



Gammy's House Recipes

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Poached Eggs Tips

As a rule of thumb:

- Bring the water to a boil, and then reduce it to a simmer before cooking. Do not drop the egg into boiling water (100°C/212°F)! This will negatively affect the taste and texture of your eggs.
- Timing is everything. Make sure you have all your supplies ready before you cook your eggs. The rest of your meal should be ready prior to cooking the eggs as well. Always do the eggs last. You'd be surprised how quickly 2-3 minutes goes by while your pouring coffee or setting out silverware.
- Still having trouble, try using cling wrap. Tear off a generous amount, stuff it in a cup, and spritz with some non-stick cooking spray. Crack the egg into the cling wrap covered cup. Tie the cling film up, and drop that into the simmering water. This keeps the egg in one piece, which is the hardest part of poaching an egg.
- A great tip from Julia Childs is ...Poached eggs can be made in quantity well in advance. Simply chill the eggs in a bowl of icy water until it's time to serve - they keep well for up to a day in the refrigerator. Drop them into a pan of simmering water for 20-30 seconds and they're ready to serve.