



GUIDE TO A PERFECT EGG

THE EGG YOLK SPECTRUM



Sous vide turns the humble egg into creamy, indulgent globules of desire. Here's how you achieve any kind of egg consistency you like!

INCREASING THICKNESS

FLOWING 'CREAM'	VISCOUS 'HONEY'	THICK 'MAYONNAISE'	PLIABLE 'CAMEMBERT'	HARD BOILED
🌡️ 143.0°F 61.5°C	🕒 60 mins	🌡️ 145.5°F 63.0°C	🕒 60 mins	🌡️ 148.0°F 64.0°C
🌡️ 154.5°F 68.0°C	🕒 60 mins	🌡️ 194°F 90°C	🕒 20 mins	

PERFECT FOR

SAUCES Fully cooked to delicate runniness. Perfect for egg-based sauces, spaghetti carbonara or the exotic Asian "half-boiled egg".	SOFT BOILED EGGS The perfect soft boiled egg. Custardy whites and a thick, honey-like yolk - never settle for less at breakfast!	POACHED EGGS The egg white and yolk are at the same luscious consistency, creating a perfectly poached egg that smoothly slides out of its shell.	HARD BOILED EGGS The yolk forms a rich, golden truffle. Firming the whites (see below) creates a tender, melt-in-your-mouth hard-boiled egg.
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OPTIONAL: FIRMING THE WHITES

After sous-vide cooking, egg whites are lightly set at a custardy texture. To bring the whites to a firm, peelable solid without affecting the yolks:



COOL

Your eggs - running tap water is perfect



BOIL

Your eggs at 212°F or 100°C for 4 minutes



COOL

Your eggs again to yummy perfection

BROWN OR WHITE?

White hens produce white eggs, brown/red hens produce brown eggs. There's no difference between the two, but for some reason people generally prefer brown eggs.



NOTES:

These temperatures work for duck and quail eggs too, just halve the time for quail eggs. To pasteurize, cook eggs for 90 minutes at 135°F or 57°C.

