

FOOL-PROOF EASY POACHED EGGS

F EASY

Last Modified: 01/07/2022

PREP: 1 Hr
COOK: 15 Min
STOVETOP

EGGS

MAKES 1 TO 6 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2 - 12	Large	Eggs (As FRESH As Possible) (This assumes 2 Eggs per serving)	Room Temp

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 fixes those problems with the added bonus of zero Vinegar flavoring in your Poached Eggs.
CAUTION	It's true that Saran Wrap is the ONLY easily available food cooking temperature safe plastic wrap. ALL other plastic wraps give off dangerous chemicals when heated!
TOOLS	1) Large Stainless Steel Skillet (With straight sides) 2) 6" X 6" Squares of Plastic Wrap. 3) Spritz Bottle of Extra Virgin Olive Oil. 4) Slotted Spoon. 5) Metal Standard Size 12 Muffin Tin. 6) 6" Lengths of Kitchen Twine (2 Person job). 7) Scissors.
PREP	None.
HINT	The Eggs should be as close to room temperature as possible before placing the bags in the water to poach.
1	Dampen the Muffin Tin Cups lightly with water. Place squares of plastic wrap in each muffin tin cup, pressing so the plastic adheres to the bottom & sides. Spritz each Cup lightly with Olive Oil.
2	Crack one Egg into each Cup. GENTLY fold up the corners of the plastic wrap while pressing to remove ALL of the air.
3	Tie a Kitchen Twine tightly around the Plastic Wrap close to the top of the Egg White. Gently remove each bag for the Cups and set them on
4	In the skillet over low heat, bring 2 to 3 inches of Water to a low simmer. I.E. Tiny bubbles forming in the bottom of the pan, but the water is NOT moving around yet.
5	Gently pick up the Egg Bags and lower them into the simmering water one at a time (REMEMBERING the order). Allow the Eggs to simmer for about 3 minutes - Look for an even cloudiness in the first Bag from the Yolk out to the edge. Using tongs, remove the Bags in order (So EACH one gets cooked for the total 3 minutes).
NOTE	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 Egg Bags with the slotted spoon to keep them from bumping or touching and sticking together.
6	Using scissors, cut off the Plastic Bag top just underneath the Kitchen Twine. Gently roll the Poached Egg out onto your serving.
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.
SERVE	Serve QUICKLY (the Eggs WILL continue cooking) while hot - (Over Hash, Toast, English Muffin, Potatoes, etc.).