

## Poached Perfection!

Have you watched the movie Run Away Bride with Julia Roberts and Richard Gere? Where she likes her eggs however her boyfriend at the time likes his... I would do a lot of things for love, but I would not compromise how I like my eggs ...! 2 soft poached eggs please and don't be shy with the Hollandaise Sauce!

Last week, I gave you my top tips on frying the perfect sunny side up egg. This week, we look at tips on poaching to perfection! Poaching the perfect egg can be daunting but if you follow these guidelines, you should be plating up poached eggs to be proud of:-



- Fresh eggs are a non negotiable! Even if you follow all the other steps but your eggs are not fresh, your end result will be disappointing
- Ideally, eggs should be room temperature
- Use a deep large pot
- For every litre of water, add 15ml vinegar (aim for close on 2 litres of water if possible). The vinegar helps the white of the egg to set. Lack of vinegar will result in your egg not shaping nicely so it is a vital ingredient
- Bring the water to the boil and then add your vinegar

- Drop the heat to a gentle simmer
- Stir in a circular motion inside your pot to create a whirlpool
- Crack your egg and gently drop from the centre of the pot into the whirlpool
- Set a timer for ± 2 minutes (for soft poached)
- Leave the egg alone – do not be tempted to touch it
- When the timer goes off, remove your little beauty with a slotted spoon and if not serving immediately, carefully place in a bowl of cold water (this will stop the cooking process)
- If serving immediately, trim the egg white by cutting off any stragglers and season with salt & pepper
- Never add the salt to your pot during the cooking process –this breaks down egg proteins
- If you placed your eggs in cold water and you are now ready to plate up – all you need to do is gently place your poached eggs in hot salted water for 30 seconds to heat through, drain with a slotted spoon, trim the egg white, season and enjoy!
- Note: You can poach your egg a few hours in advance and leave in cold water in the fridge until required – this helps eliminate pressure & ensures everyone can have breakfast at the same time :)