



# RECOMMENDED

VACUUM, SPEED, AND TUMBLING SETTINGS

PRODUCTS	PERCENTAGE OF VACUUM	CONTROL SPEED SETTING (RPM)	TUMBLING TIME
Boneless Chicken Breasts	95%	10.5	15 minutes
Boneless Pork Chops	95%	10.5	15 minutes
Roughy Fillet	95%	7.5	12-24 minutes
Whitefish Fillet	95%	6.5	Two 5 minute cycles with a 5 minute break between
Peeled & De-veined Shrimp	95%	6.5	12-24 minutes
Turkey Drum	95%	14	45-120 minutes
Ribs	95%	12	45 minutes
Beef Shish Kabob	95%	7.5	15 minutes
Chicken Shish Kabob	95%	7.5	15 minutes
Sirloin Steak (1" Cut)	95%	7.5	12-15 minutes
Delmonico Steak (1" Cut)	95%	7.5	12-15 minutes
Strip Steak (1" Cut)	95%	7.5	12-15 minutes
Chuck Steak (1" Cut)	95%	9	15 minutes
Round Steak (1" Cut)	95%	10.5	15-20 minutes
Teriyaki Tip	95%	9	15 minutes

Adjust accordingly for thickness and lap length