

Cooking poached eggs

<https://downshiftology.com/recipes/poached-eggs/>

https://www.youtube.com/watch?v=yifZtA3uF-E&ab_channel=Downshiftology

1. VIDEO COMPREHENSION

1. Why don't people usually have poached eggs at home?
 2. Has the cook in the video tested several methods?
 3. Why is she making this video?
 4. Is it better to use a pot or a pan?
 5. What is rule number 1 for a perfect poached egg?
 6. What can you do before cooking the egg? How can you "prepare" it for cooking? (→ what will you use a sieve for?)
 7. Why should you put your egg into a ramekin?
 8. What will the bowl with ice be used for?
 9. Back to the boiling water – shall we use high or low heat?
 10. Is adding salt a good idea?
 11. Is adding vinegar a good idea?
 12. Does the vortex work?
 13. How long (how many minutes) shall you poach your egg?
 14. Can you cook more than one egg simultaneously?
 15. What will kitchen scissors be useful for?
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From min 6.35

Poached Egg with Asparagus

2. Watch and take notes of the INGREDIENTS and METHOD:

.....
.....

3. Follow up activity:

My Poached Egg Dish

- Title
- Ingredients
- Kitchen tools
- Method (use bullets/numbers)

Get inspired here:

<https://www.bbcgoodfood.com/recipes/collection/poached-egg-recipes>

VIDEO SCRIPT (in case you need it)

00:00

- Hey guys, and welcome back.

00:01

You loved my video on how to make

00:03

the perfect soft-boiled and hard-boiled egg,

00:06

so I thought it only made sense to follow that video up

00:09

with today's video on how to make the perfect poached egg.

00:13

Now, here's the funny thing when it comes to poached eggs

00:16

and I find that most people love to order them for breakfast

00:19

when they're out at restaurants,

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but they rarely make them at home.

00:22

And if you ask why I think most would say

00:25

that it's hard to get that perfect round spherical egg shape

00:30

in the poached egg, without getting lots

00:32

of crazy white wisps all over the place.

00:35

Well, for the last several weeks,

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which you might have seen on my Instagram stories

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I have tried every single egg poaching method under the sun.

00:44

From adding salt to the water or not adding salt,

00:47

to adding vinegar or not adding vinegar

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to swirling a vortex pattern in the pot,

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to using a fine mesh sieve to get rid

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of some of that loose egg white,

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to using brand-new fresh eggs versus old eggs

01:03

and even changing the depth of water in the pot

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from a very deep pot of water to a shallow saute pan.

01:10

And needless to say I have definitely learned

01:12

a few things in this process,

01:14

so in today's video I'm happy to share with you
01:16
all of the tips in what works the best
01:19
for the perfect poached egg, so let's dive in.
01:23
When it comes to the depth of water
01:25
I'd recommend a pot with at least
01:27
three to four inches of water.
01:28
If you use a shallow saute pan with only an inch or two
01:32
you'll end up with a flatter poached egg,
01:34
that may have more of a fried egg shape.
01:37
So, heat the pot of water on high and bring it to a boil.
01:41
While we're waiting for our water to boil
01:43
we'll get our eggs ready.
01:44
Now the number one most important factor
01:47
when it comes to a perfectly poached egg
01:49
is having the freshest eggs possible.
01:52
And ideally that means that you'd purchase them
01:54
just that morning.
01:56
Fresh eggs are gonna have tighter whites,
01:58
and keep more of that spherical shape
01:59
that we're going for.
02:01
Eggs that have been sitting
02:02
in your fridge for a week or more, like this one
02:05
are gonna have more of that looser liquidy white
02:08
and that's what causes all of those white wispies.
02:11
But as I know running to the market
02:12
before breakfast may not be feasible for most,
02:15
here's what you can do to ensure poached eggs success.
02:19
And you should do this no matter how old your eggs are.

02:22

Just crack your eggs into a fine mesh sieve,

02:25

give it a little swirl,

02:26

and remove that liquidy egg white.

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And as you can see on this egg

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which I just purchased this morning,

02:33

there's a lot less of that looser egg white

02:35

than in the previous example.

02:38

Once all of the very loose egg white has been strained out

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transfer your egg to a small bowl or ramekin

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as this will make it much easier

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to pour the egg into our pot of water.

02:47

And repeat this process

02:49

for as many eggs as you plan to cook.

02:51

(upbeat music)

03:07

Now, just like we do when we're making

03:08

soft and hard-boiled eggs,

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if you plan to make these poached eggs

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for meal prep or ahead of time,

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get an ice water bath ready

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as this will stop the poached eggs from cooking.

