

## Here's our recommended guide for preparing your next delicious meal:

### Meat

Type	Thickness	Temperature	Time
Tender Beef, Lamb	1" / 25mm	134F / 56.5C	1 – 4 hrs
Tender Beef, Lamb	2" / 50mm	134F / 56.5C	2 – 4 hrs
Bison, Game	1" / 25mm	134F / 56.5C	8 – 24 hrs
Roast, Leg of Lamb	2.75" / 70mm	134F / 56.5C	10 – 48 hrs
Spare Ribs	2" / 50mm	176F / 80C	24 – 72 hrs
Flank Steak, Brisket	1" / 25mm	134F / 56.5C	8 – 30 hrs
Tenderloin	1.5" / 38mm	134F / 56.5C	1.5 – 8 hrs
Baby Back Ribs	NA	165F / 74C	4 – 36 hrs
Pork Chops	1" / 25mm	134F / 56.5C	2 – 24 hrs
Pork Chops	2" / 50mm	134F / 56.5C	2 – 10 hrs
Pork Roast	2.75" / 70mm	160-176F / 71-80C	12 – 30 hrs
Spare Ribs	2.75" / 70mm	160-176F / 71-80C	12 – 48 hrs

### Poultry

Type	Thickness	Temperature	Time
Chicken Breast (Bone in)	2" / 50mm	146F / 63.5C	2.5 – 6 hrs
Chicken Breast (Boneless)	1" / 25mm	146F / 63.5C	1 – 4 hrs
Chicken Leg/Thigh	NA	160F / 71C	4 – 8 hrs
Split Game Hen	2.75" / 70mm	160F / 71C	6 – 8 hrs
Turkey/Duck Leg	NA	176F / 80C	8 – 10 hrs
Confit	2.75" / 70mm	134F / 56.5C	24 – 48 hrs
Duck Breast	1" / 25mm	134F / 56.5C	2 – 4 hrs

### Fish and Seafood

Type	Thickness	Temperature	Time
Fish	.5 – 1" / 1.25 – 2.5cm	126F / 52C	20 – 30 mins
Fish	1 – 2" / 2.5 5cm	126F / 52C	30 – 40 mins
Lobster	1" / 25mm	134F / 56.5C	8 – 24 hrs
Scallops (Diver)	1 – 1.25" / 2.5cm	140F / 56.5C	40 – 60 mins
Shrimp	jumbo	140F / 60C	30- 40 mins

### Vegetables

Type	Thickness	Temperature	Time
Root Vegetables*	1" / 25mm	183F / 84C	1 – 4 hrs
Tender Vegetables**	2" / 50mm	183F / 84C	30 – 75 mins

\*Beets, Carrots, Celery Root, Parsnips, Potato, Turnips

\*\*Asparagus, Broccoli, Cauliflower, Corn, Eggplant, Fennel, Green Beans, Onions, Peas, Squashes

**Fruits**

Type	Thickness	Temperature	Time
Firm Fruits*	1" / 25mm	134F / 56.5C	1 – 4 hrs
Soft Fruits**	2" / 50mm	134F / 56.5C	2 – 4 hrs

\*Apple, Pear

\*\*Peach, Apricot, Plum, Mango, Papaya, Nectarine, Strawberry

**Eggs**

Type	Temperature	Time
Soft Cooked in Shell (quick)	167F / 75C	1 hr
Soft Cooked in Shell (slow)	147F / 64C	1 hr
Hard Cooked in Shell	160F / 71C	1 hr
Scrambled	167F / 75C	1 hr
Pasteurized in Shell	135F / 57C	1 hr