



Sous Vide Egg Bites

Jacob · 28/09/2024



Prep Time

1 hr 10 mins

Difficult

Medium

Servings

6

Description

These egg bites are similar to the famous coffee shop egg bites but are customizable with your favorite ingredients and are double the size. Feel free to eat them plain; they are just as tasty.

Ingredients

— - 6 large eggs - ½ cup cottage cheese - 2 tablespoons heavy cream - ½ teaspoon salt - 6 (4-ounce) mason jars - 1 serving cooking spray

Instructions

1. Fill a large pot with water and place a sous vide immersion cooker into the water. Set temperature to 170 degrees F (77 degrees C) according to manufacturer's directions. Combine eggs
2. cottage cheese
3. heavy cream
4. and salt in a blender; mix until thoroughly blended
5. 15 to 20 seconds. Spray mason jars with cooking spray. Divide egg mixture between each jar. Screw on the lids until just barely tightened. Do not over-tighten as the jars can burst in the hot water. Submerge mason jars into the water bath and set timer for 55 minutes. When timer is up
6. remove jars to a cooling rack. If serving immediately
7. run a knife along the outer edge and invert onto a plate; you can also eat directly from the jar. Let any remaining jars cool
8. then refrigerate for up to 1 week. Recipe Tips To add cheese flavor
9. blend 1/2 cup of your favorite shredded cheese in with the egg mixture. You can also add 1 tablespoon of cooked add-ins to the bottom of each jar before pouring in the egg mixture. Some favorite combos include broccoli and Cheddar
10. ham and Swiss
11. or roasted red pepper and feta. Reheat in the microwave on low power (30%) for about 1 minute
12. or in a sous vide bath for 10 to 15 minutes at 150 degrees F (65 degrees C).