

Food skills

Poaching eggs

Poached eggs are cooked with the shells removed. They are cooked until the whites are no longer runny and the yolks are beginning to harden around the edges.

Poaching is a method of cooking in hot liquid that is kept below boiling point. Food is lowered into just enough hot liquid to cover the food. Liquids used for poaching are commonly water, milk, stock or wine. Foods that can be poached include eggs, fish and fruit.

How to



1 Half fill a pot with water. Add about 1 tablespoon vinegar per litre of water.



2 Bring the water to boil. Reduce heat until simmering.



3 Carefully crack the egg into a cup.



4 Slowly slide the egg into simmering water.



5 Allow the egg white to set around the yolk. The egg should float to the top when the white is set.



6 Use a large slotted spoon to remove the egg from the water, drain.



7 Serve on whole grain toast or steamed seasonal vegetables.



Chilli beans with eggs (serves 4)

Ingredients

1 tablespoon oil
1 onion, diced
1 can chilli beans
1 can chopped tomatoes
or 4 tomatoes chopped
2 cups corn kernels
1 green capsicum, sliced
4 eggs

Method



Heat oil in a large pan. Add chopped onion and cook until soft.



Add chilli beans, tomatoes, corn and capsicum and cook until the sauce has reduced and thickened.



Make 4 holes in the mixture and break an egg into each.



Cover with a lid and cook over low heat until the eggs are cooked, 7-10 minutes. Serve with brown rice.

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