

How to Make the Perfect Poached Egg ...

Excerpt from an article by chef Sara Moulton

Sara Moulton was executive chef at Gourmet magazine for nearly 25 years, and spent a decade hosting several Food Network shows. She currently stars in public television's "Sara's Weeknight Meals" and has written three cookbooks, including "Sara Moulton's Everyday Family Dinners."

Lyonnais-Style Salad With Smoked Salmon

INGREDIENTS:

- frisee or other greens
- eggs
- smoked salmon – OR lox
- lemon-dijon vinaigrette (with bits of bacon)
- whole grain croutons (optional)



PREPARATION

1. To stop those pieces of white from feathering out all over the place, lose the watery whites. Just place your raw egg in a fine mesh strainer, tip the strainer around (which helps to separate the thin part of the white from the thick part), then bang it hard several times against the edge of the bowl. The thinner part of the egg white will fall through the strainer. Discard it and your eggs are ready for poaching without fear of spider legs.
2. Bring a pot of water to a boil, turn it off, add the strained eggs, cover the pot, and let the eggs cook, off the heat, until they are just done. Behold the perfect little bulls-eyed ovals.
3. The rest of the salad is very straightforward: frisee, baby greens or your choice of other greens, the lemon-dijon-bacon vinaigrette, croutons, and smoked salmon, which turns this delicious appetizer into a main dish. In the words of my favorite Francophile, Ms. Julia Child, "Bon appetit!"



Toast with Green Garlic Confit and Poached Eggs

4 Servings ~ Three ingredients but infinite possibilities. Keep this mellow garlic condiment on hand and add a spoonful to soups, sandwiches, or pretty much anything.

Recipe by Chris Morocco, for Bon Appetit

INGREDIENTS

- 1 bunch green garlic, white and pale green parts only, chopped (about 1 cup) – sub scallions if you can't find the garlic
- ½ cup olive oil
- Kosher salt
- 4 slices of good whole grain bread, toasted
- 4 Perfect Poached Eggs



PREPARATION

1. Bring green garlic, oil, and a pinch of salt to a bare simmer in a small saucepan over medium-low heat. Cook, reducing heat if needed, until garlic is soft, 40–45 minutes. Let cool slightly. Taste confit and add some more salt if you'd like.
2. Mash some confit onto each piece of toast; top with poached eggs.



Breakfast Bowl with Sweet Potatoes and Turmeric Egg

4 servings ~ Adding turmeric to the poaching liquid in this breakfast bowl recipe imparts a deep golden hue to the egg. Recipe by Honey Hi, LA, for Bon Appetit

INGREDIENTS

- $\frac{3}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon cayenne pepper
- $\frac{3}{4}$ teaspoon smoked paprika, plus more for serving
- 3 tablespoons olive oil, plus more for drizzling
- 1 medium sweet potato, cut into $\frac{3}{4}$ -inch pieces
- 1 medium garnet yam, cut into $\frac{3}{4}$ -inch pieces
- 1 small red onion, chopped
- Kosher salt, freshly ground pepper
- 12 slices bacon (about 12 ounces)
- 1 teaspoon finely chopped oregano
- $\frac{1}{4}$ cup distilled white vinegar
- 2 teaspoons ground turmeric
- 4 large eggs



- 8 ounces baby greens (about 10 cups)
- 1 cup dill sprigs
- 1 cup parsley leaves with tender stems
- 3 tablespoons fresh lemon juice
- 1 avocado, quartered lengthwise, thinly sliced
- Smoked sea salt (for serving; optional)

PREPARATION

1. Place a rack in the center of oven and preheat to 425°. Whisk garlic powder, cayenne, $\frac{3}{4}$ tsp. paprika, and 3 Tbsp. oil in a large bowl. Add sweet potato, yam, and onion and toss to coat; season with kosher salt and pepper. Spread out sweet potato mixture on a parchment-lined rimmed baking sheet. Place bacon on a separate parchment-lined baking sheet. Roast, tossing sweet potato mixture halfway through, until bacon is brown and crisp and sweet potato and yam are golden brown in spots, 12–14 minutes for bacon and 25–30 minutes for sweet potato mixture. Remove bacon from oven and cut into 1" pieces. Remove sweet potato hash from oven and toss with oregano.
2. Pour 2" water into a large saucepan and bring to a boil; reduce heat so water is at a gentle simmer and add vinegar and turmeric. Crack an egg into a small bowl, then gently slide egg into water. Repeat with remaining eggs, waiting until whites of eggs in water are opaque before adding the next egg (about 30 seconds apart). Poach until whites are set but yolks are still runny, about 3 minutes. Using a slotted spoon, transfer eggs to paper towels as they are done and let drain.
3. Toss greens, dill, parsley, lemon juice, and bacon in a large bowl. Drizzle with oil, season with kosher salt and pepper, and toss again. Divide salad among bowls and top each with sweet potato hash, avocado, and a turmeric-poached egg. Sprinkle with smoked sea salt, if using, and more paprika.

