

COOKING TIMES AND TEMPERATURES

FOOD	TEMPERATURES	TIME	FINISH
Steaks – Strip, Ribeye, Porterhouse, T-Bone			
Very rare to rare	120°F (49°C) to 128°F (53°C)	1 to 2 ½ hrs	Sear using a hot skillet or barbecue
Medium-rare	129°F (54°C) to 134°F (57°C)	1 to 4 hrs (max 2 ½ hrs if under 130°F / 54°F)	Sear using a hot skillet or barbecue
Medium	135°F (57°C) to 144°F (62°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Medium-well	145°F (63°C) to 155°F (68°C)	1 to 3 ½ hrs	Sear using a hot skillet or barbecue
Well done	156°F (69°C) and up	1 to 3 hrs	Sear using a hot skillet or barbecue
Steaks – Tenderloin			
Very rare to rare	120°F (49°C) to 128°F (53°C)	45 mins to 2 ½ hrs	Sear using a hot skillet or barbecue
Medium-rare	129°F (54°C) to 134°F (57°C)	45 mins to 4 hrs (max 2 ½ hrs if under 130°F / 54°F)	Sear using a hot skillet or barbecue
Medium	135°F (57°C) to 144°F (62°C)	45 mins to 4 hrs	Sear using a hot skillet or barbecue
Medium-well	145°F (63°C) to 155°F (68°C)	45 mins to 3 ½ hrs	Sear using a hot skillet or barbecue
Well done	156°F (69°C) and up	1 to 3 hrs	Sear using a hot skillet or barbecue
Beef – Brisket			
Moist and cooked through	147°F (64°C)	4 to 48 hrs	Sear using a broiler or on a hot barbecue
Beef – Ribs			
Fall off the bone tender	167°F (75°C)	16 to 24 hrs	Sear using a broiler or on a hot barbecue
Salmon			
Firm like sashimi	105°F (41°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Soft and buttery	110°F (43°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Translucent and starting to flake	115°F (46°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Very moist, tender and flaky	120°F (49°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Firm, moist and flaky	130°F (54°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Halibut And Cod			
Just starting to flake, tender, near raw	120°F (49°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Very moist, tender and flaky	130°F (54°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Moist, flaky, firm, almost tough	140°F (60°C)	30 to 45 mins for 1" fillets, 45 to 60 mins for 2" fillets	
Shrimp			
Moist and cooked through	140°F (60°C)	20 to 40 mins	
Chicken Breast Skin On And Bone In			
Tender and juicy for cold chicken salad	150°F (66°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Very soft and juicy served hot	140°F (60°C)	1 ½ to 4 hrs	Sear using a hot skillet or barbecue
Juicy, tender, slightly stringy, served hot	150°F (66°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Firm, juicy, served hot	160°F (71°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Chicken Thigh Skin On Bone In			
Very juicy, quite firm, few tough spots	150°F (66°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Very juicy, completely tender	167°F (75°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Moderately juicy, pull of the bone tender	167°F (75°C)	4 to 8 hrs	Sear using a hot skillet or barbecue
Turkey – Breast			
Moist and tender	146°F (63°C)	2 ½ to 6 hrs	Sear using a broiler

COOKING TIMES AND TEMPERATURES (continued)

FOOD	TEMPERATURES	TIME	FINISH
Turkey – Leg or Thigh			
Moist and tender	168°F (75°C)	8 to 10 hrs	Sear using a broiler
Pork – Tenderloin			
Medium-rare	130°F (54°C)	1 to 4 hrs	Sear using a broiler
Medium	140°F (60°C)	1 to 4 hrs	Sear using a broiler
Medium-well	150°F (66°C)	1 to 4 hrs	Sear using a broiler
Well-done	160°F (71°C)	1 to 4 hrs	Sear using a broiler
Pork – Chops bone in			
Rare	130°F (54°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Medium-rare	140°F (60°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Medium-well	150°F (66°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Well-done	160°F (71°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Pork – Shoulder			
Sliceable and extra moist	145°F (63°C)	18 to 24 hrs	Sear using a broiler or a hot barbecue
Shreddable and moist	165°F (74°C)	18 to 24 hrs	Sear using a broiler or a hot barbecue
Pork – Ribs			
Fall off the bone tender	140°F (60°C)	24 to 48 hrs	Sear using a broiler or a hot barbecue
Lamb – Leg of Lamb			
very rare to rare	115°F (46°C) to 124°F (51°C)	2 to 3 hrs	Sear using a broiler
medium-rare	125°F (52°C) to 134°F (57°C)	2 to 6 hrs (max 3 hrs if under 130°F)	Sear using a broiler
medium	135°F (57°C) to 144°F (62°C)	2 to 6 hrs	Sear using a broiler
medium-well	145°F (63°C) to 154°F (67°C)	2 to 6 hrs	Sear using a broiler
Well done	155°F (68°C) and up	2 to 6 hrs	Sear using a broiler
Lamb – Rack and chops			
very rare to rare	115°F (46°C) to 124°F (51°C)	1 to 2 ½ hrs	Sear using a hot skillet or barbecue
medium-rare	125°F (52°C) to 134°F (57°C)	1 to 4 hrs (max 2 ½ hrs if under 130°F)	Sear using a hot skillet or barbecue
medium	135°F (57°C) to 144°F (62°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
medium-well	145°F (63°C) to 154°F (67°C)	1 to 4 hrs	Sear using a hot skillet or barbecue
Well done	155°F (68°C) and up	1 to 4 hrs	Sear using a hot skillet or barbecue
Burgers			
very rare to rare	115°F (46°C) to 123°F (51°C)	40 mins to 2 ½ hrs	Sear using a hot skillet or barbecue
medium-rare	124°F (51°C) to 129°F (54°C)	40 mins to 2 ½ hrs	Sear using a hot skillet or barbecue
medium	130°F (54°C) to 137°F (58°C)	40 mins to 4 hrs (max 2 ½ hrs if under 130°F)	Sear using a hot skillet or barbecue
medium-well	138°F (59°C) to 144°F (62°C)	40 mins to 4 hrs	Sear using a hot skillet or barbecue
Well done	145°F (63°C) to 155°F (68°C)	40 mins to 3 ½ hrs	Sear using a hot skillet or barbecue
Eggs			
Poached egg	145°F (63°C)	45 mins	
Soft boiled egg	167°F (75°C)	13 mins	
Hardboiled egg	165°F (74°C)	60 mins	

