

DENE

Perfect Poached Eggs



Ingredients:

- Water
- 1 TBL White Wine Vinegar
- 4 large whole eggs

Method:

1. Bring a large pot of water to a boil.
2. While waiting for the water to boil, crack an egg into a small fine mesh sieve over a bowl. Swirl the egg in the sieve GENTLY until all the thin runny egg whites have been removed. Then, place the egg in a ramekin.
3. Stir the vinegar into the water and create a vortex. Add the egg to the middle of the vortex and cook the egg for 3 minutes.
4. Remove the egg with a slotted spoon and dab it on a paper towel to remove any excess water. Serve immediately.
5. Alternatively, if making the poached eggs for meal prep or ahead of time, transfer the cooked poached eggs to an ice water bath and refrigerate for a couple of days. When ready to serve, add boiling water to a bowl, and then add the cold poached egg and submerge for 20-30 seconds or until warmed through. Remove the poached egg with a slotted spoon, dab dry, and serve immediately.

Notes:

Swirling a Vortex: This does help to create a more spherical shape as the egg white wraps around itself. But only if you are cooking one egg.

Fine Mesh Sieve: This is the one tip that consistently produced the BEST poached egg. When you crack an egg, you will notice that there is a firmer white, and a more runny white that



creates those white wispy clouds. Using a fine mesh sieve/strainer, the thinner, liquid white is removed, leaving only the firmer white, which will envelop the yolk.

Deep Pot of Water: A regular pot of water (4-inches deep) will produce a more classical spherical or teardrop shape. This is because as the egg falls in the water, the yolk sinks first and the white trails behind. You can still make poached eggs in a more shallow pot, but the shape will be flatter – similar to a fried egg.

Ramekin: Using a ramekin ensures that your egg is 1) properly cracked with an unbroken yolk, 2) there's no shell in the egg, and 3) you can more easily pour the egg in one swift move.

Using the freshest eggs possible: This truly is the #1 most important factor in determining the success of your poached eggs. Fresh eggs have firmer whites, less thin whites, and just hold their spherical shape better.