

食物能夠過度烹煮嗎?

可以,想要烹煮的時間是可以比傳統方法還要久的
例如:一個中等牛里肌肉在至少20分鐘的烹煮中仍然
可以保持完美狀態,但之後還是會出現中熟且會慢慢
改變成不是那麼精緻的食物,如同一個牛腩如果沒有
過度烹煮可以保持12個小時甚至比其他時間來的長,
這是為了食品的安全

各種烤熟的溫度

肉類溫度範圍:

Rare – 122-130°F (50-54.4°C)
Medium-Rare – 131-139°F (55-59°C)
Medium – 140-148°F (60-64°C)
Medium Well – 149-156°F (65-69°C)

魚類溫度範圍:

Rare – 104-108°F (40-42°C)
Medium-Rare – 118-125°F (48-52°C)
Medium – 136-140°F (58-60°C)

蔬菜的溫度範圍:

183-190°F (83-87°C)

怎樣的水量可以讓 sous vide professional 控制住?

最多8加侖(30公升)

Visit sousvideprofessional.com
for videos, downloads and more!

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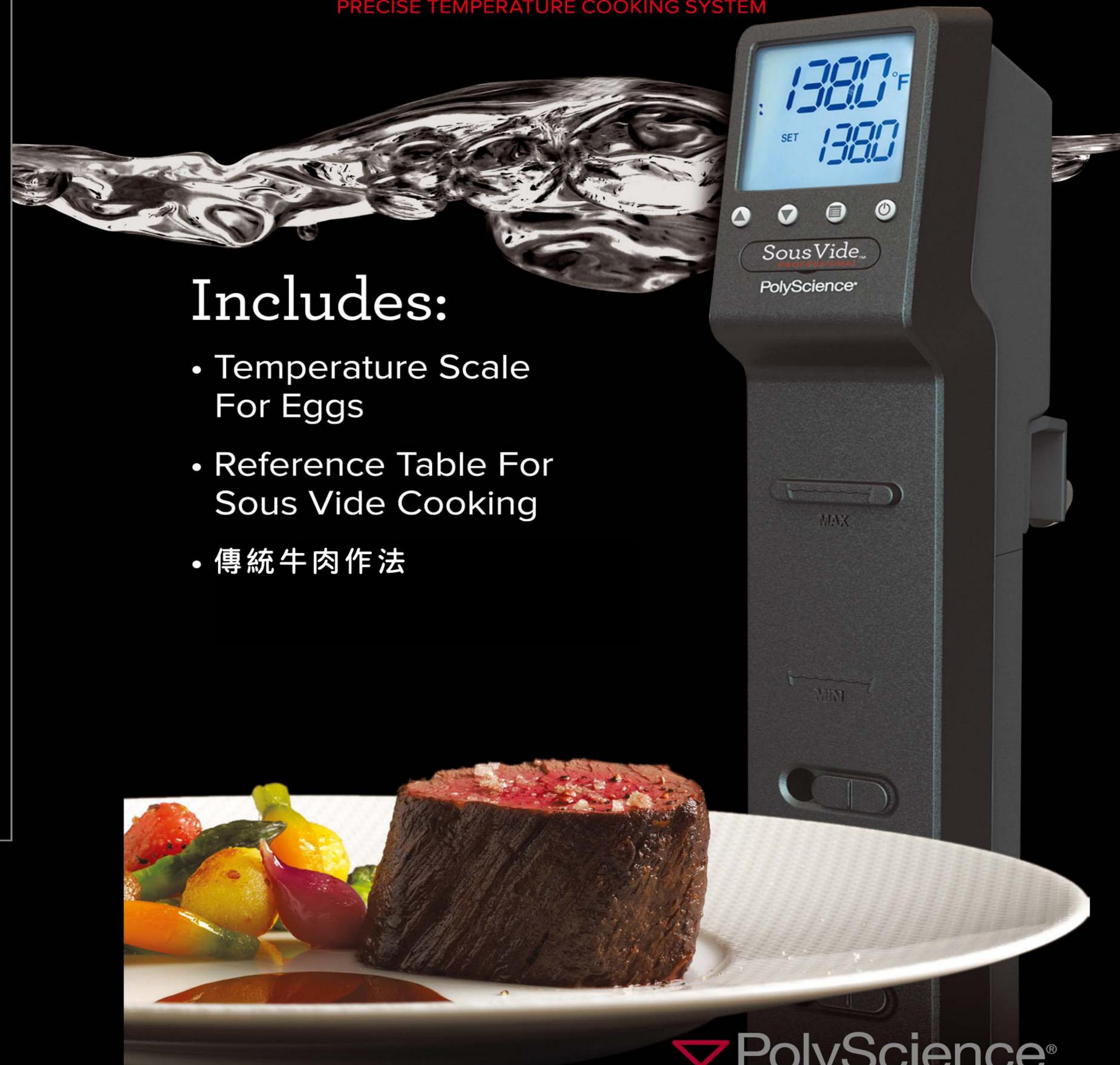
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溫度參考指南

