

Traditional Sous Vide Time and Temperature Chart

Timings are all given for steaks 1 ½ to 2 inches thick. For steaks 1 inch or less, initial cooking time can be shortened to 40 minutes. Steaks cooked under 130°F (54.4°C) should not be cooked longer than 2 ½ hours at a time for food safety reasons.

Preferred Doneness	Time	Water Bath or Oven Temperature	Probe Temperature (Oven Only)	Finished Texture
Very Rare to Rare	1 - 2 ½ hours	120°F (49°C) - 128°F (53°C)	120°F (49°C) - 128°F (53°C)	1 hour: meaty and tender 2 ½ hours: tender and slightly soft
Medium-Rare	1 - 4 hours (2½ hours max if under 130°F(54°C))	129°F (54°C) - 134°F (57°C)	129°F (54°C) - 134°F (57°C)	1 hour: meaty and tender 2 ½ hours: tender and slightly soft 4 hours: buttery-soft
Medium	1 - 4 hours	135°F (57°C) - 144°F (62°C)	135°F (57°C) - 144°F (62°C)	1 hour: meaty and tender 4 hours: buttery-soft
Medium-Well	1 - 3 ½ hours	145°F (63°C) - 155°F (68°C)	145°F (63°C) - 155°F (68°C)	1 hour: meaty and tender 3 ½ hours: buttery-soft
Well Done	1 - 3 hours	156°F (69°C)+	156°F (69°C)+	1 hour: meaty and tender 3 hours: buttery-soft