



**Figure S1.** Temperature profiles of heating medium and core fillets at 50°C (a) and 60°C (b) for various times during SV-cooking.

**Table S1.** Physicochemical properties of raw tilapia (before applied with SV-cooking).

Parameters	Raw tilapia
WHC (%)	93.63±2.55
Shear force (N)	15.55±0.70
TPA	
Hardness (N)	1,368.01±103.25
Chewiness (N)	666.29±30.15
Gumminess (N)	713.32±26.23
Springiness (mm)	0.70±0.02
Cohesiveness	0.40±0.05
Water-soluble protein (%)	5.23±0.45
Salt-soluble protein (%)	10.06±2.01
Total collagen (mg/g)	12.19±0.92
Insoluble collagen (mg/g)	3.19±0.29

Mean ± SD. Different lowercase superscripts in the same row indicate the significant difference (P<0.05).