

POACHED EGGS



INGREDIENTS

ITEM

Large Egg
Vinegar, Optional

QUANTITY

1
1 Tbsp.



PREPARATION

- 👉 Fill a large saucepan or deep skillet with water, about 2-3 inches deep. Place it over medium heat and bring the water to a gentle simmer. If desired, you can add a splash of vinegar to the water, which can help the egg whites coagulate faster.
- 👉 While the water is heating, crack each egg into a small bowl or ramekin. This will make it easier to slide the egg into the simmering water.
- 👉 Once the water is simmering, use a spoon to create a gentle whirlpool in the center of the pan. The swirling motion will help the egg whites wrap around the yolk.
- 👉 Carefully slide each egg into the center of the swirling water, one at a time. You can use the back of the spoon to help guide the eggs gently into the water.
- 👉 Allow the egg to poach for about 3-4 minutes for the medium-soft egg. The cooking time may vary depending on the size of the egg and your desired level of doneness.
- 👉 While the egg is cooking, you can prepare any desired accompaniments, such as toasted bread or a side of greens.
- 👉 Once the egg is done, use a slotted spoon to carefully lift them out of the water, allowing any excess water to drain off. Place the poached egg on a plate lined with a paper towel to absorb any additional moisture.