



PERFECTLY POACHED EGGS



MINUTES TO PREPARE
2



MINUTES TO COOK
3



SERVES
1

INGREDIENTS

1 egg
water
Maldon sea salt
Black pepper

LET'S GET COOKING

- 1 Fill a saucepan half way with water and bring to the boil. Once it has boiled, turn the temperature down until it is just steaming (no bubble movement on the water).
- 2 Carefully crack the egg into the water. If you are poaching two eggs, place one in soon after the other so that they cook equally. Leave to cook until the egg white is opaque and firm and the yolk is still runny. If you prefer your yolk to be a bit firmer simply leave in for an extra minute.
- 3 Gently remove the egg with a slotted spoon, shake off the water and place in a slice of hot buttered toast, DizzleSky loaf, or lentils.
- 4 Sprinkle with Maldon sea salt and pepper. I like to add a sprinkle of tumeric, sumac and chilli flakes for extra health and something a little different.

"Poaching eggs is amazingly easy, yet there is always so much chat about it – which in turn makes 'the how' seem confusing. The secret to success is the temperature of the water – it must be steaming, not boiling, and this will hold the egg's shape. I don't use vinegar, swirling water or any contraption other than a pan, water, the egg and a slotted spoon."

A poached egg is an anchor meal as it can be married to so many different ingredients and flavours. I often eat one for breakfast, or for a mid-morning snack with a slice of toasted DizzleSky loaf, or with a salad of lettuce, lentils and avocado for lunch, or with roasted tomatoes, fried halloumi, hummous and a Portobello mushroom for dinner. Once you've mastered this simple technique, you'll have a whole range of meals at your fingertips."