Sous Vide™

PROFESSIONAL

PRECISE TEMPERATURE COOKING SYSTEM

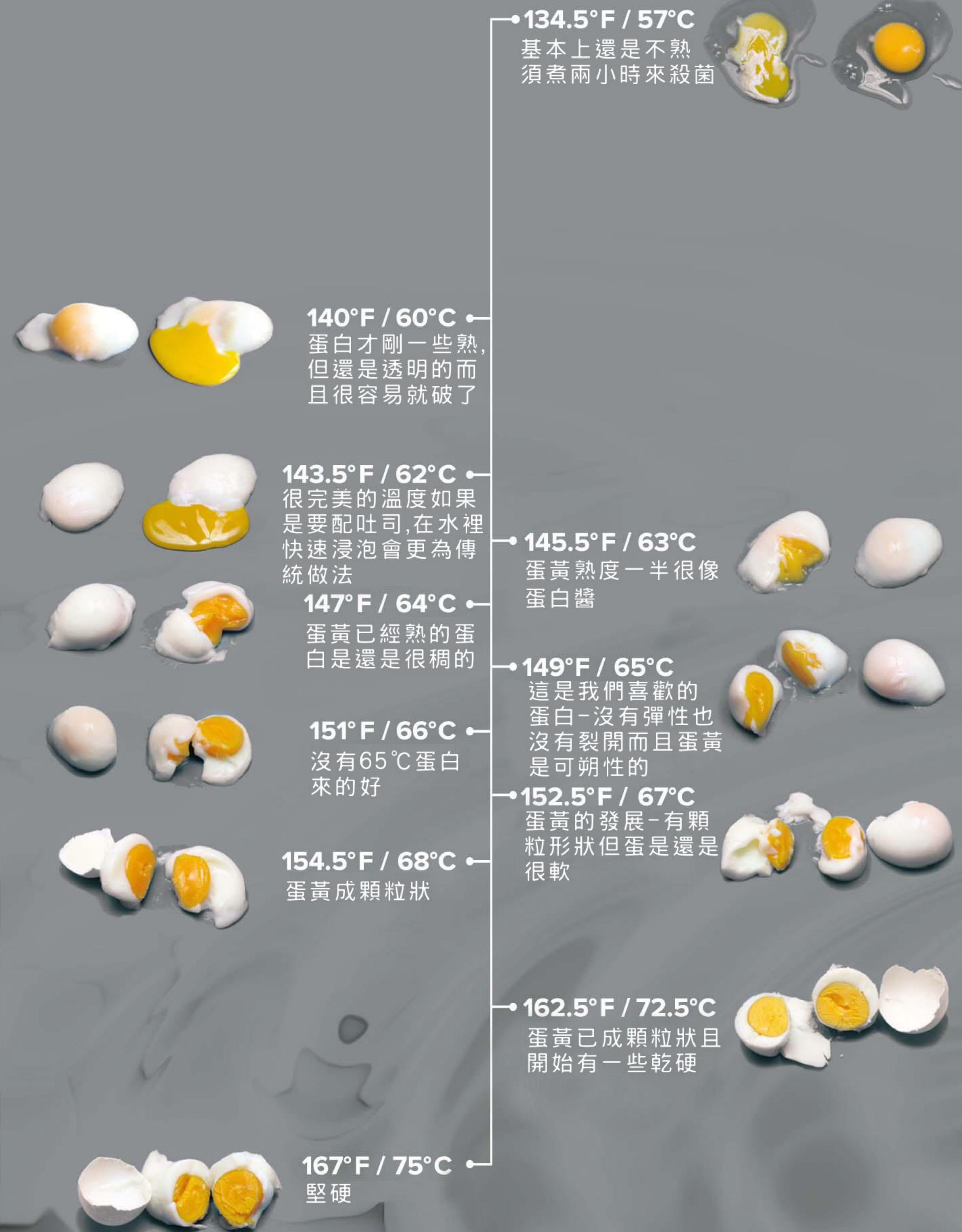


Includes:

