**Egg Poached**

Prep time: 5 min Cook time: 3 min

**Ingredients:**

* Fresh eggs
* Water (enough to fill a pot for boiling)
* 1 tablespoon vinegar (white or apple cider vinegar)

**Instructions:**

1. Bring a pot of water to a rolling boil.
2. Use a pin to make a small hole in the eggshell. This helps prevent the egg from cracking during cooking.
3. Place the whole egg (in its shell) in the boiling water for exactly 10 seconds. This helps to warm the egg.
4. Remove the egg from the boiling water and reduce the heat to bring the water to a gentle simmer. Add 1 tablespoon of vinegar to the water.
5. Once the egg is cool enough to handle, crack the egg gently into a small bowl. This helps to ensure that the yolk stays intact.
6. Slowly slide the cracked egg into the simmering water. Poach the egg for 3 to 4 minutes, depending on your preference for runny or soft yolk.
7. Using a slotted spoon (channi), carefully lift the poached egg out of the water. Allow any excess water to drain off.
8. Place the poached egg on a paper towel to absorb any remaining moisture. Serve on whole wheat toast, in a salad, or as desired.