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|  | **Ingredients** | | **step** |
| **Poached Eggs** | 1-2 eggs |  Bring 2-3 inches water to a medium boil in a sauce pan. Add 1 tsp of light vinegar, such as wine or apple cider vinegar (use about 1/4 tsp per cup of water). Vinegar helps hold the egg whites together. Don't add salt to the water as it dissolves egg whites. Just before adding the eggs, swirl the water with a spoon to create a circular motion in the water. This will help keep the egg together as it cooks.   Crack eggs into a small bowl one at a time and slip them into the simmering water.   Cook 5 minutes, until the white is set and the yolk has filmed over. Remove eggs with a slotted spoon and drain on paper towels. | |