FOOD AND COOKING WITH CHEF ROSS

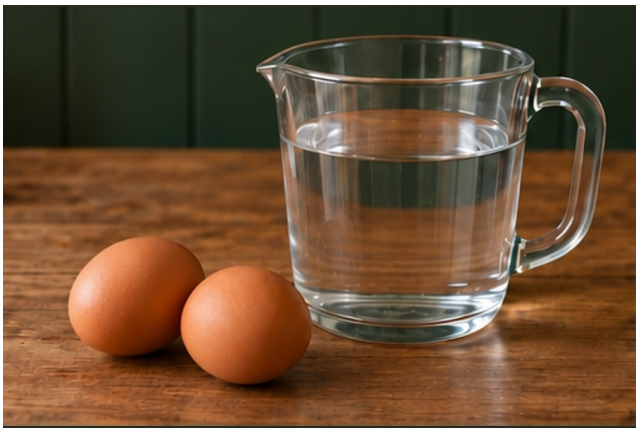
Simple Poached Eggs



Preparation: about 10 minutes | Cooking: about 3½–5 minutes* | Serves: 1 person

What you need

Ingredients



- 2 cold free-range eggs
- 1 litre water

Equipment



- Medium saucepan with lid
- Fine-mesh strainer; 2 small bowls
- Slotted spoon; timer

Let's make it



1. Heat the water

Pour 1 litre water into a medium saucepan.
Heat until gently simmering, not boiling hard.



2. Strain the eggs

Crack one egg into a fine-mesh strainer over a small bowl.
Let the thin, watery white drain away naturally.
Gently transfer the egg into a separate small bowl. Repeat with the second egg.



3. Add the eggs

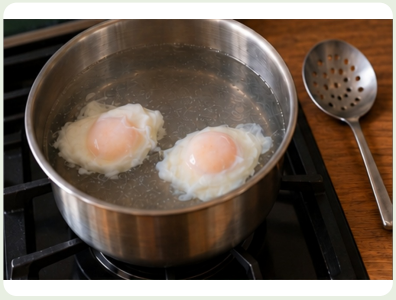
Gently slide the eggs into the hot water, one at a time.
Keep them apart.

Simple Poached Eggs



4. Turn off the heat

Wait until the whites begin to set.
Turn off the heat.



5. Keep the eggs separate

Gently move the water around the eggs to help keep them separate.
Do not break the yolks.



6. Finish and drain

Put the lid on. Let the eggs cook in the hot water.

WITH THE LID ON

3½–4 minutes for soft yolks
4–5 minutes for firmer yolks*

Lift gently with a slotted spoon and drain.

Serving and storage

Serve freshly cooked. Use eggs handled and stored according to their packaging and Australian food-safety guidance.
For vulnerable people, cook eggs thoroughly until the yolks and whites are firm.

*Cooking time is a guide. The temperature and pan size can change the result.

Recipe ©2026 Deaf Chef Ross. Check labels for allergens. Follow appliance and storage instructions. Times and servings are estimates. Images are illustrative.
Sources: NSW Food Authority; Victorian Government. Generated by ChatGPT for Deaf Chef Ross (C)2026.