

# LES OEUFS

## HOW TO COOK EGGS

### Pocher des œufs Poached eggs

#### Utensils

- Saute pan (sautoir)
- Heavy saucepan (russe)
- Skimming ladle / skimmer (écumoire)
- Paring knife (couteau d'office)
- Metal dish (plaque à débarasser)

For best result only use very fresh eggs (less than 7 days) and keep them in the refrigerator at 3°C until using them.

You will need 0,050l of white vinegar per litre of water.

In some recipes eggs can be cooked in red wine, if so use red vinegar instead of white vinegar.

#### Safety instructions

- Wash hands before and after breaking the eggs or use disposable gloves.
- Use thoroughly clean equipment.
- Break the eggs in a container different from the one which will be used for mixing the eggs (a ramekin for instance), so as to check the freshness of each egg.
- Throw out any suspect eggs: unusual smell or colour.
- Break the eggs down flat and not on the side of the container where they'll be mixed together.
- Break the eggs as long as they're needed.

#### Video

To make poached eggs you will need eggs, a container filled with cold water to wash them, a ramekin, a stainless steel container, a saute pan filled with boiling water, coarse salt, white vinegar, a container filled with iced water to refresh the eggs (to cool down the eggs) and a skimming ladle.

- After the eggs have been washed,
- crack them one by one in a ramekin and check their freshness,
- pour them delicately (gently),
- be careful not to break the yolks,
- at this point pour in the white vinegar, cover them with a cling film,
- and keep in the refrigerator for at least 15 minutes,
- when the water reaches boiling point,
- add coarse salt,
- remove the eggs from the refrigerator,
- pour them gently into the water,

- Don't touch anything,
- when the water starts boiling again, lower the heat, skim the surface,
- and let simmer for about 3 to 4 minutes,
- check the cooking, the white is completely coagulated and the yolk is soft,
- cool them down in iced water to stop cooking,
- to get a better shape egg, you can trim the extra white,
- place on a kitchen paper,
- the egg is perfectly poached.