

USDA Sous Vide Cooking Guidelines

Minimum Safe Internal Temperatures:

- Poultry (chicken, turkey, duck): 165°F (74°C)
- Ground meats (beef, pork, lamb): 160°F (71°C)
- Whole cuts of pork: 145°F (63°C)
- Whole cuts of beef, lamb, and veal: 145°F (63°C)
- Fish and shellfish: 145°F (63°C)

Holding times at lower temperatures can also pasteurize proteins. Use certified equipment and follow HACCP safety guidelines.

These guidelines are for general reference. Always verify with updated USDA or local health authority publications.