



Poached Egg

Serves: 1

Prep time: 3 min

Cooking time: 3-5 min



Ingredients:

- 1 fresh egg
- boiling water (enough to cover the egg)
- dash vinegar

Method:

- In a deep heavy based pan bring water to the boil, add a dash of vinegar.
- Turn heat down to medium and when the bubbles subside, swirl the water in a circular motion
- Place egg in a small bowl to make it easier to slide the egg into the water, (if cooking more than one egg, repeat this with the extra egg/eggs)
- Gently put the egg/eggs into the water. (If the egg is fresh it will all hold together).
- Cook for 3-4 minutes depending on how you like your yolk. Carefully lift the egg out with a slotted spoon, feel the yolk, (soft yolks should wobble). Drain well.