

## Poached Eggs

Saturday, 30 May 2009

Tight balls of silky white filled with creamy bright orange delight.

Here's my short guide the perfect poached egg. It really is the most simple method. None of this whirling the water. There are a few keys points though:

- The water must be fast moving to ensure that the egg does not make contact with the bottom of the pan;
  - Use a generously sized saucepan;
  - Be delicate in how you place the egg into the water. I break the egg into a tea cup and then slowly lower it into the water;
  - Use an unflavoured vinegar - unless you want to flavour the egg.
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- Bring to boil a large pan of water, with two tablespoons of vinegar.
  - With the water fast moving, lower the eggs into the water. Cook no more than three at a time.
  - Place the lid on the saucepan and leave to cook for 2 minutes for a creamy, runny yolk or 3 minutes for a firm yolk.
  - Lift the eggs out and drain. Delicious