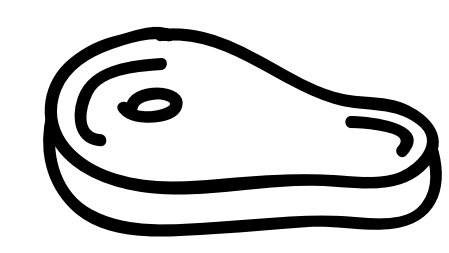
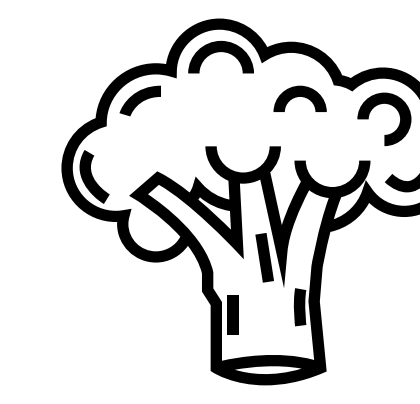


Recommended Cooking Temperatures



PROTEIN



VEGETABLES

°F

QUICK SEAR, CHAR

Sous Vide Meats, Crispy Skin Fish

Great for crisping skin or developing crust. Typically you should sear for 1-2 minutes per side and then finish cooking at 350°F.

450

HIGH

CHAR, BLISTER

Broccoli, Green Beans

To develop color while maintaining crunch, or develop crusts on vegetables that release water, like mushrooms.

SEAR, STIR-FRY

Shrimp, Cubed Meats

The ideal temperature to develop color and cook small proteins like scallops, shrimp or stir-fry.

425

STIR-FRY, PAN FRY

Peppers, Carrots, Home Fries

For cooking small (or small cut) vegetables and developing color.

BROWN, PAN FRY

Pork Chops, Chicken

An all-around temperature for cooking meat while developing color.

400

MEDIUM HIGH

ROAST

Asparagus, Corn (off the cob), Zucchini

Great for quickly caramelizing produce high in natural sugars or cooking large (or large cut) vegetables.

BROWN, SHALLOW FRY

Chicken Cutlet, Pan Fried Fish, Ground Meats

The perfect temperature for gently frying breaded meats or browning butter.

375

BROWN, SHALLOW FRY

Brussels Sprouts, Pancakes, Hash Browns, Crispy Eggplant

Great for cooking tough vegetables, batters, or shallow frying breaded items and fritters.

PAN ROAST AFTER SEAR

Steak, Lamb

The sweet spot to finish your meat after a quick sear at a higher temperature.

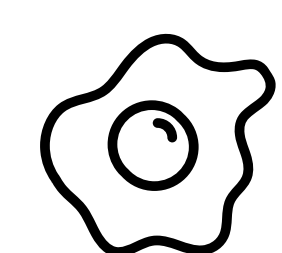
350

MEDIUM

SAUTÉ, TOAST

Onions, Garlic, Peppers, Quesadilla

The quintessential sauté temperature. Also good for toasted sandwiches, like a crispy and gooey grilled cheese.



SCRAMBLED EGGS

Scrambled, Country Omelettes

Best with butter or non-stick cooking spray (not oil). We recommend no more than 4 eggs at a time.

325

RENDER

Duck Breast, Pancetta

To slowly draw out fat for use in other recipes or to make your meat extra crispy.

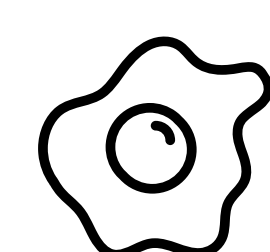
300

MEDIUM LOW

CARAMELIZE, SWEAT

Onions, Garlic, Peppers

The best temperature to gently cook and gradually develop color.



FRIED EGGS

Sunny Side Up, Over Easy, Egg White Omelettes

For that elusive tender egg white, low temperature is key. Best with butter or non-stick cooking spray (not oil).

250