

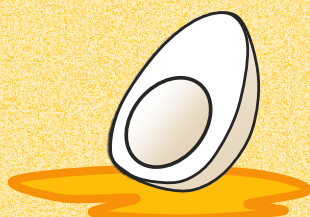
CODLO'S SOUS-VIDE GUIDE TO *Your* PERFECT EGG

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



THE EGG YOLK SPECTRUM

>>> *Increasing* THICKNESS >>>



Flowing "Cream"



61.5 °C
143.0 °F



60 mins



Viscous "Honey"



63.0 °C
145.5 °F



60 mins



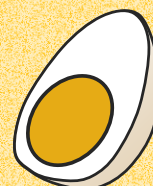
Thick "Mayonnaise"



64.0 °C
148.0 °F



60 mins



Pliable "Camembert"



68.0 °C
154.4 °F



60 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.

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 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.

FRANKEN EGGS

You can have eggs within eggs, and even multiple-yolked eggs. The largest number of yolks recorded in an egg was 9!



NOTES:

Temperature works for duck and quail eggs too, just halve the time for quail eggs. To pasteurize, cook eggs for 1 hour 15 minutes.



Temperature



Timing