

Recommended Cooking Temperatures

	250°F / 120°C LOW	300°F / 150°C LOW - MEDIUM	325°F / 165°C LOW - MEDIUM	350°F / 175°C MEDIUM	375°F / 190°C MEDIUM	400°F / 205°C MEDIUM - HIGH	425°F / 220°C MEDIUM - HIGH	450°F / 230°C HIGH
MEATS		Deglaze Add liquid to capture the flavorful bits stuck to the bottom of the pan after cooking.		Thick Proteins The sweet spot to finish thick steaks and tender duck breast. <ul style="list-style-type: none"> Thick Steak (low and slow) Duck Breast Pancetta (render) 	Cook The perfect temperature for cooking lighter proteins and ground meats. <ul style="list-style-type: none"> Chicken Pork Chops Ground Meats/Burger Sausage Pan Fry Gentle pan frying for breaded cutlets. <ul style="list-style-type: none"> Chicken Cutlet/Tenders Schnitzel 	Pan Roast Great for developing color/crust while cooking red meat. <ul style="list-style-type: none"> Steak Lamb 	Sear, Stir Fry Build color or crust before cooking at lower temperatures (usually for 2-3 min per side). The ideal temperature to cook small proteins or mixed stir fry. <ul style="list-style-type: none"> Steak Braising Meats Cubed Meats 	Quick Sear, Crisp Skin Flash sear after sous vide cooking for 1-2 minutes per side. <ul style="list-style-type: none"> Sous Vide Meats
SEAFOOD					Pan Fry Gentle pan frying for breaded cutlets. <ul style="list-style-type: none"> Fried Fish 	Pan Roast Great for cooking delicate fish filets. <ul style="list-style-type: none"> Salmon Cod Halibut Bass Tilapia Swordfish 	Sear, Stir Fry The ideal temperature to cook small proteins or mixed stir fry. <ul style="list-style-type: none"> Shrimp Scallops 	Quick Sear, Crisp Skin Crisp skin before cooking at lower temperatures. <ul style="list-style-type: none"> Crispy Skin Fish
VEGGIES		Caramelize, Sweat The best temperature to gently cook and gradually develop color. <ul style="list-style-type: none"> Onions Garlic Peppers Shallots Leeks 		Sauté The quintessential sauté temperature. <ul style="list-style-type: none"> Onions Garlic Peppers Ginger 	Brown, Pan Fry Great for cooking tough vegetables and shallow frying. <ul style="list-style-type: none"> Brussels Sprouts Cauliflower Butternut Squash Crispy Breaded Veggies Potato Latkes 	Pan Roast Great for caramelizing produce high in natural sugars or cooking large (or large cut) vegetables. <ul style="list-style-type: none"> Corn (off the cob) Zucchini Roasted Peaches Eggplant Hash Browns Spinach 	Sear, Stir Fry The ideal temperature to stir-fry. Also for cooking small (or small cut) vegetables and developing color. <ul style="list-style-type: none"> Peppers Carrots Asparagus Kale Home Fries 	Char, Blister To develop color while maintaining crunch, or develop crusts on vegetables that release water, like mushrooms. <ul style="list-style-type: none"> Broccoli Green Beans Mushrooms
EGGS	Fried Eggs For that elusive tender egg white, low temperature is key. Best with butter or non-stick cooking spray (not oil). <ul style="list-style-type: none"> Sunny Side Up Over Easy Egg White Omelettes 		Scrambled Eggs Best with butter or non-stick cooking spray (not oil). We recommend no more than 4 eggs at a time. <ul style="list-style-type: none"> Scrambled Country Omelettes 	Toast <ul style="list-style-type: none"> Toad in the Hole 			Sear, Stir Fry The ideal temperature to develop color and crisp on your eggs. Best cooked with oil. <ul style="list-style-type: none"> Crispy Fried Egg 	
OTHER				Toast Good for toasted sandwiches, like a crispy and gooey grilled cheese. <ul style="list-style-type: none"> Grilled Cheese Quesadilla Toast 	Brown, Griddle Great for cooking, batters, or shallow frying breaded items and fritters. <ul style="list-style-type: none"> Pancakes French Toast Crepes Brown Butter 	Pan Roast Great for cooking flatbreads or anything thin and crispy. <ul style="list-style-type: none"> Naan Bread Scallion Pancakes 	Sear, Stir Fry The ideal temperature to develop color and crisp. Best cooked with oil. <ul style="list-style-type: none"> Tofu 	