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sous vide

TIME & TEMP GUIDE

Food	°C/°F		Time
 Pork Chop	62°/144°	>>>>>>>>>>	+1:15
 Chicken Breast	65.5°/150°	>>>>>>>>>>>>>>	+1:20
 Steak	54°/130°	>>>>>>>>>	+1:25
 Fish	50°/122°	>>>>>>	+0:50
 Poached Egg	75°/167°	>>>	0:14

Thicker cuts require a longer cook time.
Partner meats with fresh herbs while cooking
for added flavor.

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