



AMERICAN · MEDITERRANEAN BRIDGE · BOAT-FRIENDLY · APPETIZER · TAPA ·
PORTABLE · MAKE-AHEAD

Deviled Eggs with Bottarga — Sous Vide at 75 °C

Eggs held at 75 °C for thirteen minutes — no green ring, peel clean, creamy yolks. Mashed with EVOO, lemon, mustard, and a splash of sherry vinegar, piped back into the whites, and finished with a snowfall of microplaned bottarga. The most democratic food on any table — kids and adults attack them equally.

Protein Egg (sous vide whole + bottarga finish)

Serves 10-12 (20 halves per batch)

Difficulty Beginner

Active 20 min

Total 35 min (13 min SV + prep)

THE STORY

The Most Democratic Food on the Table

Deviled eggs have a problem of reputation — they're often the thing everyone eats and nobody admits to making. The Umami version solves that with two moves that elevate without complicating. First: sous vide the eggs at 75 °C for thirteen minutes. This eliminates the three problems every home cook faces with boiled eggs (green ring around the yolk, hard to peel, inconsistent doneness batch-to-batch) by holding the water at the exact temperature that produces a creamy yolk, sets the white fully, and prevents the iron-sulfide reaction that greens the yolk-white boundary. Every egg comes out identical; every egg peels cleanly; every yolk is the same silky texture. The SV is worth it.

Second: finish with bottarga. Bottarga — salt-cured mullet or tuna roe, microplaned like cheese — adds a dense umami-ocean layer that transforms deviled eggs from a ubiquitous party food into a dish guests remember. The bottarga dust melts on contact with the yolk filling,

dissolving into a seasoning layer that reads as deeply flavored without any one ingredient dominating. This is the invisible upgrade that makes people eat five instead of two.

The dish is boat-friendly — holds 2 hours at room temperature, portable in a deviled-egg tray, appeals across generations. At dinner parties it's the tapa that disappears before anyone sits down.

AT A GLANCE

Specs

SV TEMP 75 °C · 13 min	YIELD 20 halves per 10-egg batch	DIFFICULTY Beginner ●○○○○	ACTIVE TIME 20 min
TOTAL TIME 35 min	SERVES 10–12 generous	MAKE-AHEAD SV eggs hold in fridge 3 days · filled 8 h	BOAT-FRIENDLY Yes · 2 h at room temp
CUISINE American × Mediterranean	KEY MOVE Bottarga microplaned at service		

UMAMI ADAPTATION

What Changed & Why

This is a retrofit of Pablo's existing deviled eggs recipe — used on April 18 boat day for 20 people — into CDR-35 template format. The technique is documented exactly as Pablo uses it (SV 75 °C × 13 min, bottarga finish, classic EVOO-lemon-mustard base). The ● tier commits to premium bottarga (di muggine from Sardinia) and artisan mustard, and adds an optional kamado-flame-kissed finish that lifts the dish into a dinner-party tier.

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Markdown-only legacy recipe (pre-template)	CDR-35 template with full two-tier structure	Retrofit per MEMORY.md rule: all recipes must have ● Everyday + ● No Limits tiers. Technique unchanged; sourcing options codified at both tiers.
ADD	—	Sherry vinegar splash in the yolk filling	Classical American deviled eggs use distilled white or cider vinegar. Sherry vinegar adds Spanish identity and a deeper acidic backbone that complements the bottarga finish.
ELEV	—	Optional kamado-flame-kissed yolk finish (● showpiece tier)	A brief torch or kamado-top pass on the filled deviled egg creates a Maillard dimension on the yolk surface — transforms a standard deviled egg into a modern-tapas dinner-party item. Skip for boat day; use for dinner parties.
SUB	Good eggs + commercial bottarga	● pastured eggs + bottarga microplaned at service · ● egg yolks with bright orange color (Vital Farms pastured) + Sardinian bottarga di muggine + Spanish Dijon (Vinagre de Jerez-based) + smoked paprika bloom + optional kamado finish	Egg yolk color reads directly in deviled eggs (orange = premium; pale = generic). Bottarga quality varies widely; Sardinian mullet bottarga is the gold standard.

