PERFECTLY POACHED EGGS RECIPE

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Categories: Breakfast Recipes, Quick & Easy
Poached
Occasions: Breakfast
Diet: All

INGREDIENTS

- Eggs
- Water
- Bread for toasting

METHOD

WHIRLPOOL METHOD

**Step 1:** Add water to a large saucepan until 8cm deep. Bring to the boil and then reduce to a simmer.

**Step 2:** Crack an egg into a small bowl. Using a large spoon, gently stir the water in a circular motion to create a whirlpool. This will draw the egg into the centre of the saucepan. Carefully slide the egg into the water.

**Step 3:** Allow 3½ - 4 minutes for poached eggs with firm whites and soft, runny yolks. Allow 4-5 minutes for firmer yolks.

**Step 4:** Remove eggs from the water with a slotted spoon and serve immediately.

FRYING PAN METHOD

**Step 1:** Bring a large frying pan of water to the boil over high heat. Meanwhile crack eggs into separate small bowls.

**Step 2:** Once water is boiling, turn off the heat completely and allow the bubbles to subside.

Step 3: Carefully slide eggs into the water and place the lid on the frying pan.

Step 4: Allow 6 minutes for eggs with firm whites and soft, runny yolks. Allow 8 minutes for firmer yolks.

Step 5: Remove eggs from the water with a slotted spoon and serve immediately.

OVEN METHOD

Step 1: Preheat oven to 180 degrees celsius.

Step 2: Crack eggs into a muffin baking tray and pour 1 tablespoon of tap water over each egg.

Step 3: Place tray in the oven and bake for 7-10 minutes. Allow 7 minutes for eggs with firm whites and soft, runny yolks. Allow 10 minutes for firmer yolks.

Step 4: Remove eggs from the holes with a spoon and serve immediately.

NOTES

- You can test for firmness by lifting an egg on a spoon and gently pressing a finger on the yolk.
- You can add a pinch of salt and $\frac{1}{2}$ teaspoon of vinegar to the water before adding the eggs to help them hold together.
- Eggs should be cold for poaching so use them straight from the fridge

Read about the 11 different vitamins and nutrients in eggs in the nutrition area of our website.