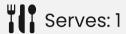


## Recipe Card

## The Perfect Poached Egg Brunch





Cooking Time:



Level: Easy



## INGREDIENTS

I free range organic egg I tablespoon (maybe a little less but more than teaspoon) of vinegar Salt & Pepper to taste I English Muffin- whole wheat or millet

## PREPARATION

- 1. Set a pot of water on the stove and bring to almost boiling. More like an active and very heated simmer.
- 2. Add your vinegar, let simmer. It should not be boiling, just hot. Then toast muffin.
- 3. Crack an egg into a bowl. If the yolk breaks you will have to do it again. So, use some finesse. Also, this bowl should be small. like a cereal bowl
- 4. Swirl the water in a circular motion. Get it moving and then...
- 5. Now take your bowl and lower it to just above the water, slightly tilted. Now put the egg into the water with ease.
- 6. Allow it to cook for about 5 minutes depending on how you like your yolks. After 2-3 minutes you'll be able to take a spatula or similar and find the egg in the murky water and lift lightly to the top so you can view the yolk.
- 7. If your tool is a flat with holes that's best as it strains out all extra water when you're lifting it from the water onto your bread. I often use a spatula and try to train it at an angle because I use the spatula for almost everything.