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Alright at this point our water should be boiling,

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so now reduce the heat to low.

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You just want some slight bubbles on the bottom if any,

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but no bubbles breaking the surface.

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Many people say to add salt to the water when you poach eggs

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but I found that this actually created more white wisps

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and splayed the egg white all out,

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then the reason this happens

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is because salt changes the density of the water.

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So definitely, don't add salt to the water

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but just so you can see what happens with your own eyes

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here's an attempted poached egg in salt water,

03:51

and you can see that it doesn't hold its shape very well.

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When it comes to vinegar,

03:56

it's true that vinegar does help to coagulate

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and keep the egg white all together.

04:01

Now I was against this method at first,

04:03

as I didn't want my eggs to taste like vinegar

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but if you use one to two tablespoons

04:07

you definitely can't taste it at all.

04:10

And for the type of vinegar

04:11

you can use white vinegar, apple cider vinegar

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or any type of lighter colored vinegar.

04:17

So let's get to poaching some eggs.

04:20

Add a tablespoon of vinegar to the water then stir it

04:22

and create a vortex.

04:24

And yes the vortex definitely works,

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and I recommend it if you're making just one or two eggs.

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So once you've got a nice fast vortex

04:33

drop your egg right into the middle,

04:35

and look at that lovely poached egg shape.

04:38

(upbeat music)

04:49

Set your timer for three minutes

04:50

for a firm white and liquid yolk,

04:53

if you'd like your yolk a bit firmer

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just add another 30 seconds, and once the time is up

04:58

use a slotted spoon to remove your beautiful poached egg

05:02

You can also give your egg a gentle tap

05:04

to see how cook through it is

05:05

and place it back in the water

05:07

if you'd like it a little bit firmer.

05:09

If it's to your liking,

05:10

just dab the poached egg on a paper towel

05:12

to remove any excess water and serve it up.

05:15

If you're making these for meal prep

05:16

or to make an advance for a crowd,

05:18

add the poached egg to your ice water bath

05:20

which will ensure the egg yolk stops cooking

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and I'll show you in a second

05:24

how you'll warm it back up later.

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Now, if you'd like to make several eggs simultaneously

05:29

without the vortex method, you can do that as well.

05:31

The shape may be a little flatter,

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but it's really not a big deal.

05:36

So gently pour each of your eggs into the water.

05:39

And on this last egg you can see

05:41

that there was a little more liquidy white

05:43

but that the main egg shaped still held together.

05:46

You can also use a spoon to move the water

05:48

and help create a rounder egg shape if you'd like.

05:52

And when three minutes is up

05:53

again use a slotted spoon to remove your poached eggs.

05:56

(upbeat music)

06:08

If you have any leftover white wisps still attached,

06:11

you can use kitchen scissors to snip those off,

06:14

and this is actually what restaurants will oftentimes do

06:17

for that perfect poached egg shape.

06:19

They'll actually trim it into shape.

06:21

Now, I think that's a little silly

06:23

and I'm all for a more natural poached egg shape

06:26

like this one.

06:28

All right you've now got this beautifully poached egg,

06:31

so let me show you one of my favorite poached egg

06:34

breakfast recipes.

06:35

Just add a little olive oil to a pan

06:37

along with two cloves of minced garlic,

06:40

then squeeze a lemon into the pan

06:42

and add the zest of the lemon as well.

06:44

Add a bunch of asparagus and use some tongs

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to move them around and saute

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for about three to five minutes or until they're tender

06:51

but still hold their shape.

06:53

Add the asparagus to a plate and top them

06:56

with a slice of prosciutto.

06:59

Now, at this point we don't wanna add a cold poached egg

07:02

to our breakfast, so to warm up our poached eggs

07:05

just add some boiling water to a bowl or large mug,

07:08

then place the poached egg in the hot water

07:10

for about 20 to 30 seconds

07:12

or until it's warmed through.

07:14

Remove it from the hot water

07:16

and now it's ready to be topped on our asparagus.

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Add a little salt and pepper and if you'd like

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shave on some fresh authentic parmigiano-reggiano cheese.

07:27

All right, let's cut into this poached egg

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and see how we did.

07:32

Yep I'd say that's pretty darn perfect.

07:37

I hope you guys enjoyed this poached egg tutorial,

07:39

and if you did, hit that thumbs up

07:41

and while you're at it hit that subscribe button below

07:44

so you don't miss next week's video,

07:46

and I am now gonna finish enjoying my breakfast.

07:49

(upbeat music)