What You Need

Everyday

The Eggs

- 10 large eggs (US large, ~50 g each)
- Ice bath for shocking after SV

The Yolk Filling

- 10 cooked yolks (from above)
- 3 tbsp good mayonnaise OR Greek yogurt OR half-and-half mix
- 2 tbsp EVOO
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 tsp sherry vinegar
- Kosher salt to taste
- Cracked black pepper to taste

The Bottarga Finish

- 30–50 g bottarga (mullet or tuna, intact block) — for microplaning at service
- 1 tbsp chopped fresh chives
- Flaky Maldon salt for finishing
- Optional: pinch of smoked paprika dusted over each half

Substitution Notes

- *No bottarga?* The dish works without it — eggs are delicious plain. Alternative salty-umami finish: furikake, crumbled crispy Ibérico ham, or a sprinkle of anchovy dust (dried anchovy ground fine).
- *No sous vide?* A steady-simmer stovetop boil at 90 °C for 10 min 30 sec + immediate ice bath produces near-equivalent results. Less reliable across batches but functional.

No Limits

The Eggs — Premium

- 10 **Vital Farms pastured eggs** (or equivalent pastured source) — deep orange yolks show visibly against the white
- Ice bath

The Filling — Spanish Bridge

- 3 tbsp **Spanish mayonnaise** (Alioli-based, Pablo's UMAMI-5 #3 alioli TM6 works beautifully as the base)
- 2 tbsp **Arbequina EVOO** (Pablo has ✓)
- 1 tbsp fresh Meyer lemon juice
- 1 tsp **Spanish Dijon** or Maille Dijon Extra Fort
- 1 tsp **Vinagre de Jerez Reserva** (Pablo has ✓)
- Maldon + cracked Tellicherry pepper

The Finish — Sardinian Bottarga

- 50 g **bottarga di muggine from Sardinia** (Regalis Foods or Markys Caviar Miami) — mullet roe, the gold standard
- Or **bottarga di tonno** (tuna roe, darker + more intense, a different flavor register)
- 1 tbsp chopped chives from a single plant
- Flaky Maldon
- Pinch of **Pimentón de la Vera dulce DO** dusted over each half

Optional Flame Finish (Dinner Party)

- Brief blowtorch pass (2 sec per egg) OR the kamado at 300 °C for 20 sec with eggs on the grate cut-side up
- Adds a Maillard layer to the yolk filling surface that changes the register

EQUIPMENT

Your Kit

- Sous vide circulator (Pablo ✓)
 - Large pot or container for SV bath
 - Slotted spoon
-

- Large bowl with ice for cooling

- Small paring knife (for halving eggs)

- Spoon or small piping bag (for filling)

- Microplane (for bottarga)

- Serving tray (deviled-egg tray OR a large platter)

- Optional: blowtorch (for flame finish ●)

MISE EN PLACE

Before You Start

- Bring refrigerated eggs to room temperature 30 min before SV (reduces thermal shock; improves peel).

- Preheat SV bath to 75 °C. Allow 15 min to stabilize.

- Set up ice bath for post-SV shock.

- Have microplane, serving tray, and fresh bottarga ready for service.

MAKE-AHEAD

Timeline

- T-30 min – Eggs to room temp
Remove 10 eggs from fridge. Let temper on counter.

- T-20 min – SV bath preheat
Circulator to 75 °C. Confirm temp before dropping eggs.

- T=0 – Eggs into bath
Lower 10 eggs carefully into 75 °C bath (slotted spoon or ladle). Set timer: 13 minutes.

● **T+13 – Pull + ice shock**

Remove eggs with slotted spoon. Immediately into ice bath for 5 minutes. Ice shock stops carryover cooking AND makes peeling easier.

● **T+18 – Peel**

Tap each egg on a hard surface to crack all around, then roll gently under your palm. Peel under cool running water — the shell should slip off cleanly in large pieces.

● **T+25 – Halve + scoop**

Halve each peeled egg lengthwise with a sharp paring knife. Gently scoop yolks into a mixing bowl. Set whites on tray cut-side up.

● **T+27 – Filling**

Mash yolks with fork. Add mayo + EVOO + lemon + Dijon + sherry vinegar + salt + pepper. Whisk or fork until smooth and creamy. Taste + adjust.

● **T+32 – Fill + finish**

Spoon or pipe filling back into each white half. Generously microplane bottarga over all eggs (target: a visible snow-layer). Sprinkle chives + Maldon + pimentón (●).

● **T+35 – Serve**

Room temp is ideal; holds 2 h at room temp or 8 h refrigerated-then-out.

METHOD

The Cook

1 SV 75 °C × 13 Minutes — The Perfect Egg

1. Remove 10 eggs from the fridge 30 minutes before cooking. Room-temperature eggs avoid thermal shock when dropped into the 75 °C bath.
2. Preheat SV circulator to **75 °C**. Verify with the circulator's display before proceeding.
3. Lower all 10 eggs into the bath carefully using a slotted spoon or ladle. Do not drop (shell cracks).
4. **Timer: 13 minutes.** Exact — the time-temperature combination is calibrated for this outcome.
5. At 13 minutes: pull eggs immediately and plunge into ice bath.
6. Ice bath 5 minutes. Eggs should be cold to the touch before peeling.

