

Sous Vide Egg Bites

Ingredients

- 12 large eggs
- ⅓ cup of milk
- shredded cheese
- Salt & pepper to taste
- 10 - 4oz mason jars
- Optional add-in ideas: green chilies, peppers, bacon

Directions

1. Prepare your vessel (pot or cambro) with hot water as per your Sous Vide immersion circulator directions. Keep in mind you need room to add your mason jars. Attach your SV machine to the side of your vessel
2. Set your SV machine to 172°F. Please note, if you use cold/cool water, this process may take 45 minutes to heat. Once you are almost at temp, it's time to prepare your eggs.
3. Spray 10 4-oz. mason jars with nonstick cooking spray.
4. Add 1 tablespoon of cheese to the bottom of each jar. If you are using add-ins, also add them in now.
5. In a separate bowl, mix together the egg, milk, and salt and pepper.
6. Fill each jar up to at least 3/4 of the way full with the egg mixture (If you do not get it to 3/4th, the jars will float, which isn't ideal but not horrible). Give each egg cup a good stir.
7. When tightening the lids, tight fully, then screw off one half a turn (if your jars are over tightened, they may crack and ruin your precious eggs).
8. Using a pair of tongs, stack your jars into the vessel making sure the full jar is submerged. You should see bubbles come from the jars, this is fine.
9. Set your timer for 55-60 minutes.
10. Once the time is up, remove ONE jar and check the egg consistency. They should feel and look semi-firm (think souffle) but not overcooked. If they're still runny at all, get them back in for 3-5 minutes