

Area to be cut out

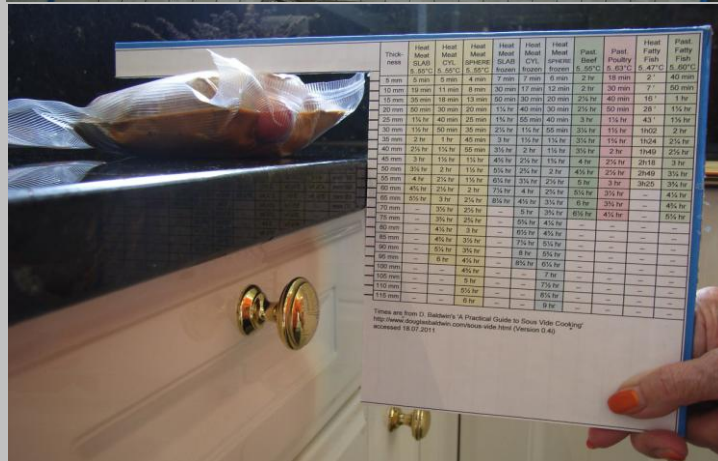
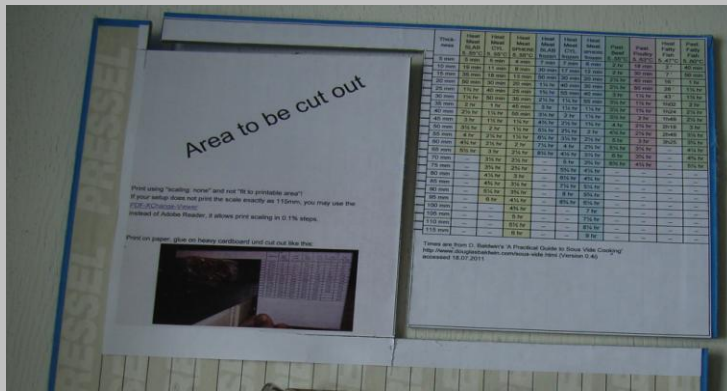
Print using "scaling: none" and not "fit to printable area"!

If your setup does not print the scale exactly as 115mm, you may use the

[PDF-XChange-Viewer](#)

instead of Adobe Reader, it allows print scaling in 0.1% steps.

Print on paper, glue on heavy cardboard und cut out like this:



Thick-ness	Heat Meat SLAB 5..55°C	Heat Meat CYL 5..55°C	Heat Meat SPHERE 5..55°C	Heat Meat SLAB frozen	Heat Meat CYL frozen	Heat Meat SPHERE frozen	Past. Beef 5..55°C	Past. Poultry 5..63°C	Heat Fatty Fish 5..47°C	Past. Fatty Fish 5..60°C
5 mm	5 min	5 min	4 min	7 min	7 min	6 min	2 hr	18 min	2 '	40 min
10 mm	19 min	11 min	8 min	30 min	17 min	12 min	2 hr	30 min	7 '	50 min
15 mm	35 min	18 min	13 min	50 min	30 min	20 min	2¼ hr	40 min	16 '	1 hr
20 mm	50 min	30 min	20 min	1¼ hr	40 min	30 min	2½ hr	50 min	28 '	1¼ hr
25 mm	1¼ hr	40 min	25 min	1¼ hr	55 min	40 min	3 hr	1¼ hr	43 '	1½ hr
30 mm	1½ hr	50 min	35 min	2¼ hr	1¼ hr	55 min	3¼ hr	1½ hr	1h02	2 hr
35 mm	2 hr	1 hr	45 min	3 hr	1½ hr	1¼ hr	3¼ hr	1¾ hr	1h24	2¼ hr
40 mm	2½ hr	1¼ hr	55 min	3½ hr	2 hr	1½ hr	3½ hr	2 hr	1h49	2½ hr
45 mm	3 hr	1½ hr	1¼ hr	4½ hr	2½ hr	1¾ hr	4 hr	2¼ hr	2h18	3 hr
50 mm	3½ hr	2 hr	1½ hr	5¼ hr	2¾ hr	2 hr	4½ hr	2½ hr	2h49	3¼ hr
55 mm	4 hr	2¼ hr	1½ hr	6¼ hr	3¼ hr	2½ hr	5 hr	3 hr	3h25	3¾ hr
60 mm	4¾ hr	2½ hr	2 hr	7¼ hr	4 hr	2¾ hr	5¼ hr	3¼ hr	–	4¼ hr
65 mm	5½ hr	3 hr	2¼ hr	8¼ hr	4½ hr	3¼ hr	6 hr	3¾ hr	–	4¾ hr
70 mm	–	3½ hr	2½ hr	–	5 hr	3¾ hr	6½ hr	4¼ hr	–	5¼ hr
75 mm	–	3¾ hr	2¾ hr	–	5¾ hr	4¼ hr	–	–	–	–
80 mm	–	4¼ hr	3 hr	–	6½ hr	4¾ hr	–	–	–	–
85 mm	–	4¾ hr	3½ hr	–	7¼ hr	5¼ hr	–	–	–	–
90 mm	–	5¼ hr	3¾ hr	–	8 hr	5¾ hr	–	–	–	–
95 mm	–	6 hr	4¼ hr	–	8¾ hr	6¼ hr	–	–	–	–
100 mm	–	–	4¾ hr	–	–	7 hr	–	–	–	–
105 mm	–	–	5 hr	–	–	7½ hr	–	–	–	–
110 mm	–	–	5½ hr	–	–	8¼ hr	–	–	–	–
115 mm	–	–	6 hr	–	–	9 hr	–	–	–	–

Times are from D. Baldwin's 'A Practical Guide to Sous Vide Cooking'
<http://www.douglasbaldwin.com/sous-vid.html> (Version 0.4i)
 accessed 18.07.2011