

# Perfectly Poached Eggs



|                   |          |
|-------------------|----------|
| Preparation time: | 5 mins   |
| Serves:           | 1 person |
| User Rating:      | ★★★★☆    |

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If you love poached eggs but find yourself only eating them when you visit a cafe for brekky or brunch, then this recipe is for you. Poaching an egg doesn't have to be difficult so we've put together three different methods for you to try at home. And remember to always use super fresh eggs for poaching!



## Ingredients

- Eggs
- Water
- Bread for toasting

## Method

### Whirlpool Method

1. Add water to a large saucepan until 8cm deep. Bring to the boil and then reduce to a simmer.
2. Crack an egg into a small bowl. Using a large spoon, gently stir the water in a circular motion to create a whirlpool. This will draw the egg

into the centre of the saucepan. Carefully slide the egg into the water.

3. Allow 3½ - 4 minutes for poached eggs with firm whites and soft, runny yolks. Allow 4-5 minutes for firmer yolks.
4. Remove eggs from the water with a slotted spoon and serve immediately.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

## Frying Pan Method

1. Bring a large frying pan of water to the boil over high heat. Meanwhile crack eggs into separate small bowls.
2. Once water is boiling, turn off the heat completely and allow the bubbles to subside.
3. Carefully slide eggs into the water and place the lid on the frying pan.
4. Allow 6 minutes for eggs with firm whites and soft, runny yolks. Allow 8 minutes for firmer yolks.
5. Remove eggs from the water with a slotted spoon and serve immediately.

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[Try watching this video on www.youtube.com](#), or enable JavaScript if it is disabled in your browser.

## Oven Method

1. Preheat oven to 180 degrees celsius.
2. Crack eggs into a muffin baking tray and pour 1 tablespoon of tap water over each egg.
3. Place tray in the oven and bake for 7-10 minutes. Allow 7 minutes for eggs with firm whites and soft, runny yolks. Allow 10 minutes for firmer yolks.
4. Remove eggs from the holes with a spoon and serve immediately.

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### Notes

- You can test for firmness by lifting an egg on a spoon and gently pressing a finger on the yolk.
- You can add a pinch of salt and ½ teaspoon of vinegar to the water before adding the eggs to help them hold together.
- Eggs should be cold for poaching so use them straight from the fridge
- Use fresh eggs for poaching

Read about the 11 different vitamins and nutrients in eggs in the [nutrition area of our website](#).

### Nutritional Information

|              |                 |         |           |               |               |               |        |
|--------------|-----------------|---------|-----------|---------------|---------------|---------------|--------|
| Serving size | Energy          | Protein | Total fat | Saturated fat | Carbs (total) | Carbs (sugar) | Sodium |
| 49g          | 278kJ<br>66kcal | 6.6g    | 4.4g      | 1.2g          | 0.2g          | 0.2g          | 78mg   |

All nutrition values are per serve.