

Everything you ever wanted to know about Poached Eggs

What is a Poached Egg?

Definition: Poaching is a very gentle technique for cooking an item by submerging it in a liquid that is barely simmering.

An egg is traditionally poached in a pan surrounded by simmering water and cooked to the point that the egg will have an undisturbed runny or soft yolk and be evenly and completely enclosed by solidified egg whites. An accepted modern variation on poached eggs is to use cups often termed 'egg poachers' that float the egg on water, however this method involves a closed lid pan and utilizes steam to cook the eggs. Outcome of this method is eggs will have a firmer texture than a traditional poached egg.

Cuisipro[®] Egg Poacher is designed like a sieve so that it sits in the water, allowing water to circulate around the egg, and thus poaching the egg.

Why are poached eggs cooked at a bare simmer?

Poached eggs should be prepared in water at a gentle simmer versus a rolling boil. Boiling water (212°F or 100°C) will twist and toughen the egg whites which will result in an egg that doesn't have the same tender texture as a poached egg prepared in simmering water. Water that is too cool will result in the egg separating before it has a chance to cook. Ideally you want water temperature to remain at a constant temperature range of 160 to 180°F (71-82°C); bare simmer.

Tip: Bring the water to a boil and then reduce it to a simmer before cooking.

What are the best eggs for poaching?

Fresher eggs yield the best results. Whites of very fresh eggs will cling around the yolk, making a rounder, neater shape when poached. If eggs are older, the whites thin and spread out.

What type of pan do you use?

Either a stainless steel saucepan or sauté pan works fine. Cuisipro egg poacher should be able to hook on the rim and clear a 1 1/2 cm off the bottom of the pan in order for water to circulate around the egg.

Why add vinegar?

Few teaspoons of vinegar helps outer layer of egg whites stay intact and solidify faster helping the egg keep its shape. This can be a real help if your eggs are a little older. Do not add salt, since it has the opposite effect and disperses the whites.

How do you crack the egg?

Cracking the eggs into a cup, ramekin or soup ladle has the benefit of a) checking that the egg is good and b) allows whites to settle back into a tight circle around yolk before you gently pour it into your Cuisipro Egg Poacher.

What is the best method to drain a poached egg?

Poaching directly in water or using the egg poacher cups requires soaking up excess water by sitting on or blotting poached egg with paper towel. Cuisipro Egg Poacher is designed to simply tilt and easily drain water away through the back holes.

How do you poach an egg?

1. For best results lightly grease the poacher and hook Cuisipro poacher onto rim of pan.
2. Pour water up to fill line or so water just flows overtop of the front rim on the poacher. Alternatively milk can also be used for a richer taste.
3. Add a dash of white vinegar to help coagulate the egg whites.
4. Bring water to a boil, and then reduce to a bare simmer. You will want to bring the water to a temperature of about 160-180°F (71-82°C).
5. Crack egg into cup, ramekin or ladle and gently pour into poacher.
6. Cook 7-9 minutes. So that whites are close to or are solidified.
7. Drain water away by tilting poacher back and gently scoop out with a spoon.
8. Serve poached eggs immediately, since they get cold quickly.