

The Home Cook's Sous Vide Cheat Sheet

Every temp, time and safety number on one page.
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Steak doneness — bath temperatures (1-1.5" steak)

Rare	125°F / 51.5°C	1-2.5 hours
Medium-rare	130-135°F / 54.5-57°C	1-3 hours
Medium	135-140°F / 57-60°C	1-3.5 hours
Medium-well	140-145°F / 60-63°C	1-3.5 hours
Well-done	145°F+ / 63°C+	1-3.5 hours
Tip	137°F is the ribeye favorite — renders fat, stays medium-rare	

Chicken — safe minimum baths

150°F	~2h50m	Juicy breast
155°F	~1h15m	Balanced breast
160°F	~30m	Firmer breast
165°F	instant	Traditional / thighs

Salmon · Pork · Eggs

Salmon	125°F, 45-60 min — medium, buttery
Salmon	120°F, 40 min — rare-leaning
Pork	145°F, 1-2h — safety floor
Pork	137°F, 2h — fat rendered, medium
Eggs	167°F 13 min hard · 145°F 45 min jammy · 135°F 60 min onsen

Essential rules

1. Temperature, not time, sets doneness — time just needs to reach the center.
2. Sear last, hot and fast: pat bone-dry, 45-60s per side in a ripping-hot pan.
3. Zip-top bags + water displacement for short cooks; vacuum bags for long cooks & freezer.
4. 1000W+ circulator heats a 12-quart bath in ~10-15 min.

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