Lentils with Cucumbers, Chard, and Poached Egg

4 Servings ~ Calling all savory breakfast people: This beans-and-greens egg bowl is for you. Feel free to substitute baby kale or spinach for the chard. Recipe by Alison Roman for Bon Appetit, Photo by Peden + Munk

INGREDIENTS

- 1 tablespoon distilled white vinegar
- 4 large eggs
- 2 cups cooked black lentils, green lentils, or chickpeas (from about 1 cup uncooked)
- 2 scallions, thinly sliced
- 2 tablespoons coarsely chopped fresh dill, plus small sprigs for serving
- 1 teaspoon finely grated lemon zest
- 2 tablespoons fresh lemon juice, divided
- Kosher salt and freshly ground black pepper
- 2 small cucumbers, thinly sliced
- 1 tablespoon za'atar* spice blend, plus more for serving
- 1 tablespoon olive oil
- 1 bunch large Swiss chard, ribs and stems removed, leaves torn into 2" pieces
- 1 garlic clove finely grated (optional)

**** ~ Za'atar is available at Middle Eastern markets and specialty foods stores, or online at Atlantic Spice Company, Truro, here on the Cape***

PREPARATION

- 1 Bring about 2" water to a boil in a large saucepan; reduce heat so water is at a gentle simmer and add vinegar, which helps the whites coagulate. Crack an egg into a small bowl, then gently slide it into water. Repeat with remaining eggs, waiting until whites are starting to set before adding the next one (about 30 seconds apart). After about 3 minutes, whites should be set and yolks still runny. Using a slotted spoon, transfer eggs to paper towels as they are done.
- 2 Combine lentils, scallions, dill, lemon zest, and 1 Tbsp. lemon juice in a medium bowl; season with salt and pepper.
- 3 Toss cucumbers with 1 Tbsp. za'atar and remaining 1 Tbsp. lemon juice in a small bowl; season with salt and pepper.
- 4 Heat oil in a medium skillet over medium. Add Swiss chard by the handful, tossing and letting it cook down a bit before adding more, and cook until tender; season with salt and pepper. Stir in garlic, if using, and set aside.
- 5 Divide lentils among bowls and top each with some chard, cucumbers, a few dill sprigs, and a poached egg. Sprinkle with more za'atar.



Classic Eggs Benedict

Here is the original ~ there are endless variations, but no matter how you change it up, the most important element is the perfect poached eggs!

<https://www.youtube.com/watch?v=z7fX0GsS1kc>

INGREDIENTS

- 2 tsp. white wine vinegar or fresh lemon juice
- 8 large eggs
- 2 Tbs. salted butter, softened
- 4 English muffins, split in half
- Eight ¼ -inch-thick rounds of Canadian bacon – or your favorite sliced ham (2 slices per muffin)
- 1 recipe Hollandaise Sauce
- Pinch of paprika, for garnish (optional)
- Thinly sliced fresh chives, for garnish (optional)



PREPARATION

- 1 Pour enough water into a 10- to 12-inch skillet so that it's three-quarters full. Add the vinegar or lemon juice and bring to a simmer over medium-high heat. Gently break the eggs into the water around the edge of the skillet, which will help keep the eggs together. Lower the heat to medium low and simmer until the eggs are just set, about 3 minutes; the yolks should still be runny. (Alternatively, add the eggs to the simmering water, turn off the heat, cover the skillet, and let them sit for 4 to 5 minutes.) Remove the eggs from the skillet with a slotted spoon and set aside on a warm paper-towel-lined plate. If the eggs have any feathery edges, you can trim them if you like. Meanwhile, toast and butter the muffin halves.
- 2 Heat a 10-inch skillet over medium-high heat and cook 4 slices of the bacon, flipping once, until heated through and browned in spots, about 1 minute per side. Transfer to a large plate and repeat with the remaining slices.
- 3 To serve, put two muffin halves on a warm plate, top each with a slice of the bacon and a poached egg, and spoon over about ¼ cup of the hollandaise sauce. