

Sous Vide Poached Eggs

<http://userealbutter.com/2018/01/15/sous-vide-eggs-recipe/>
from *Serious Eats*

eggs

Set your sous vide bath to 145°F. Lower the eggs into the bath and let cook for 45 minutes. Remove the eggs from the bath. Fill a small saucepan half full of water and bring the water to a simmer, then reduce the heat so that no air bubbles appear. For each egg: crack the bottom (the fat end) of the egg shell and peel away a small window, taking care to pick off any particularly pointy bits that could pierce the egg. Empty the contents of the egg shell into a small bowl (for multiple eggs, empty them into their own individual bowls). Using a slotted or perforated spoon, scoop the egg out of the bowl, leaving the loose whites behind. Lower the egg into the small pot of hot water, swirling the water with the spoon. Cook for 1 minute, then remove the egg and serve. Repeat for the remaining eggs.