

DUO CRISP, DUO EVO PLUS, DUO SV, DUO PLUS, VIVA, ULTRA, MAX, ACCU 800, ACCU SLIM

Food	Size	Expected doneness	Cooking temperature	Minimum cooking time	Maximum cooking time
<b>Beef, lamb, goat, venison and other game meat</b>					
<b>Tender cuts:</b> Tenderloin, cutlets, sirloin, ribeye, rump, T-bone, chops  <b>Tougher cuts:</b> Blade, chuck, shoulder, shanks, game meats	2 to 5 cm ½" to 2"	Rare	50°C / 122°F	1 hour	4 hours
		Medium-rare	54°C / 129°F	1½ hours	4 hours
	4 to 6 cm 1½" to 2½"	Medium	60°C / 140°F	1½ hours	4 hours
		Medium-well	63°C / 145°F	1½ hours	4 hours
<b>Poultry and game fowl</b>					
Chicken breast	3 to 5 cm 1" to 2"	Soft and juicy	63°C / 145°F	1½ hours	4 hours
		Traditionally firm	69°C / 155°F	1 hour	4 hours
Chicken thigh	3 to 5 cm 1" to 2"	Juicy and tender	74°C / 165°F	1 hour	4 hours
		Off-the-bone tender	74°C / 165°F	4 hours	8 hours
Chicken leg	5 to 7 cm 2" to 3"	Juicy and tender	82°C / 180°F	2 hours	7 hours
Duck breast	3 to 5 cm 1" to 2"	Soft and juicy	64°C / 146°F	2 hours	4 hours
<b>Pork</b>					
Belly	3 to 6 cm 1" to 2½"	Traditionally firm	82°C / 180°F	10 hours	22 hours
Ribs	2 to 3 cm ½" to 1½"	Off-the-bone tender	59°C / 138°F	10 hours	22 hours
Chops	2 to 4 cm ½" to 2"	Pink and juicy	57°C / 135°F	1 hour	4 hours
		White throughout and juicy	64°C / 147°F	1 hour	4 hours

### DUO CRISP, DUO EVO PLUS, DUO SV, DUO PLUS, VIVA, ULTRA, MAX, ACCU 800, ACCU SLIM

Food	Size	Expected doneness	Cooking temperature	Minimum cooking time	Maximum cooking time
<b>Fish and seafood</b>					
Fish	2 to 3 cm ½" to 1½"	Soft and buttery	43°C / 110°F	10 minutes	30 minutes
		Translucent or starts to flake	46°C / 115°F	20 minutes	45 minutes
		Medium-rare	52°C / 125°F	20 minutes	45 minutes
		Medium, dry	54°C / 130°F	20 minutes	45 minutes
		Well done, crumbly	57°C / 135°F	20 minutes	45 minutes
Shrimp	Small to extra large	Traditionally firm	60°C / 140°F	30 minutes	45 minutes
Lobster tail	3 to 10 oz.	Soft and buttery	60°C / 140°F	1 hour	1 hour
Scallops	From bay to sea	Soft and buttery	60°C / 140°F	30 minutes	30 minutes
<b>Eggs</b>					
Eggs	Large or extra large	Runny	60°C / 140°F	-	45 minutes
		Soft boiled	63°C / 145°F	-	45 minutes
		Medium boiled	65°C / 150°F	-	1 hour
		Hard boiled	74°C / 165°F	-	1 hour
<b>Fruits and vegetables</b>					
Vegetables	-	-	84°C / 183°F	45 minutes	2½ hours
Fruits	-	-	84°C / 184°F	15 minutes	2 hours

Cooking times are a recommendation only. Always use a meat thermometer to ensure the internal temperature reaches a safe minimum temperature. Refer to the USDA's [Safe Minimum Internal Temperature Chart](#) for more information.