



Gammy's House Recipes

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How to Make Perfect Poached Eggs

Since you do not need butter or oil, poaching is a very healthful way to prepare eggs. The perfect poached egg will have a nice undisturbed yolk surrounded evenly by a shiny opaque oval of egg white. Presenting the perfect poached egg is a guaranteed way to impress a breakfast or brunch guest, but it can be tricky to master.

1. Set a saucepan to boil that is about two-thirds full of water.
2. Add a dash of white vinegar (while it's not absolutely vital, it helps the egg's appearance.) Other vinegars (balsamic, red wine vinegar, apple cider vinegar) may be used, but will affect the final flavor and coloration.

The fresher the eggs, the better they poach. An egg straight from the chicken will poach without any need for vinegar.

3. Crack an egg into a ramekin, small bowl or soup ladle.
4. Spin the boiling water to cool down the water before you drop in the egg. You will want to bring the water to a temperature of about 160-180°F (71-82°C).
5. Carefully lower or drop the egg into the center of the whirlpool. Make sure that you do not drop the egg into boiling water (100°C/212°F), as this will toughen the eggs and make them unpalatable.
6. Wait 3 minutes until cooked.
7. Remove with a slotted spoon. Work quickly to transfer each egg onto the plate, letting excess water drip back into the saucepan (I hold a paper towel under the slotted spoon to help absorb all water as it drains).

Poached eggs should be served as soon as they are pulled from the water. They get cold quickly and cold poached eggs are decidedly less than perfect.

*See Gammy's [Tips & Tricks Section](#) for [Poached Eggs](#)



Figure 1



Figure 2

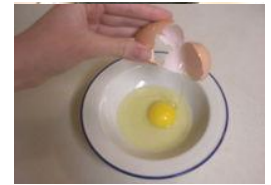


Figure 3



Figure 4



Figure 5



Figure 7