Poached Eggs

Quick · Serves 2

Ken's note: TBD

Ingredients

- 4 very fresh large eggs
- 1 Tbsp white vinegar
- Salt and pepper
- Toast, English muffins, or greens, to serve

Method

1. Bring about 3 inches of water to a gentle simmer in a wide pan (small bubbles, not a boil), and add the vinegar. Crack each egg into a small cup. Swirl the water gently and slide the eggs in. Poach 3 minutes for a runny yolk, 4 for medium, 5 for firm. Lift out with a slotted spoon and blot on a towel. Salt and pepper.

Notes

Make-ahead. poach 1 minute less, drop into ice water, and refrigerate up to 2 days. Warm 30–60 seconds in hot water.

Serve on toast with butter, on avocado toast, over greens, or as Eggs Benedict (with Blender Hollandaise from Sauces).