

Tid og temperatur

Storfe

Indrefillet	54 grader	1 time
Ytrefillet	56 grader	1,5 time
Entrecote	57 grader	3 timer
Oksekjake	62 grader	72 timer
Oksebryst	58 grader	72 timer
Oksehaler	60 grader	100 timer

Svin

Indrefillet	58 grader	1,5 time
Ytrefillet	60 grader	2 timer
Bacon	65 grader	6 timer
Ribbe	60 grader	24 timer
Kjake	58 grader	24-36 timer
Pork belly	65 grader	36 timer
Pattegris	58 grader	4 timer

Lam

Lammelår	58 grader	6 - 7 timer
Lammeskank	60 grader	48 timer
Lammecarré	56 grader	3 timer

Fjærkre

Kyllingbryst	61 grader	1 time
Kyllinglår	65 grader	4 timer
Kalkunbryst	61 grader	5 timer
kalkunlår	63 grader	3,5 time
Andebryst	58 grader	3 timer
Foie gras	65 grader	20 minutter
Rype	58 grader	1,5 time
Due	58 grader	2 timer

Vilt

Elg indrefillet	56 grader	1 time
Elg ytrefillet	58 grader	1,5 time
Elgstek	58 grader	4 timer
Reinsdyr ytrefillet	54 grader	45 minutter
Reinsdyr plomme	54 grader	40 minutter
Hjortelegg	56 grader	24 timer

Fisk

Salmalaks	45 grader	25 minutter
Torsk	50 grader	35 minutter
Kveite	52 grader	35 minutter
Breiflabb	54 grader	30 minutter
Lutfisk	50 grader	50 minutter

Grønnsaker

Gulerøtter	84 grader	40 minutter
Brokkoli	84 grader	15 minutter
Asparges	84 grader	15 minutter