COOKING TIMES AND TEMPERATURES (continued)

FOOD	TEMPERATURES	TIME	FINISH
Duck – Breast			
Medium-rare	140°F (60°C) to 146°F (63°C)	1 ½ hrs to 6 hrs	To finish, sear using a hot skillet
Medium	134°F (57°C)	1 ½ hrs to 6 hrs	To finish, sear using a hot skillet
Well done	176°F (80°C)	1 ½ hrs to 6 hrs	To finish, sear using a hot skillet
Green Vegetables (Asparagus, peas, broccoli, beans)			
Tender yet crisp	183°F (84°C)	15 mins to 40 mins	
Corn on the Cob			
Tender and crisp	183°F (84°C)	30 mins to 2 hrs	
Root Vegetables (carrots, parsnips, potatoes)			
Cooked through, with texture	183°F (84°C)	1 to 4 hrs	
Artichoke Hearts			
Tender, firm	194°F (90°C)	1 to 1 ½ hrs	
Lobster			
Tender texture	130°F (54°C)	60 mins	
Firm, traditional steam texture	140°F (60°C)	60 mins	

TIPS AND SAFETY

- Always use an accurate instant read thermometer to test your food after removing it from the cooking bag to ensure that it has reached the proper safe internal doneness.
- Vegetables will cook faster if they are sliced thin or cut into small portions.
- Removing moisture from cooked foods before the final searing process helps develop a nice dark crust that is beneficial for flavor, texture and visual appeal. If moisture is left on the food it will lessen the ability to sear. Use a paper towel for this process as it can be easily disposed of and not reused.
- Sear the food after it has been cooked. Searing before placing in the bag and cooking does not improve the flavor or texture enough.
- Some proteins when cooked, such as chicken and fish, can produce white deposits on their surface's called Albumin. It is recommended that both chicken and fish be soaked in a brine solution for at least one hour prior to cooking. Once removed from the brine, rinse the food off and pat dry before cooking. A simple brine solution is ¼ cup of table salt for every 8 cups of water.
- Food should only be placed in the water-bath when the desired cooking temperature is reached.
- Hot water can be used to fill the cooking vessel for the water-bath. This will lower the amount of time needed to bring the water up to the cooking temperature required. The temperature of the water used should not be higher than the selected cooking temperature.
- Frozen food stored in an airtight bag can be cooked right from frozen. Time should be added to the cooking process to account for this. The added time depends on the thickness of the food but on average add 30 minutes for thinner items like steaks and an hour for thicker items like roasts.
- Use BPA free vacuum sealing bags or resealable freezer bags.
- Always exercise caution when preparing foods to avoid cross contamination. Wash hands, prep surfaces and tools properly and thoroughly.
- Take care when selecting the vessel to cook in. Pick the smallest vessel that allows the water-bath to cover the food being cooked and also allows the water level to be higher than the minimum water line. This will heat the water faster and help conserve energy during long cooks as less water will be required to be heated.
- If multiple pieces of the same food are being cooked but different temperature doneness is desired, set the temperature to the lowest desired doneness. The other items can be cooked to a higher temperature when finishing them.
- When using recipes that require long cook times water will evaporate out of the cooking vessel. Pay attention to the water levels and make sure there is enough water for the Kuraidorī Precision Cooker to run correctly. Using a lid or cover will help prevent some evaporated water loss.
- Dried powdered spices like garlic and onion powder impart more flavor than fresh herbs and aromatics during Sous Vide cooking.
- Keep food in a single layer in the cooking bags to ensure even cooking. It is better to use more bags than to stack food on top of each other in one bag.
- Food cooked should not be stored in the same bags they were cooked in. Leftovers from meals can be stored and handled like any other leftovers as long as they are not placed back in the bags used for cooking.
- Do not cook food at lower temperatures and times that have been given in the above food chart. Food safety is both a function of time and temperature so it is important to follow the chart or use reputable recipes.
- For recipes and more tips, visit www.homehardware.ca/precisioncooker