



# Perfect Poached Eggs

Serves: 1

## Ingredients

2 eggs per person

2 Tbsp white vinegar

Toasted bread or English muffin to serve

## Method

Easy to master and quick to prepare, poached eggs are great on toast and essential for that brunch classic Eggs Benedict. Follow these easy steps to become a poached egg pro.

Fill a large shallow frying pan with water 3 - 4cm deep and heat to a rolling boil. Add vinegar. Break an egg into a small cup and reduce to a low heat.

Gently pour the egg into the water and repeat with additional eggs. Cook gently for 3 - 5 minutes, until cooked to your liking, or when the yolk is set and the white is firm.

Lift the eggs out using a slotted spoon or fish slice and drain.

TIP: You can pat the spoon on top of a paper towel or tea towel to help this process.

Place eggs on hot toast or muffin and serve immediately.

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