

Share

Share on facebook

Share on twitter

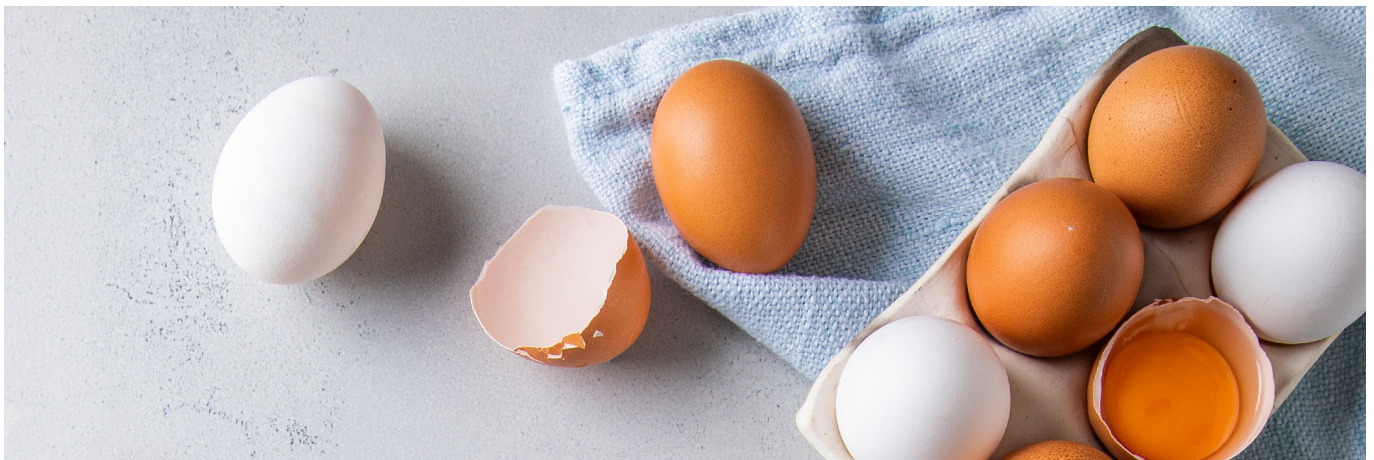
Share on pinterest

Share on whatsapp

Share on email



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.](#)