

FISH		
PRODUCT	TEMPERATURE	TIME
Cod	50 °C / 122 °F	12-15'
Cuttlefish	64 °C / 147 °F	10 h
Eel	59 °C / 138 °F	10'
Grouper fish	55 °C / 131 °F	4'
Hake	60 °C / 140 °F	12'
Mackerel	45 °C / 113 °F	8'
Monkfish	60 °C / 140 °F	12'
Monkfish liver	64 °C / 147 °F	3 h 15'
Red mullet	55 °C / 131 °F	5'
Salmon	50 °C / 122 °F	15'
Sea bass	60 °C / 140 °F	12'
Skate	55 °C / 131 °F	12'
Sole	55 °C / 131 °F	4'
Squid	55 °C / 131 °F	7'
Squid	55 °C / 131 °F	7'
Sturgeon	61 °C / 142 °F	16'
Swordfish	50 °C / 122 °F	12-15'
Tuna	50 °C / 122 °F	11'
Tuna Belly (Ventresca)	50 °C / 122 °F	8'

SHELLFISH		
PRODUCT	TEMPERATURE	TIME
Clams	90 °C / 194 °F	2'
Cockles	90 °C / 194 °F	2'
Mussels	90 °C / 194 °F	2'
Octopus	77 °C / 171 °F	5 h
Oysters	85 °C / 185 °F	4'
Razor clams	65 °C / 149 °F	5'
Rock mussels	80 °C / 176 °F	3'
Scarlet shrimp	65 °C / 149 °F	7'

MEAT		
PRODUCT	TEMPERATURE	TIME
Bacon terrine and rabbit ribs	64 °C / 147 °F	12'
Chateaubriand	60 °C / 140 °F	45'
Chicken breast	65 °C / 149 °F	25'
Chicken thighs	80 °C / 176 °F	2 h
Duck magret	65 °C / 149 °F	50'
Duck thighs	80 °C / 176 °F	8-10 h
Foie gras	64 °C / 147 °F	30'
Free-range chicken breast	65 °C / 149 °F	35'
Knuckle of pork	80 °C / 176 °F	10 h
Neck of lamb	80 °C / 176 °F	16 h
Partridge thighs	80 °C / 176 °F	6 h
Pig's snout - ear	80 °C / 176 °F	18 h
Pig's tail	82 °C / 180 °F	8 h
Pig's trotters	80 °C / 176 °F	18 h
Pigeon breast	65 °C / 149 °F	15'
Pigeon thighs	80 °C / 176 °F	2 h 30'
Pork belly	80 °C / 176 °F	10 h
Pork cheek	80 °C / 176 °F	12 h
Pork jowl	80 °C / 176 °F	18 h
Pork ribs	80 °C / 176 °F	18 h
Poulard	62 °C / 144 °F	1 h 30'
Poulard breast	62 °C / 144 °F	1 h 30'
Poulard thighs	68 °C / 154 °F	1 h
Pressed duck magret	65 °C / 149 °F	25'
Rabbit terrine	74 °C / 165 °F	12 h
Rack of lamb	60 °C / 140 °F	35'
Shoulder of kid goat	80 °C / 176 °F	10 h

Shoulder of lamb	80 °C / 176 °F	18 h
Stuffed quail	64 °C / 147 °F	1 h
Veal cheek	80 °C / 176 °F	14-18 h
Veal heart	80 °C / 176 °F	24 h
Veal kidneys	85 °C / 185 °F	1 h 30'
Veal knuckle	80 °C / 176 °F	10 h
Veal liver	65 °C / 149 °F	1 h
Veal sweetbreads	82 °C / 180 °F	8 h
Veal tongue	80 °C / 176 °F	18 h
Veal tripe	82 °C / 180 °F	8 h
Whole suckling pig	80 °C / 176 °F	12 h



VEGETABLES		
PRODUCT	TEMPERATURE	TIME
Artichoke	85 °C / 185 °F	25-45'
Baby carrot	85 °C / 185 °F	16-20'
Baby courgette	85 °C / 185 °F	20'
Beetroot	85 °C / 185 °F	2'
Black turnip	85 °C / 185 °F	20-25'
Button mushrooms	85 °C / 185 °F	7'
Carrot	85 °C / 185 °F	45-55'
Cauliflower	85 °C / 185 °F	40'
Celeriac	85 °C / 185 °F	20'
Courgette	85 °C / 185 °F	14-15'
Fennel	85 °C / 185 °F	50'
Frozen broad beans	85 °C / 185 °F	20'
Frozen peas	85 °C / 185 °F	15'
Garlic confit	85 °C / 185 °F	1 h
Green asparagus	85 °C / 185 °F	24'
Green garlic	85 °C / 185 °F	10-25'
Pak choy	85 °C / 185 °F	6'
Parsnip	85 °C / 185 °F	10'
Pumpkin	85 °C / 185 °F	12-15'
Quince	85 °C / 185 °F	45'
Radish	85 °C / 185 °F	5'
Rhubarb	61 °C / 142 °F	1 h
Salsify	85 °C / 185 °F	14'
Sliced potato (1 cm)	85 °C / 185 °F	25'
Spinach	85 °C / 185 °F	15'
Spring onion	85 °C / 185 °F	30'
Swede	85 °C / 185 °F	16'

Sweet potato	85 °C / 185 °F	2'
Swiss chard	85 °C / 185 °F	15'
Turnip	85 °C / 185 °F	20-40'
White asparagus	85 °C / 185 °F	40'
Whole potato	85 °C / 185 °F	3 h

FRUIT AND OTHERS		
PRODUCT	TEMPERATURE	TIME
Apple	85 °C / 185 °F	12'
Banana	65 °C / 149 °F	20'
Cherry	83 °C / 181 °F	20'
Coconut	83 °C / 181 °F	40'
Custard	83 °C / 181 °F	20'
Figs	63 °C / 145 °F	40'
Kiwi	80 °C / 176 °F	20'
Melon	65 °C / 149 °F	20'
Orange confit in syrup (blanched previously)	65 °C / 149 °F	2 h
Papaya	64 °C / 147 °F	45'
Peaches in syrup	80 °C / 176 °F	45'
Pear purée	83 °C / 181 °F	1 h
Persimmon	83 °C / 181 °F	35'
Pineapple	80 °C / 176 °F	30'
Plum	65 °C / 149 °F	20'
Pomegranate water	80 °C / 176 °F	30'
Raspberry juice	65 °C / 149 °F	45'
Watermelon	65 °C / 149 °F	20'