

Selena + ADRIENNE CHEATHAM

EPISODE 6

INGREDIENTS

11 eggs

2 cups distilled white
vinegar

1 cup water, plus more for
poaching



PERFECT EVERY TIME POACHED EGGS

DIRECTIONS:

1. Pour the vinegar and 1 cup water into a large shallow glass baking dish and crack each egg directly into the liquid. Make sure the container is large enough that the eggs are not crowded too tightly. The eggs should be fully covered in the vinegar solution, if the liquid is too shallow, add enough vinegar to just cover the tops of the eggs. Shake the dish to make sure the solution is surrounding the eggs and the whites are not touching too much.
2. Let the eggs soak in the vinegar solution for at least 10 minutes; you will see the egg whites begin to turn slightly opaque around the edges and form a kind of teardrop shape around the yolks. This is when you know you're ready to poach.
3. While the eggs are soaking, fill a large shallow pot (or deep saucepan) with water to about 3 inches deep. Bring this to a bare simmer over medium-low heat, then lower the heat a tad (there should be very few bubbles coming up). If eggs are not ready yet, add more water as needed to maintain the depth.
4. To poach the eggs, use a large spoon (not slotted) or ladle, lift the eggs out of the vinegar

solution one by one, and gently lower them into the poaching pot.

5. Only poach as many eggs at a time as you have room for in the pot without crowding. Eggs should be able to float freely in water with $\frac{1}{2}$ - 1" of space between them.
6. Let eggs cook for 2-3 minutes or until the whites are just set all around but yolks are still soft to the touch.

**You can actually do this ahead as well! Place the poached eggs in a baking dish that has been sprayed with non-stick cooking spray (or rubbed with olive oil), add a couple of splashes of water, and cover with foil. When ready to serve, place the eggs in the oven for 5 minutes to warm just before assembling.*