WHY THIS WORKS

75 °C × 13 min is the Goldilocks time-temperature combination for deviled-egg yolks. At this temperature: (a) egg white fully sets (white protein coagulation complete at ~70 °C), (b) yolk sets to a creamy-fudgy consistency (yolk protein coagulation begins at 65 °C; fully-set but still-creamy at 75 °C × 13 min), (c) iron-sulfide formation at the yolk-white boundary is avoided (requires ~77 °C+ for 10+ min — the green ring), (d) the egg white does not over-set (which makes peeling difficult — a problem at 85 °C+ boiling). Reference: UMAMI-3 Sous Vide Mastery §Egg Temperature Chart; Food Science Core §Egg Coagulation; UMAMI-5 #5 Chawanmushi §The 85 °C Egg-Custard Window (adjacent principle).

2 Peel + Halve + Scoop

1. Tap each cooled egg on a hard surface (cutting board, counter edge) — a gentle tap all around the circumference produces many small cracks.
2. Roll each egg gently under the palm to further crack the shell.
3. Peel under cool running water — water gets between the shell and the white, making peeling clean. The shell should come off in large pieces, not small flakes.
4. On a cutting board: halve each peeled egg lengthwise using a sharp paring knife. For cleanest cuts: wipe the knife between eggs.
5. Gently scoop yolks into a mixing bowl. Set whites on a serving tray cut-side up.
6. **Save any torn whites** — they can be finely chopped and added back to the filling for texture.

3 The Filling

1. Mash the yolks thoroughly with a fork until crumbly.
2. Add: 3 tbsp mayonnaise (or Greek yogurt, or a mix), 2 tbsp EV00, 1 tbsp lemon juice, 1 tsp Dijon, 1 tsp sherry vinegar, pinch of salt + pepper.
3. Mash and stir until uniform and creamy. A whisk produces the smoothest result; a fork produces a slightly textured result (both work).
4. Taste. Adjust: more mayo for richer, more lemon for brighter, more mustard for sharper, more salt if flat.
5. **Texture target:** creamy, pipe-able, holds its shape when spooned. Should be about the consistency of soft ice cream.

4 Fill + Bottarga Finish + Plate

1. Spoon or pipe the filling back into each egg white half. Generous mounds — fill to the top of each well and slightly above. A piping bag with a star tip produces the most elegant presentation; a spoon is fine.
2. **Bottarga finish:** using a microplane, grate the bottarga directly over the filled eggs. Target: a visible snow-layer across all eggs. About 30 to 50 g of bottarga across 20 halves.
3. **Do NOT pre-grate bottarga.** Microplaned bottarga loses intensity fast; grate at service within 5 minutes of eating.
4. Finish: sprinkle chopped chives + flaky Maldon + optional pinch of smoked paprika per half.
5. (🔴 **flame finish option**): briefly pass a blowtorch over the filling (2 seconds per egg) for a Maillard layer on the yolk surface. Shifts the register for formal register. Skip for boat/casual.
6. Serve at room temperature (ideal) or cold from the fridge. Hold 2 h at room temp without quality loss; 8 h refrigerated.

QUICK REFERENCE

Timing Cheat Sheet

STEP	TIME	CUE
Eggs to room temp	T-30 · 1 min active	30 min temper; reduce thermal shock
SV bath preheat	T-20 · 15 min passive	75 °C verified on display
SV 75 °C × 13 min	T=0 · 13 min passive	Strict timer; do not extend
Ice bath 5 min	T+13 · 5 min passive	Eggs cold to touch
Peel + halve	T+18 · 7 min	Peel under running water; clean halves
Mash + mix filling	T+27 · 3 min	Creamy; adjust seasoning
Fill + bottarga + garnish	T+32 · 3 min	Microplane at service, not ahead
Serve room-temp	T+35 · immediate	Holds 2 h at room; 8 h fridge

Emergency Protocols

EGGS HARD TO PEEL

Either SV temperature drifted low (whites didn't fully set) or ice bath was skipped. For this batch: peel gently, patch torn whites with extra filling; serve as 'rustic' deviled eggs. Next batch: verify SV at exactly 75 °C, full 5-min ice bath.