- Temperature Scale For Eggs
- Reference Table For Sous Vide Cooking
- 傳統牛肉作法

EGG TEMPERATURE SCALE

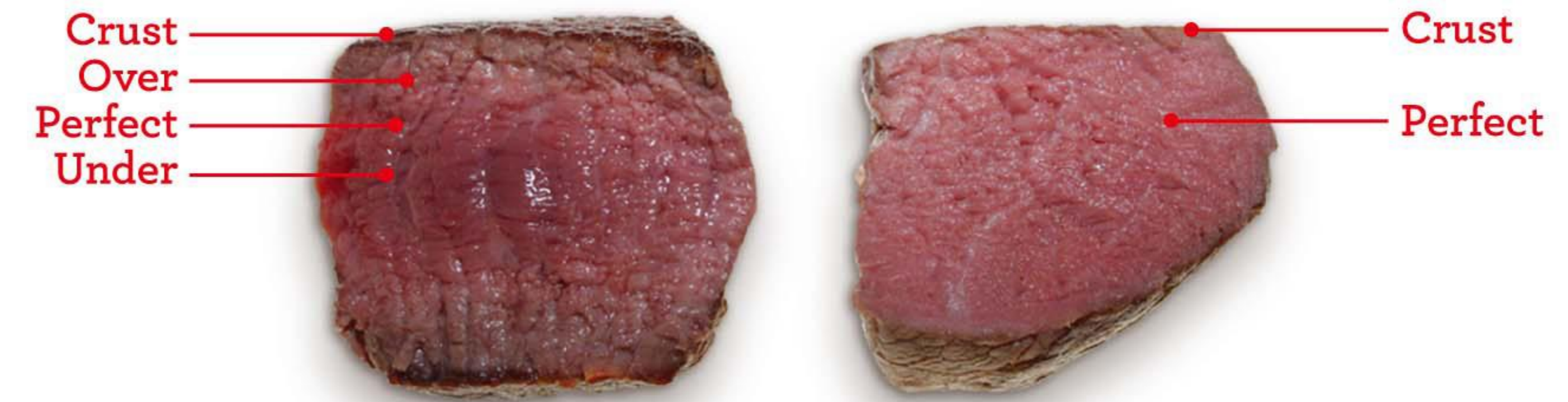
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Egg Temperature Scale and Beef Comparison Courtesy of www.cookingissues.com

BEEF COMPARISON

傳統牛肉作法 VS. 使用sous vide作法的參考



Different Levels Of Doneness

Perfect Doneness Throughout

TEMPERATURE REFERENCE TABLE

	食材	烹調溫度	時間	尺寸
牛肉	Tenderloin	138°F / 59°C	45 Mins.	3in. / 7.6cm.
	Rib Eye Steak	134-138°F / 56-59°C	45 Mins.	1in. / 2.5cm.
	Strip Steak	134-138°F / 56-59°C	45 Mins.	1in. / 2.5cm.
	Porterhouse Steak	134-138°F / 56-59°C	45 Mins.	1in. / 2.5cm.
	Brisket	147°F / 64°C	48 Hrs.	
	Veal Shank	167°F / 75°C	12 Hrs.	1 1/2in / 3.8cm.
LAMB	Lamb Saddle	141°F / 60.5°C	35 Mins.	1 1/2in / 3.8cm.
豬肉	Pork Belly	180°F / 82°C	12 Hrs.	
	Ribs	138°F / 59°C	48 Hrs.	1in. / 2.5cm.
POULTRY	Chicken Breast	147°F / 64°C	35 Mins.	2in. / 5cm.
	Duck Breast	147°F / 64°C	40 Mins.	2in. / 5cm.
	Chicken Thighs	152°F / 66.6°C	90 Mins.	2in. / 5cm.
	Fois Gras	180°F / 82.2°C	1.5 Mins.	2in. / 5cm.
魚	Salmon Filet	125°F / 52°C	15 Mins.	1in. / 2.5cm.
	Cod Filet	140°F / 60°C	10-12 Mins.	1in. / 2.5cm.
	Halibut	140°F / 60°C	10-12 Mins.	1in. / 2.5cm.
帶殼海鮮	Shrimp	149°F / 65°C	5-7 Mins.	1in. / 2.5cm.
	Lobster	145°F / 63°C	15 Mins.	1in. / 2.5cm.
	Scallops	140°F / 60°C	15 Mins.	1in. / 2.5cm.
蔬菜	Root - Whole (Beets, Carrots, Potatoes, etc.)	185°F / 85°C	45-90 Mins.	2in. / 2.5cm.
	Root - Cut (Beets, Carrots, Potatoes, etc.)	185°F / 85°C	20-30 Mins.	1in. / 2.5cm.
	Bulb - Whole (Onions, Shallots etc.)	185°F / 85°C	90 Mins.	2in. / 5cm.
	Squash - Cut	185°F / 85°C	30 Mins.	1in. / 2.5cm.
	Artichoke Hearts	185°F / 85°C	45-75 Mins.	1 1/2in. / 3.8cm.
水果	Peach Wedges	185°F / 85°C	15-20 Mins.	1/2in. / 1.2cm.
	Pear Wedges	181°F / 83°C	25 Mins.	1/2in. / 1.2cm.
	Apple Wedges	185°F / 85°C	90 Mins.	1in. / 2.5cm.
有殼蛋	Soft Poached Egg	145°F / 63°C	60-90 Mins	Large Size
CUSTARDS	Crème Anglaise	179.6°F / 82°C	20 Mins.	

This table is only meant to serve as a guideline. Temperatures should be adjusted to your preference of doneness. Cooking time should be adjusted to initial temperature, heat transfer characteristics, and thickness of the food being cooked.