

## **Poached eggs on toast (Serves 1)**

Poaching eggs so that the white is set and the yolk is still runny is quite a skill. The video below explains 3 ways to poach eggs depending on how old the eggs are. Good Luck.

Video: <https://www.youtube.com/watch?v=pAWduxoCgVk>



### **Ingredients**

- 1 medium free-range egg
- 1 slice bread
- salt and freshly ground black pepper

### **Method**

1. Bring a small saucepan of water to a rapid boil then turn it down to just simmering.
2. Toast your bread and keep it warm.
3. Crack the egg into the water and cook for 3 minutes.
4. Place the poached egg onto the toast and season with salt and pepper.

### **Poached eggs are delicious served with other foods too:**

They are great on top of a risotto.

On top of a stack of something like black pudding.

Serve with mashed avocado underneath.