

TABLE OF TEMPERATURES AND TIMES

Meat	Thickness	Temperature	Time
Tenderloin (lamb or beef)	1.0 inch	Choose doneness	1 Hour
Back (lamb or beef)	2.0 inch	Choose doneness	2 Hour
Roast / lamb leg	2.8 inch	134 °F	10 Hour
Spareribs	2.0 inch	140 °F	8 Hour
Pork tenderloin	1.5 inch	134 °F	1,5 Hour
Pork roast	2.8 inch	160 °F – 176 °F	12 Hour
Deer tenderloin		136 °F	20 Minutes
Stag tenderloin		136 °F	25 Minutes
Back of roar		140 °F	30 Minutes
Chicken breast	2.0 inch	140 °F	45 Minutes
Chicken leg		149 °F	1,5 Hour
Turkey		176 °F	8 Hour
Duck breast		Choose doneness	1 Hour
Leg of duck		149 °F	1,5 Hour
Fish	Thickness	Temperature	Time
Low-fat fish as sole or halibut	0.5 inch	Choose doneness	15 Minutes
Fatty or oily fish as salmon	1.0 inch	Choose doneness	20 Minutes
Lobster		138 °F	15 Minutes
Scallop	1.0 inch	117 °F	30 Minutes
Shrimp	Jumbo	122 °F	30 Minutes
Fruits & vegetables	Diameter	Temperature	Time
Root vegetable (carrots, celery, asparagus)	Up to 50 mm	183 °F	1 – 2 Hour
Tender vegetables (pumpkin, fennel, cauliflower, ...)	Up to 50 mm	183 °F	45 Minutes
Fruits (apples, pears)	Up to 50 mm	183 °F	45 Minutes
Soft fruits (mango, strawberry, peach)	Up to 50 mm	183 °F	30 Minutes
Eggs	Piece	Temperature	Time
Eggs soft boiled with shell (fast)	1-12 pcs	167 °F	15 Minutes
Scrambled eggs	5 eggs	167 °F	20 Minutes