

Sous vide eggs and desserts chart

Temperature and time

Food	Doneness	Temperature	Time	Texture
Eggs (in shell) Large eggs, from the refrigerator	Raw-style, lower risk	135°F (57.2°C)	1 hr 30 min	Behaves like a raw egg, with slightly cloudy whites. For recipes that call for raw eggs.
	Very soft, barely set	140°F (60°C)	1 hr	Barely set, cloudy whites and a yolk that is still as runny as raw.
	Onsen style, liquid yolk	145°F (62.8°C)	45 min to 1 hr 5 min	Opaque, tender white with a loose fringe, and a liquid yolk only slightly thicker than raw.
	Custardy yolk	148°F (64.4°C)	45 min to 1 hr	Thick, custardy yolk with soft whites.
	Tender set yolk	150°F (65.6°C)	40 min to 1 hr	Very tender yolk that holds its shape, with fully opaque whites.
	Hard cooked	165°F (73.9°C)	40 min to 1 hr	Firm, moist yolk with firm, tender whites.
Egg bites (in jars) 4 oz jars		172°F (77.8°C)	1 hr	Fully set, smooth, and custardy.
Cheesecake (in jars) 4 oz jars		176°F (80°C)	1 hr 30 min	Smooth, creamy, and fully set after chilling.
Creme brulee Jars of 4 to 8 oz	Soft set	176°F (80°C)	1 hr	Soft, silky custard.
	Firm set	190°F (87.8°C)	1 hr to 1 hr 30 min	Firmer custard that holds a clean spoon mark.
Yogurt Jars of any size		110°F (43.3°C)	5 hr to 8 hr	Thick, tangy, set yogurt.