

Poached Egg

Ingredients

- 1 Egg
- 1 t Vinegar

Instructions

- 1.First, heat a pot with a few inches of water in it. Add 1 teaspoon of vinegar in the water.
- 2.Wait until you have very hot water at the point right before it simmers. Once it gets there, turn the temperature down a bit so it doesnâ€™t bubble. If your water has already begun boiling, bring the temperature down to below the boiling point.
- 3.Break an egg into a small dish. It is always easier to slide the egg in from a dish.
- 4.Make a whirlpool in the pot with your spatula. Slide the egg into the middle of the whirlpool with your other hand.
- 5.It will look a little chaotic in there for a moment. Youâ€™ll probably have a little white fly off that you had wanted to keep attached to the egg. You can help it along with your spatula by

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gently pushing it all in as it initially sets. If your egg has stuck to the bottom of the pot, just slide the spatula very very gently underneath after 30 seconds or so of cooking.

6.About 3-4 minutes later, your egg should be ready. Look for an egg that wobbles, but just a little, when nudged with the spoon. Scoop it out with a slotted spoon.

7.Let the egg drain on a folded paper towel. At this point you can save the eggs for a little later. To reheat them, put them back in hot but not boiling) water for a minute.