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.

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

5. **Preparation**: Remove egg with a Slotted spoon. Season with salt and pepper. Serve on plate.
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.