5 minutes
Beef Burnt Ends	135	48 hours	Chill, cube, glaze, then broil in oven for 4 to 5 mins
Pork Chops	138 – 140	1 – 2 hours	30 - 60 secs each side in cast iron, brush w/ butter
Hamburgers	140	1 – 4 hours	1 - 3 mins each side in cast iron
Pork Tenderloin	140	1 – 4 hours	Grill on high heat 5 minutes
Ham (pre-cooked)	140	3 – 8 hours	Broil in oven for 5 mins
Chicken Breast	145	1 – 2 hours	1 - 3 mins each side in cast iron, brush w/ butter
Turkey Breast	145	3 – 8 hours	Broil in oven for 3 - 5 mins
Turkey Drumsticks	149	6 – 24 hours	Broil in oven for 3 - 5 mins
Pork Ribs	150	24 hours	Chill, then grill on high heat 5 minutes
Brisket (traditional style)	155	24 hours	Grill on high heat 5 minutes
Pulled Pork	160	24 hours	Grill on high heat 5 minutes
Chicken Thighs/Legs	162	1 – 4 hours	1 - 3 mins each side in cast iron
Corn on the cob	183	30 minutes	None

Note - For dense meats, cooking time should be a minimum of 1 hour for each inch in thickness.