Basic Poached Egg

From Incredible Egg

Poached eggs are perfect for a light lunch or dinner. Serve a top steamed vegetables such as tender asparagus The soft yolk creates a creamy sauce

**Ingredients:**

1 egg

Salt/Pepper to taste

**Directions**:

1. Heat 2-3 inches of water in a large saucepan or deep skillet to a boil. Adjust heat to make sure the liquid is simmering (small bubbles forming on the botoom) gently.
2. Break eggs, 1 at a time, into a cereal bowl. Be careful not to break the yolk.
3. When the water is ready, hold the dish close to the surface and slowly slip the egg into the water.
4. Cook eggs until all whites are completely set and yolks begin to thicken but are not hard. This will take 3-5 minutes. Do not stir.
5. Lift eggs from water with a slotted spoon. Drain all of the water out and place it on a paper towel to dry.
6. Sprinkle with salt and pepper if interested.
7. Serve Immediately.
8. Show Ms. Probert for a grade!

 