



### Omelets Sous-vide Serves: 2

Prep time: 20 minutes

Of course this recipe, like any omelet recipe, is endlessly variable. Swap in the vegetables you like. Don't use meat if you don't want to. Here's our go-to version, but do whatever you want to make it your own.

#### Ingredients

4 strips of bacon, diced  
1 medium onion, diced  
2 green peppers, diced  
6 eggs  
1/4 cup of heavy cream  
Salt and pepper to taste  
Parsley, for garnish (optional)



#### Directions:

- In a large stove pot, bring 3 quarts of water to a low simmer.
- Meanwhile, in a saucepan over medium heat, cook the bacon until it is slightly crisp. Place a paper towel on a plate and use a slotted spoon to transfer the bacon to a paper towel to drain. Reserve the grease in the saucepan.
- Sauté any vegetables the peppers and onions in the grease until softened, about 7 minutes. Use a slotted spoon to remove the vegetables from the pan. Discard the grease.
- In a medium bowl, whisk the eggs until smooth. Whisk in the cream, salt and pepper.
- Pour the eggs into a sealable, heavy-duty gallon-size plastic bag. Add the bacon and the vegetables and seal the bag.
- Submerge the bag in the simmering water and cook for 13 minutes. Be careful that the bag doesn't touch the sides of the pot and melt. If you need to, remove the bag, add some more water and let it come back to a simmer before re-submerging the bag.
- Remove from the bag and garnish with parsley. Serve immediately.

Source: The Bitten Word Blog