YOLKS CRUMBLY INSTEAD OF CREAMY

Overcooked (too long at SV) OR underhydrated filling. For this batch: add extra mayo 1 tbsp at a time + EVOO until creamy. Next batch: strict 13-min timer.

GREEN RING AROUND YOLK

SV temperature was too high OR the cook ran too long. Next batch: verify circulator + strict timer. For this batch: yolks are still edible and will taste fine filled.

BOTTARGA TASTES TOO FISHY

Either low-quality bottarga or too much applied. Reduce next batch to 30 g across 20 halves. Upgrade to Sardinian bottarga di muggine for cleaner flavor profile.

FILLING TOO RUNNY

Too much liquid in the filling. Mix in extra mashed yolk OR 1 tbsp Greek yogurt to thicken. Next batch: add mayo/EVOO gradually, stopping at pipe-able consistency.

Technique Notes

● SV 75 °C × 13 min — The Perfect Deviled Egg

SV TECHNIQUE · UNIVERSAL · APPLIES TO ALL HARD-COOKED-EGG APPLICATIONS

75 °C × 13 min is the canonical SV time-temperature for hard-cooked eggs used in deviled-egg style preparations. At this combination: the white fully coagulates, the yolk reaches creamy-fudgy texture, iron-sulfide green-ring is avoided, and eggs peel cleanly under running water. The principle is reproducibility — every egg in every batch comes out identical, which is crucial for a dish like deviled eggs where consistency across 20 halves matters. Different SV egg targets: soft-center (63 °C × 45 min for onsen), medium (68 °C × 45 min for salad), or this hard-creamy (75 °C × 13 min). The whole-egg SV unlocks a precision that home stovetop cooks cannot match. Reference: *Sous Vide Mastery* §Egg Temperature Chart; *UMAMI-5 #5 Chawanmushi* §Egg-Custard Window.

● Microplane at Service, Never Ahead

GARNISH RULE · UNIVERSAL · APPLIES TO CURED FISH ROES, AGED CHEESE, ZESTS

Microplaned or freshly-grated finishing ingredients must be applied at service, not ahead. The mechanism: microplaned bottarga, Parmesan, citrus zest, truffle — all have volatile aromatic compounds that dissipate within minutes of grating. Grating 15 minutes ahead and holding loses 50 to 70 percent of the aromatic intensity. At service: grate directly over the plate, in front of guests if possible, and serve within 5 minutes. This applies to bottarga (this dish), Parmigiano (every pasta), truffles (any truffle preparation), lemon zest (any finished dish). One-minute rule: nothing microplaned should sit on a plate longer than one minute before eating. Reference: *Sauces and Condiments* §Finishing Techniques; *Sensory Calibration* §Aromatic Volatility.

● Room-Temperature Service for Held Dishes

SERVICE PRINCIPLE • UNIVERSAL • APPLIES TO MAKE-AHEAD TAPAS AND PARTY FOODS

Deviled eggs — like many tapas and party foods — eat best at room temperature, not ice-cold. Cold filling dulls the bottarga's umami and mutes the egg's flavor; room-temp filling releases the yolk's aromas and lets the bottarga read fully. Rule: if deviled eggs are made and refrigerated, remove from fridge 30 min before service. This also applies to many Spanish tapas: tortilla española (room temp standard), jamón (never cold), cheese boards (room temp mandatory). Cold-served exceptions: raw-fish crudo, aguachile, cold soups — where temperature is part of the dish's identity. Room-temp default for everything else make-ahead. Reference: Dinner Party Orchestration §Temperature Discipline; Sensory Calibration §Temperature and Flavor.

● No Limits: Sardinian Bottarga di Muggine (Substitutes Bottarga)

INGREDIENT QUALITY • SUBSTITUTES UMAMI FINISHER

Bottarga di muggine — Sardinian gray mullet roe, salt-cured — is the gold standard for this dish. The flavor profile: deeply umami, briny, slightly almond-like, with a firm texture that microplanes cleanly. Bottarga di tonno (tuna roe) is darker, more intense, with a more iron-like flavor — a different register, excellent for other applications (pasta, canapé) but slightly aggressive on a deviled egg. Source: Regalis Foods (regalisfoods.com — Sardinian imports), Marx Foods, Zingerman's, or Marky's Caviar Miami. Price: \$40 to \$60 for a 100 g piece that lasts several months refrigerated. Worth the investment for a dish where the bottarga is the flavor signature. Reference: Pantry and Staples §Cured Fish Products; Sauces and Condiments §Umami Finishers.

