

# Cooking guidelines



*Vegetables*



*Fish dishes*



*Meat dish*

# Cooking guidelines

FOOD	Thickness	Cooking outcome	Cooking temperature	Cooking time minimum / maximum	Finish
BEEF					
beef tender cuts (Steak)	2-3 cm	rare	50°C	1-4 Hours	Frypan or BBQ
		medium-rare	54°C	1-4 Hours	Frypan or BBQ
		medium	57°C	1-4 Hours	Frypan or BBQ
		medium-well	60°C	1-4 Hours	Frypan or BBQ
Fish and seafood					
Salmon	2,5-4 cm	tender and juicy	50°C	15 min.	Frypan or BBQ
Halibut or cod	2,5-4 cm	tender and juicy	45°C	45 min.	Frypan or BBQ
Shrimp	-	tender and cooked through	60°C	20 min.	-
Poultry					
Chicken breast	2,5 cm	tender and juicy	63°C	1 - 2 hours	Frypan or BBQ
chicken drumstick	-	tender and juicy	72°C	1,5 -3 hours	Frypan or BBQ
turkey breast	4cm	tender and juicy	63°C	3 - 6 hours	Frypan or BBQ
duck breast	4-5 cm	medium-rare	54°C	1,5 - 3 hours	Frypan or BBQ
		medium-well	60°C	1,5 -3 hours	Frypan or BBQ
Pork					
pork tenderloin	5 cm	medium	57°C	1-4 hours	Frypan or BBQ
		medium-well	60°C	1-4 hours	Frypan or BBQ
pork shoulder	5-10 cm	Easy to shred and juicy	74°C	24 hours - 36 hours	-
pork ribs	-	fall off the bone	74°C	12-18 hours	Frypan or BBQ
Lamb					
Lamb, rack and chops	2-4 cm	medium - rare	54°C	1-3 hours	Frypan or BBQ
		medium	57°C	1-3 hours	Frypan or BBQ
		medium - well	60°C	1-3 hours	Frypan or BBQ
Burgers					
Burgers	2-2,5 cm	medium - well	58°C	45 min - 2 Hours	Frypan or BBQ
		well done	64°C	45 min - 2 Hours	Frypan or BBQ
EGGS					
Eggs	Large	poached	64°C	1-1,5 hours	-
		hard boiled	74°C	1-1,5 hours	-
Green vegetables					
Green vegetables	-	tender and crispy	82°C	10 - 15 minutes	-

