Sous Vide Egg Bites

Make-ahead · Serves a crowd · Makes 10 jars (1½ recipe makes 22)

Ken's note: TBD

Silky egg bites cooked in small jars in a sous vide bath. They keep about a week in the refrigerator and reheat in under a minute, which makes them good for busy mornings. You need a sous vide circulator and 10 small (4-oz) canning jars with lids.

Ingredients

- 12 eggs
- ½ cup cottage cheese
- ½ cup heavy cream
- ½ tsp garlic powder
- ½ tsp paprika
- ½ tsp black pepper
- ½ tsp hot sauce
- ¼ tsp salt
- 2 Tbsp unsalted butter, for the jars
- 10 slices bacon, cooked and crumbled (or cooked breakfast sausage), plus any chopped vegetables
- 1 cup grated Gruyère or sharp cheddar

Method

1. Heat the sous vide bath to 172°F. Blend the eggs, cottage cheese, cream, and seasonings on medium speed until smooth. Taste a spoonful of the cooked bacon and cheese before deciding on the salt; both are salty.
2. Butter the jars. Put the bacon and vegetables in the bottoms, add the cheese, and pour the egg mixture over, leaving a little room at the top. Screw on the lids finger-tight.
3. Cook 1 hour to eat right away, or 50 minutes if you will reheat them later. Chill immediately in an ice bath if storing. Reheat in the jar, or run a knife around the edge and turn them out.
4. The family's version: 1½ times the recipe (24 eggs, 1 cup cottage cheese, ½ cup cream) with cheddar and breakfast sausage in place of the bacon; it makes 22 jars and fits in the sous vide.