

## POACHED EGGS [www.DoreensKitchen.com](http://www.DoreensKitchen.com)

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Cook Time: 2 min



**eggs**  
**white (distilled) vinegar**  
**water**  
**deep saute pan**  
**large spoon**  
**slotted spoon**

In a deep saute pan, fill nearly to the top with water. Pour a bit of White Vinegar into that (about 1/4 to 1/2 cup or more). White Vinegar helps the white of the Egg to form. Bring to a boil. Carefully crack Egg on side of pan, open and add it as close to the boiling water as you can. You DON'T want to plop it, but rather, gracefully pour the Egg into the pan. With a large spoon, pour a bit of the boiling water over the top of the Egg, pulling the edges of the forming white around and over as well. You don't want it to stick to the bottom of the pan.

Poached Eggs take about 2 minutes. If you boil longer, it won't be soft in the middle. After 1 minute, carefully flip the Egg over, and keep adding a bit of the boiling water over the top of the Egg. After another 1 minute (2 minutes total cooking time), remove with a slotted spoon and plate.

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