

YR 6 - Poached eggs on toast - work in pairs

Ingredients

1 Egg
1 Piece of bread
Butter/Margarine
Vinegar

Equipment

- Ladle
- Slotted spoon
- Grill pan
- Small saucepan
- Plate
- Knife □ Fork

Method

1. Fill small saucepan 1/3 full with cold water - put onto hob on full blast till simmering then turn down to stop boiling. Add a splash of vinegar.
2. Crack egg into ladle and slowly add to simmering water, add next egg to same pan.
3. Put 2 pieces of bread on grill pan and watch - when 1 side brown turn over.
4. Allow eggs to cook slowly with simmering water. When eggs are not opaque (see through) and more solid - bring out 1 by 1 with slotted spoon. Put on paper towel.
5. Butter your toast and put egg onto toast.
6. Eat then wash up.