

Sous Vide Express Time and Temperature Chart

Timings are all given for steaks 1 ½ to 2 inches thick.

Preferred Doneness	Time	Oven Temperature	Probe Temperature	Finished Texture
Very Rare to Rare	30 minutes	136°F (58°C) - 144°F (62°C)	120°F (49°C) - 128°F (53°C)	Moist with a pleasant chew
Medium-Rare	30 minutes	145°F (63°C) - 150°F (66°C)	129°F (54°C) - 134°F (57°C)	Moist with a pleasant chew
Medium	30 minutes	150°F (66°C) - 159°F (71°C)	135°F (57°C) - 144°F (62°C)	Moist with a pleasant chew
Medium-Well	30 minutes	160°F (71°C) - 170°F (77°C)	145°F (63°C) - 155°F (68°C)	Firm chew
Well Done	30 minutes	170°F (77°C) +	156°F (69°C)+	Firm chew