

PERFECT POACHED EGGS FOR A CROWD

F EASY

Last Modified: 02/07/2015

PREP: 1 To 2 Hrs
COOK: 15 Min
STOVETOP

EGGS

MAKES 6 SERVINGS

| QUA | MEASURE | INGREDIENT | PROCESS |
|-----|---------|---------------------------------|-----------|
| 12 | Large | Eggs (As FRESH As Possible) | Room Temp |
| 1/4 | Cup | Distilled White Vinegar (Heinz) | |
| 1 | Tsp | Kosher Salt | |
| ? | COLD | Water (To Cool The Cooked Eggs) | As Needed |
| 1 | Quart | Crushed Ice | |

PREPARATION

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| FACTOID | Poaching an Egg correctly is indeed a skill. Unless it is done carefully, you end up with an ugly, misshapen white blob in which the White is undercooked or the Yolk has begun to harden. This includes a process for keeping partially cooked poached Eggs overnight so all you have to do is re-heat & finish cooking them in the morning. |
| TOOLS | <ul style="list-style-type: none"> 1) Large Stainless Steel Skillet (With deep straight sides). 2) 7 - 6 Ounce Custard Cups or Ramekins. 3) Folding Steamer Basket. 4) Infra-Red Temperature Sensor. 5) Slotted Spoon (Fits Inside A Ramekin). 6) Medium Mixing Bowl. 7) Digital Timer. |
| PREP | One to two hours. |
| CAUTION | Use ONLY the freshest Eggs you can find for Poaching. Fresh Eggs will have runny Whites (GOOD). Older Eggs will have thick Whites (BAD). I know it sounds wrong, but runny Whites are what is needed here. |
| 1 | The Day Before: Let the Eggs come to room temperature for 1 to 2 hours. |
| 2 | The Day Before: Place 6 ramekins in the bottom of the skillet. Pour in enough water to cover them with at least 1/4" of water. Pour the Vinegar and Salt in evenly & stir. Turn the temperature on high. |
| 3 | The Day Before: Fill the mixing bowl half full with water, add in the ice. Put the steamer basket on top. |
| 4 | The Day Before: As soon as the water comes to a boil, lower the heat to attempt to maintain a constant temperature of 205 degrees. Let the temperature stabilize. |
| 5 | The Day Before: Carefully crack one Egg and place it into the 7th ramekin. Submerge the edge of the ramekin slightly into the simmering water and slowly pour the Egg into one of the 6 empty ramekins in order. Start the timer. Work quickly here, you don't have very much time to mess with them. Add Eggs into the 5 remaining ramekins at 10 second intervals. REMEMBERING the order that you put them in. |
| 6 | The Day Before: Allow the Eggs to cook UNDISTURBED until the timer reaches 5 minutes (7 minutes if you'll be eating them NOW). Using a slotted spoon, remove the poached Eggs in the same order you put them in the water. Place each Egg CAREFULLY on top of the ice water in the mixing bowl. These Eggs are SLIGHTLY undercooked so they can finish cooking by reheating them tomorrow. |
| CAUTION | REMEMBER: Always ROLL the cooked Eggs on to & off of the slotted spoon or they'll tear. |

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| 7 | The Day Before: Repeat the process until you have cooked all of the Eggs you will need in the morning. |
| HINTS | If you think any of the now Poached Eggs are "ugly", you can optionally trim off any of those stray Egg White threads with a pair of scissors. |
| 8 | The Day Before: Place the Eggs in a bowl large enough to hold all of them (NOT on top of one another) & cover them completely with cold water. Seal tightly with plastic wrap and refrigerate overnight. |
| 1 | Serving Day: Place the cold Eggs in the steamer basket (touching is OK) using a slotted spoon. Bring enough water to submerge the Eggs to a rolling boil. Place the steamer basket into the boiling water and turn off the heat. Allow the Poached Eggs to sit while still submerged in the hot water for TWO MINUTES ONLY. Pull the steamer basket out of the hot water, place 2 skewers across the top of the pan and set the steamer basket on top to keep the Eggs warm. |
| SERVE | Gently ROLL a hot Egg off of the slotted spoon and onto the top of the hot prepared Meal (Hash, Toast, English Muffin, Potatoes, Eggs Benedict, etc.). Serve while hot. CAREFUL: If you attempt to slide the Egg off of the spoon, it WILL tear open. |