



INSTRUCTION CARD – POACHING EGGS

(SERVES 4)

INGREDIENTS:

1 tablespoon vinegar
Water
4 eggs

UTENSILS:

Saucepan
Tablespoon
Slotted spoon
Small cup

METHOD:

1. Fill a small saucepan approximately 2/3 full with water and bring to a boil on high heat.
2. Reduce the heat and let the water simmer (small bubbles will be gently float up from the bottom, causing small ripples on the surface).
3. Add vinegar to the water (the acid helps to set the egg whites quickly so the egg keeps a compact shape).
4. Using a spoon, gently stir the water in one direction until it is spinning around like a whirlpool (this will help keep a neat shape).
5. Crack one egg carefully into a small cup and place it gently into the centre of the saucepan.
6. Cook the egg for a maximum of:
 - 4 minutes for a firm egg with runny yolk.
 - 5 to 6 minutes for a hard yolk.
7. Use a slotted spoon to remove the egg from the water, draining any excess water.
8. Your egg is ready to serve.
9. Complete the above steps for each of the remaining eggs.

NOTE: Do not use broken, cracked or out of date eggs (refer to the information sheet Safe Egg Handling for information).



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