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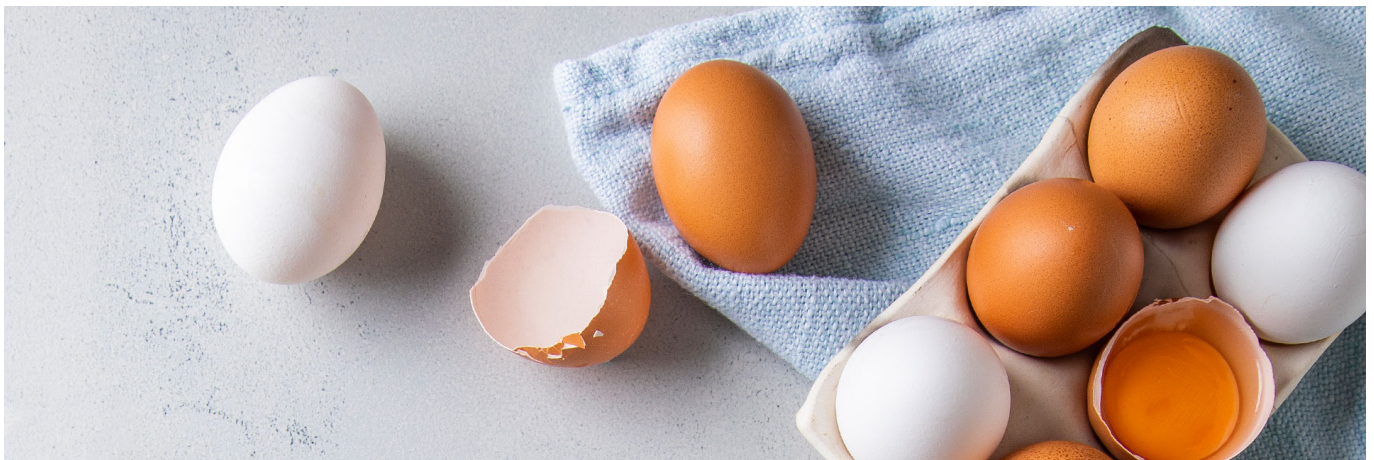
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Joy in the morning comes in the form of a perfectly poached egg. With these helpful tips from our in-house foodies, you'll be well on your way to breakfast bliss in no time!



#### FRESHER IS BETTER

The fresher the eggs, the more successful the poach will be. Fresh eggs have firmer whites that hold their shape better while cooking.

#### **FRESH TEST**

Simply pop a whole egg into a glass of room-temperature water. If it sinks, it's still fresh. If it floats, it's either not as fresh or may be expired.

## EGG-SENTIAL TIPS

**VINEGAR:** Add a dash of white vinegar to your pot of simmering water before poaching —this helps keep the egg whites from dispersing in the water.

**SWIRLING VORTEX:** Giving the water a good stir to create a mini “tornado” helps in maintaining the round shape that is synonymous with poached eggs.

**EQUIPMENT & UTENSILS:** All you’ll need is a saucepan or a small deep pot, a whisk, a slotted spoon, and a small bowl for cracking your eggs.

## WHAT YOU’LL NEED

- Water
- 1-2 Tbsp (15-30ml) white vinegar
- Fresh eggs

## 5 STEPS TO EGGS-ELLENC



STEP 1

Add a dash of vinegar to a small pot of simmering water.



## STEP 2

Give the water a good stir using a whisk to create a swirling vortex. If your eggs aren't farm fresh, take care not to over stir as the whites may end up in strands.



### STEP 3

Crack an egg into a small bowl (this makes it easier to drop into the water) and tip very gently into the centre of the vortex.

#### GOOD IDEA:

Crack eggs in a fine mesh sieve (over a bowl) to remove excess liquid from the whites.

### STEP 4

Poach for 3-4 minutes to ensure the egg is cooked but still soft in the middle (avoid the urge to fiddle with the egg whites while cooking).







**STEP 5**

Use a slotted spoon to remove the poached egg. Dab it with paper towel to remove excess liquid and serve immediately.

[Click here for poached egg recipes.](#)