

Perfect Poached Eggs

People have different opinions of what makes 'the perfect poached egg'. Some people like them slightly runny and others prefer their eggs firmer. This recipe makes an egg that is slightly runny. If you prefer it firmer then you can poach it for a little bit longer. Poaching is one of the healthiest ways to cook eggs.



Egg, milk, soya and wheat (gluten)*

Nutritional information per portion (147g):

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|------------------------------------|-------------------|--------------------------|----------------------|----------------------|
| Energy 1361kJ 324kcal 16% | Fat 20g 29% | Saturates 5.5g 27% | Sugars 1.5g 2% | Salt 0.96g 16% |
|------------------------------------|-------------------|--------------------------|----------------------|----------------------|

of an adult's reference intake.
Typical values per 100g: energy 926kJ/220kcal.

Equipment

Kettle
Frying pan
Cup
Table knife
A timer or watch with a second hand
Pan stand
Toaster
Slotted draining spoon or serving spoon
Kitchen roll (optional)
Pastry cutters (optional)

Ingredients

Serves 1
Eggs (1 or 2 per person)
Wholemeal bread for toasting (1 or 2 slices per person)
12g unsaturated fat spread (per slice of toast)
Ground black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- Poached eggs work best when the eggs are very fresh as the white will be very thick and hold its shape well. Ideally, use eggs that have 3 weeks before the 'best before' date.
- If the eggs are older than this, add ½ x 5ml spoon of vinegar and ½ x 5ml spoon of salt to the poaching water. This will not affect the flavour or nutritional content of the eggs, but it will help the white to set more quickly so that it doesn't spread across the pan and the yolk is less likely to break.

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Method

1. Place the frying pan on the hob and pour the boiling water in to a depth of about 3cm.
2. Turn the hob to a medium heat and wait until the water is simmering very gently.
3. Gently break the eggs into a cup, one at a time, then carefully pour each egg into the water. Simmer very gently, so that the water is only just bubbling underneath the eggs, for 2 minutes. Use a watch or timer to be accurate.
4. After 2 minutes, remove the frying pan from the heat and place on a pan stand. Leave the eggs to sit in the water for 1 minute.
5. Make the toast while the eggs remain in the water.
6. After 5 minutes, use a slotted spoon to remove the eggs from the water. Allow the water to drain from the eggs before serving.
7. Add black pepper to taste (if using).

Something to try next time

- Place greased pastry cutters into the water and pour the eggs into the cutters. They will keep the eggs in a neat shape.

Prepare now, eat later

- Poached eggs are best served immediately and can't be stored once cooked.

Top Tips

- Babies over 6 months old can be given eggs, but they must be well cooked, so make sure both the white and yolk are solid. Avoid runny eggs until your child is older.
- If you prefer a firmer egg, then simmer it for an extra minute.
- Rest the slotted spoon on a piece of folded kitchen roll to soak up any excess water from the egg that could make the toast soggy.

Skills used include:

Boiling/simmering, spreading, poaching and serving.