

PERFECT POACHED EGGS

Last Modified: 02/07/2015

PREP: 1 Hr
COOK: 15 Min
STOVETOP

F EASY

EGGS

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Large	Eggs (As FRESH As Possible)	Room Temp
1	Tsp	Distilled White Vinegar (Heinz)	

PREPARATION	
FACTOID	Poaching an Egg correctly is a skill. Unless it is done carefully, you end up with an ugly, misshapen white blob in which the White is either undercooked or the Yolk has begun to harden. This recipe helps the cause.
TOOLS	1) Large Stainless Steel Skillet (With short straight sides) 2) 3 - Sheets Of Strong Paper Towels. 3) Relatively Flat Slotted Spoon. 4) Small Mixing Bowl.
PREP	None.
CAUTION	Just prior to placing the first Egg in the water, the meal that you intend to put the Poached Eggs on top of should already be cooked and standing by because things tend to happen quickly once the Eggs are placed in the Vinegar Water.
1	Let the Eggs come to room temperature. Fold 3 sheets of strong, white (NO printing) paper towels together (or a cloth towel) and lay it flat on a dinner plate near the stove.
2	In the skillet over low heat, bring 1 1/2 to 2 inches of Water to a low simmer (bubbles forming in the bottom of the pan, but the water is NOT moving around yet). Add in the Vinegar and whisk it to mix well. Wait until the bubbles begin to form again.
3	Carefully crack one Egg and place it into a small glass bowl. Submerge the edge of the bowl slightly into the simmering water and slowly pour the Egg in, near the outside edge of the skillet. Using the slotted spoon, immediately attempt to fold any "wild" Egg White explosions or runs back over the top of the Yolk. (Work quickly, you don't have very much time to mess with them).
4	Repeat quickly for the remaining 3 Eggs, <u>remembering</u> the order and where each were first placed into the water.
5	Allow the Eggs to cook undisturbed while closely watching the color of the White nearest to the Yolk of the first Egg. You may carefully shift the Eggs with the slotted spoon to keep them from bumping or touching and sticking together.
FACTOID	REMEMBER: an uncooked Egg White is transparent while a cooked Egg White is indeed white. Watch CLOSELY - You can see when the Egg White nearest the Yolk becomes the same color as the Whites further away from the Yolk.
6	Carefully remove each Egg with the slotted spoon in the same order it was placed in the water (so each Egg cooks for the same length of time). Carefully ROLL the Egg off of the spoon and onto a corner of the paper towels to drain off any excess water. Do NOT attempt to <u>slide</u> the Egg off of the spoon - It WILL tear open.
7	As soon as all of the Eggs are draining on the paper towel, in turn, place the spoon close to each Egg and pick up the corner of the paper towel to gently roll the Egg over and then roll it back onto the spoon (oldest first). They WILL start to stick if left on the towel too
SERVE	Gently roll the Egg off of the spoon and onto the top of the Meal (Hash, Toast, English Muffin, Potatoes, etc.). Serve while hot.

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