

# Poached Eggs

## Ingredients

**Fresh Eggs\*** – Use eggs that are three to four weeks out from “best by” or “sell by” date

Medium saucepan or deep skillet filled with 2-3 inches of water

## Mise en place! (Everything in its place)

### Directions

1. Bring water to a gentle simmer.
2. Break each egg in a small dish.
3. With the lip of the dish close to the water, gently slip the egg in.
4. Time for 3 minutes, taking care to keep the water at a gentle simmer. Do not allow to boil.
5. Remove with a slotted spoon and serve on toast, English muffins or on top of hash.

\*Note: You may still poach eggs that are closer to the “sell by” date by adding a little acid to the water. Add about 2 teaspoons of white vinegar or lemon juice to the water. This will help coagulate the protein to keep the white intact.

[Link to Video](#)