

Perfect Poached Eggs



Use this foolproof method to make restaurant quality poached eggs perfect for your favorite brunch dishes at home, any time of day!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 15 MIN
-----------------------------------	----------------------------------	------------------------------------

INGREDIENTS

1 Tbsp White Vinegar
8 each Eggs, large

EQUIPMENT NEEDS:

Large saucepot
Small fine mesh strainer
Small mixing bowl
Glass mise en place bowls
Slotted spoon
Half sheet tray lined with brown paper towels

CHEF'S NOTES

Using a fine mesh strainer is an easy way to make sure your poached eggs have fewer wispy whites lost in the simmering water. A splash of vinegar also helps the egg white hold its shape.

PRO TIP: Use fresh eggs for the best results when poaching. Fresher eggs have tighter whites and will retain their shape better during cooking.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above. Set up a sheet tray lined with paper towels near the stove.
2. Fill a large saucepot with water and add 1 Tbsp vinegar then bring to a simmer. The water should not be boiling (large, vigorous bubbles); there should only be small, gentle bubbles rising to the surface. Adjust the heat, as needed, throughout the cooking process to retain a simmer.
3. Meanwhile, crack the eggs, one at a time, into a fine mesh strainer set over a small mixing bowl. Allow the watery portion of the whites to strain out and then transfer the egg to a glass mise en place bowl.
4. When water is simmering, use a slotted spoon to gently swirl the water, creating a whirlpool. Quickly tip the egg from the mise en place bowl into the simmering water. Use the spoon, as needed, to swirl the water and coax the white to come together while the egg cooks.
5. Cook each egg for about 3 – 4 minutes, depending on how runny you like the yolk. The white should appear firm but jiggly. Remove from the pot using the slotted spoon to the paper towel lined sheet tray, allowing them to dry slightly before serving.
6. Serve immediately or transfer to a container filled with cold water for storage. To reheat, simply warm gently in water just under simmering for a minute before serving.

Nutrition Facts

8 servings per container

Serving Size 1 egg (52 g)

Amount per serving

Calories 70

% Daily Value *

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 185mg 62%

Sodium 70mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g 13%

Vitamin D 1mcg 5%

Calcium 30mg 2%

Iron 0.88mg 5%

Potassium 69mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

