



Frequently Asked Question

**How to get the best results when cooking with a
Sous Vide?**



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Sous vide cooking has moved from the professional kitchen into the home with remarkable ease and for good reason. This precise, low-and-slow method delivers consistent, restaurant quality results with minimal effort. Whether you're a home chef looking to perfect your steak, or an appliance enthusiast eager to explore sous vide capabilities, understanding how to use the method effectively can elevate your cooking to new heights.

Here's how to get the most out of your sous vide setup and ensure every dish is cooked to perfection.

1. Choose the Right Cut and Know What to Expect

Sous vide shines when cooking proteins that benefit from exact temperature control like steaks, chicken breasts, lamb cutlets, or even delicate fish. It also does wonders for tougher cuts like brisket or pork shoulder when given enough time. What makes sous vide special is its ability to bring food to the perfect level of doneness edge to edge, without overcooking.

Keep in mind that sous vide won't brown or sear food, it's all about internal temperature. That's why finishing techniques, like searing in a hot pan or grilling briefly, are often used after the sous vide bath to add texture and flavour.

2. Vacuum Seal or Zip Lock? Both Work With Care

Vacuum sealing is the gold standard for sous vide, as it removes air completely and allows for better water circulation. However, if you don't own a vacuum sealer, you can still get great results using the water displacement method with zip-lock bags. Simply lower your bag into the water bath slowly, letting the pressure push out air before sealing the top.

Pro tip: make sure your bag is fully sealed and leak-free. Any water getting inside can compromise both texture and food safety.

3. Don't Rush, Time and Temperature Are Everything

One of the biggest benefits of sous vide cooking is that food reaches the precise internal temperature you set, no more and no less. But getting the most out of it requires patience. Cooking a steak at 55°C for medium-rare may take one hour, while short ribs cooked at 68°C might need 24 hours to break down properly.

Using a time and temperature guide tailored to your cut of meat is key. It ensures both food safety and optimal texture. On the next page is a guide that we have created for you, however this guide is relative in nature and does not account for many factors which are variable depending on your specific situation. As always, use caution and ensure the foods are cooked thoroughly before consuming.

FOOD	TEMPERATURE RANGE	TIME RANGE	RESULT
Beef Steak (Ribeye, Sirloin, Striploin)	54.5°C (130°F)	1-4 Hours	Medium rare, tender and juicy
	57°C (137°F)	1-4 Hours	Medium, slightly firmer
Beef Brisket / Short Rib	68°C (155°F)	24-36 Hours	Moist and shreddable
	57°C (135°F)	36-48 Hours	Steak-like texture
Pork Chop / Tenderloin	60°C (140°F)	1-4 Hours	Juicy and just cooked through
	63°C (145°F)	1-4 Hours	Slightly firmer, traditional style
Pork Belly	74°C (165°F)	10-12 Hours	Soft, tender, break-apart texture
	63°C (145°F)	24-36 Hours	Slice able, firm but tender
Chicken Breast (Boneless Skinless)	60°C (140°F)	1.5-4 Hours	Incredibly tender and juicy
	63°C (145°F)	1-4 Hours	Slightly firmer, traditional bite
Chicken Thigh (Boneless)	68°C (155°F)	1.5-4 Hours	Juicy and fully cooked
	74°C (165°F)	1-4 Hours	More shreddable texture
Duck Breast	57°C (135°F)	1.5-3 Hours	Medium rare, tender and rosy
Salmon Fillet	50°C (122°F)	30-45 Minutes	Buttery, soft texture
	55°C (131°F)	30-45 Minutes	Firmer, traditional flake
Prawns / Shrimp	55°C (131°F)	15-30 Minutes	Tender, juicy and not rubbery
Scallops	51.5°C (125°F)	30-45 Minutes	Delicate and just-cooked
Eggs (Soft Boiled Style)	63°C (145°F)	45 Minutes - 1 Hour	Custard-like yolk, runny white
Eggs (Poached Style)	75°C (167°F)	13 Minutes	Set white, soft yolk
Vegetables (Carrots, Beets, Potatoes)	85°C (185°F)	1-2 Hours	Fully tender and flavourful
Asparagus, Broccoli, Zucchini	83°C (181°F)	15-30 Minutes	Tender-crisp and vibrant

4. Season Simply but Effectively

Seasoning food before sealing it is essential. Salt, pepper, garlic, herbs, and a splash of oil or butter can enhance flavour during the slow cook. But be cautious with strong acids like lemon juice or vinegar, as they can “cook” proteins over time and affect the final texture. For the most vibrant results, consider adding citrus or wine-based sauces after cooking.

5. Finish with Flair

Once your food is cooked, it's time for the all-important sear. Dry the surface of your protein thoroughly with paper towels to ensure it browns instead of steams. Then sear quickly on a hot grill or pan (usually 30-60 seconds per side) to build a rich, golden crust without overcooking the interior.

You can also finish sous vide veggies under a grill or toss them in a hot pan for extra colour and crunch.

Final Thoughts

Sous vide may sound high-tech, but with the right approach, it's one of the most reliable, forgiving, and satisfying cooking methods available to home cooks today. By paying attention to temperature, timing, and finishing touches, you can serve up tender, flavour-packed meals that rival the best restaurants, straight from your benchtop.

Whether you're preparing everyday meals or impressing guests at a dinner party, mastering sous vide is an easy win for flavour, precision and confidence in the kitchen.

The information provided here is for general information use only. Ensure to assess your specific situation and apply what is correct for your given circumstances.