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r/sousvide



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r/sousvide • 2 yr. ago

SE619SD



Sous Vide chicken breast

Anyone here have experience cooking chicken breast as a way of meal prepping? I have oven baked, grilled, air fried, and smoked and feel like I have done everything I possibly can to cook my chicken breast but for some reason they get tougher and tougher. I'm aware that they're lean meat and that they get dry but a friend of mine recommended using a sous vide.

Any thoughts and experiences?



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31

69



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drewpuffer • 2y ago

[Serious eats food lab](#) did a whole guide on SV chicken breast. Personally I marinade in something delicious overnight, SV at 150F for an hour and chill. No sear. Perfect for lunch chicken wraps.

<https://www.seriousseats.com/the-food-lab-complete-guide-to-sous-vide-chicken-breast>

22 ...



Shortshriveledpeepee • 2y ago

I have use the SE guide for this and love it. The juice in the bag makes a delicious pan sauce too. Add some butter to the pan and reduce the liquid for about 2 min.

4 ...



throwdemawaaay • 2y ago

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overcooking. That ends up being really dang useful for chicken breast.

Here's a comprehensive article that should cover all the bases: <https://www.seriousseats.com/the-food-lab-complete-guide-to-sous-vide-chicken-breast>

I personally like doing breasts at around 150F. This produces something like a traditional poached texture, but nice and juicy vs overcooked. It'll take around one hour per inch of thickness.

Cooking a batch is basically the same work as cooking a single breast, so I just buy value packs whenever stuff goes on sale, season a few different ways, cook then freeze. You can warm from frozen to serve using the sous vide again at 140F for around one hour. I mostly cook thighs out of preference, but I do like doing a batch of breasts with just simple herb seasoning occasionally to use in salads or with pasta.

↑ 3 ↓ ...



Independent-Fuel4962 • 2y ago

Yesterday I did chicken, Italian seasoning, sundried tomato, and a little Alfredo sauce. 150 for 1.5 hrs. When it was done I shredded the chicken and added rest of sauce and pasta. Yum!

↑ 2 ↓ ...



Difrensays • 2y ago

Just did some from frozen at 132 for 3-4 hours last night and finished them with a quick sear. As you can see from the responses, there's a range of methods to use, find what works for you.

↑ 2 ↓ ...



kulaski • 2y ago

It is the second reason why I bought our sous vide. Meal prepped chicken breasts a few ways from a simple salt & ginger seasoning to katsu, harissa, romesco, and recently soy sauce chicken.

↑ 2 ↓ ...



charliewonderful • 2y ago

I have done this. 145 for minimum 2 hours. Then in icr water. Then I either reheat via BBQ or frying pan for sear and flavour. They stay tender this way...although next time I may try 150.

↑ 2 ↓ ...



AnthropologicalSage • 2y ago • Edited 2y ago

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OP you'll have to experiment with what you like best. Food Lab recommends different temps for different types of dishes.

ETA: if you SV 1-2 breasts per bag, you can take them out as needed and since they're vacuum sealed and pasteurized in the bag they will keep longer in the fridge, you may get away with prepping chicken only every other week.

**bvo29** • 2y ago

I love sv chicken breast (boneless, skinless). 140F for 2-3 hours and they come out moist and tender. I don't bother to sear it afterwards. You have to season it generously or have some sort of sauce because it's a pretty [bland protein](#) [Q](#).

[+](#) 2 more replies

r/sousvide • 6 mo. ago

Sous vide chicken thighs?

4 upvotes · 49 comments



r/sousvide • 23 days ago

Combi oven sous vide whole chicken is the bestttt!

105 upvotes · 43 comments



r/sousvide • 5 mo. ago

How much fat should I trim off of these lamb chops before being sous vide? (Is this an unusual amount of fat for the butcher to leave?)

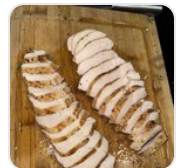
180 upvotes · 75 comments



r/sousvide • 6 mo. ago

Chicken Breast

228 upvotes · 34 comments



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64 upvotes · 35 comments



r/sousvide • 7 mo. ago

Boneless Skinless Chicken Breast: 145° for 2.5 hours

254 upvotes · 87 comments



r/sousvide • 5 mo. ago

The 150F chicken breast for weight training

88 upvotes · 63 comments



r/sousvide • 2 mo. ago

Got a sous vide for Father's Day and made a pork tenderloin with a mushroom/shallot cream sauce as my first meal tonight. I'm hooked.

152 upvotes · 43 comments



r/sousvide • 6 mo. ago

Sous vide pork tenderloin temperature

18 upvotes · 39 comments



r/sousvide • 9 mo. ago

First Time Doing Sous Vide Pork Chops!

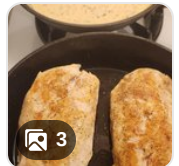
118 upvotes · 20 comments



r/sousvide • 7 mo. ago

Chicken Breast - 2hrs @ 148

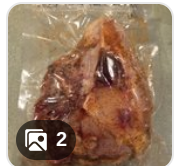
84 upvotes · 18 comments



r/sousvide • 3 mo. ago

What temp for bone-in chicken breast?

49 upvotes · 30 comments



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31 upvotes · 14 comments

r/sousvide • 1 mo. ago

Cooking veggies sous vide. From Thomas Keller's Masterclass.

26 upvotes · 18 comments

r/sousvide • 2 mo. ago

Did some sous vide lobster rolls this evening



91 upvotes · 26 comments

r/sousvide • 1 mo. ago

Chicken breast, 1st time

7 upvotes · 13 comments

r/sousvide • 5 mo. ago

Jerk Chicken Breast



70 upvotes · 10 comments

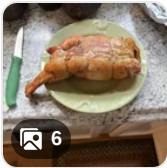
r/sousvide • 23 days ago

Tell me your SV boneless skinless chicken breast pro-tips

12 upvotes · 52 comments

r/sousvide • 2 mo. ago

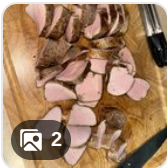
Turkey breast



77 upvotes · 15 comments

r/sousvide • 13 days ago

Pork Tenderloin AMAZING!



211 upvotes · 44 comments

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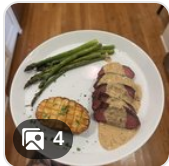
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35 upvotes · 15 comments

 r/sousvide • 18 days ago

Venison Steak au Poivre



124 upvotes · 14 comments

 r/sousvide • 1 mo. ago

Pork tenderloin for tomorrow



103 upvotes · 32 comments

 r/sousvide • 3 mo. ago

Pork tenderloin



90 upvotes · 17 comments

 r/sousvide • 3 mo. ago

Pork tenderloin



87 upvotes · 11 comments

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