

<u>Item</u>	<u>Thickness (Inch)</u>	<u>Temperature (F)</u>	<u>Time (hour:min)</u>	<u>Searing Method</u>	<u>*Taste</u>	<u>Notes</u>
Chicken Breast (Boneless/Skinless)	1 1/4	149	1:45	Pan	8	Tender/moist/perhaps slightly overdone/seared in skillet/excellent sauce with reserved liquid
Atlantic Salmon	1	122	0:40	Pan	10	Tender/moist/flaky/seared in skillet-skin side/try 30 minutes/
Beef Rib Steak (bone in)	2	131	2:45	Pan	10	muscle tender/connecting tissue tough/texture is awesome/cheap cut, cook longer
Chicken Thighs/boneless skinless	NA	165	1:30	N/A	8	Tender and moist, very good, cooked for use in daily soup
Chicken Thighs/boneless skinless #2	NA	159	2:00	N/A	8	Tender, great gravy, bit overdone for taste
Potato/russet/quartered	NA	190	1:00	N/A	8	Well done and tasty
Atlantic Salmon	1/2 - 3/4	122	0:30	Pan	10	Tender/moist/flaky/seared in skillet-skin side/Best yet
Pork Roast	2	135	24:00	Oven 450 :50	9	Med rare, seared in oven, excellent
Asparagus	N/A	185	:15	N/A	8	2 bunches/Good, a little underdone/try smaller batch or use 190F
Okra	N/A	185	01:00	N/A	10	Best ever okra for vegetable serving.
Corned Beef (Flat)	N/A	140	48:00	N/A	10	Excellent texture
Beef Chuck Roast		132	22:00		8	Well done and tasty
Beef Tenderloin		129	00:45		10	Linda love it this way
Dog Food (Round Steak strips)	3/8	142	03:00			Dog loves it. Not seasoned so natural for canine.
Mashed Potatoes		195	02:00		10	Best ever mashed potatoes, see recipe
Pork Butt Steak		140	02:00		10	Excellent texture
Ribeye Angus	3/4	129	02:00		9	Coated with mayonaise before searing in pan ... excellent.
Tri Tip Beef Roast		145	26:00			