● No Limits: Alioli-Based Filling Instead of Mayonnaise (Substitutes Base)

CROSS-RECIPE DEPLOYMENT • SUBSTITUTES FILLING BASE

The ● filling uses mayonnaise as the dairy-fat-richness component. The ● upgrade replaces commercial mayonnaise with Pablo's own alioli (UMAMI-5 #3 Alioli TM6 or UMAMI-5 Mortar Alioli). Alioli contains the same structural ingredients (egg + oil + emulsifier) plus added garlic pungency that complements the bottarga. Result: a deviled egg filling with a more Spanish identity and a more complex flavor profile. Works beautifully if Pablo has a batch of alioli in the fridge from another cook — no separate prep needed. Reference: UMAMI-5 #3 Alioli TM6; Sauces and Condiments §Alioli Variants.

● No Limits: Kamado-Flame-Kissed Finish (Extends Dinner-party tier)

FLAME TECHNIQUE • EXTENDS SERVICE PHASE

For showpiece tier: after filling the eggs, briefly pass a blowtorch across the yolk surface (2 seconds per egg) OR place the filled eggs on a 300 °C kamado grate for 20 seconds (cut-side up). This creates a Maillard layer on the yolk filling — golden edges, slight smoky-toasted top note. Shifts the dish from standard party food into modern-tapas register. Skip for boat day (not worth the effort with 20 people); use for 6 to 8 guest dinner parties where each egg is presented on a plate. The bottarga goes ON AFTER the flame pass — bottarga burns if flamed. Reference: Kamado Mastery §Direct-Heat Short-Cook Applications; Sauces and Condiments §Flame Finishing.

PAIRING

What to Drink

Wine — Spanish Classic

Chilled Fino or Manzanilla sherry

The classical Spanish-tapa pairing. Fino sherry's saline-dry profile cuts through the egg richness and complements the bottarga's oceanic note. Served very cold (6 to 8 Celsius) in a small glass. Pablo's UMAMI-4 #4 Gambas al Ajillo and UMAMI-2 #5 Tuna Tartare use the same pairing — works across the small-bite register.

Wine — Sparkling

Cava Brut Nature or Champagne Brut (non-vintage)

Sparkling wine and eggs are an underrated pairing — the wine's acidity and bubbles clean the palate between rich bites. Dry cava from Raventós i Blanc or Gramona is the Spanish option; a quality NV Champagne works equally well. Served cold (6 Celsius) in a proper flute.

Casual

Crisp Spanish lager (Estrella Galicia) or a dry rosé

Boat-day / casual-register pairing. Ice-cold Spanish lager cuts the egg richness; a dry Spanish or Provence rosé is the alternative for warm weather. Low alcohol, easy to keep cold in a cooler.

CONTEXT

Menu Ideas

This as Tapa / Boat Day Essential

The classical deployment. 20 halves serve 10 to 12 at a casual gathering OR 6 to 8 at a dinner party (where guests eat multiple). Served on a platter at room temperature with chilled Fino sherry or cava. Pablo's April 18 boat day deployment: 3 batches (60 halves) for 20 guests + kids — vanished within 30 minutes.

Downstream — Dinner Party Arc

Deviled eggs opener → Gambas al Ajillo (UMAMI-4 #4) → Miso Salmon SV (UMAMI-3 #4) → Pork Belly Roast (UMAMI-7 #5) → Ensaimada dessert (UMAMI-10 #5). Full Spanish-fusion dinner with the eggs as the approachable opener that draws everyone to the table.

Downstream — Boat / Outdoor Day

Make-ahead protocol: SV eggs the day before, refrigerate in peeled halves on a tray. Morning of: mash filling, pipe in, bottarga at the last possible moment (or bring the bottarga + microplane in a Ziploc and grate at the boat). Transport in a sealed deviled-egg carrier.

Downstream — Flame Finish Variant (●)

For 6 to 8 guest dinner parties: apply blowtorch finish to filled eggs after piping, before bottarga. The Maillard layer on the yolk lifts the dish into a modern-tapas presentation. Pair with a lightly-chilled Fino in a copita. This is the deviled-egg version that Pablo's dinner-party guests remember.

Downstream — Kids + Adults Alike

Per the legacy recipe note: 'the most democratic food on any table — kids and adults attack these equally.' Works across multi-generational gatherings where other tapas may not appeal to children. Skip bottarga on kid-portions if desired; adults get the bottarga upgrade.

YOUR NOTES

Cook Log

Session Notes

Date: _____ · Serves: ____ · Rating: __ / 5

Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.



Stop following recipes. Start understanding food.

