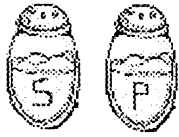


Poached Egg

You Need:



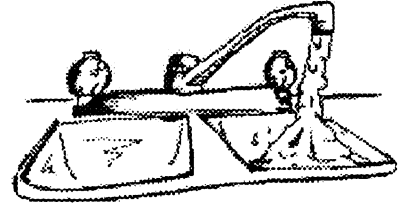
1 egg



salt & pepper



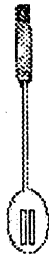
2 cup liquid
measuring cup



water



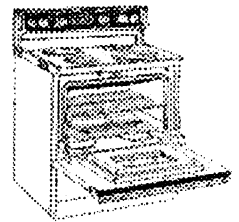
custard cup



slotted spoon



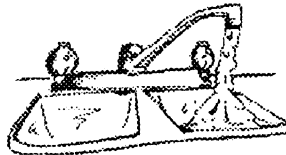
small frypan



stove

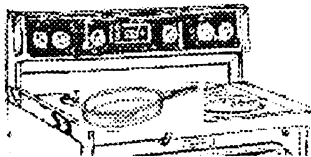
1.

1 1/2 cups

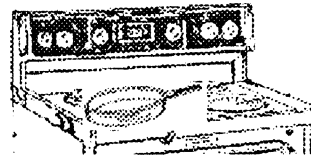


Measure and put 1 1/2 cups water in a small frypan.

2.



HIGH

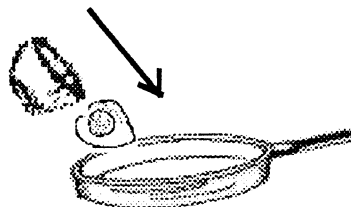
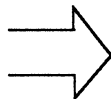


LOW



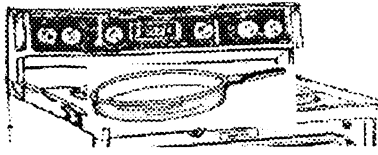
Put frypan on stove. Turn stove to HIGH heat.
Bring to a boil then reduce the heat to LOW.

3.

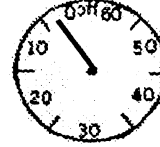


Break egg into a custard cup. Slip egg gently into
the simmering water toward the edge of the pan.

4.

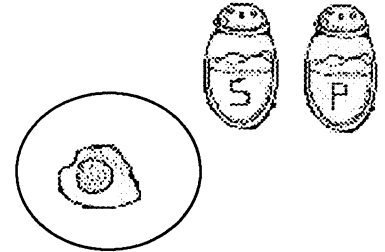
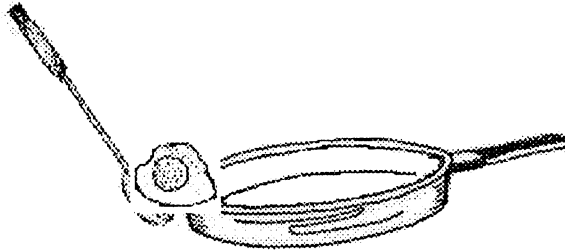


3 - 5 minutes



Cook over LOW heat for 3 - 5 minutes or to desired doneness. Turn stove OFF.

5.



Remove egg with a Slotted spoon. Season with salt and pepper. Serve on plate.

POACHED EGG

You Need:

1 egg
1 1/2 cups water
salt & pepper
1/2 tsp. water

custard cup
2 cup liquid measuring cup
slotted spoon
small frypan

1. Measure and put 1 1/2 cups water in a small frypan.
2. Put frypan on stove. Turn stove to HIGH heat. Bring to a boil then reduce the heat to LOW.
3. Break egg into a custard cup. Slip egg gently into the simmering water toward the edge of the pan.
4. Cook over LOW heat for 3 - 5 minutes or to desired doneness. Turn stove OFF.
5. Remove with slotted spoon. Put on plate. Season with salt and pepper.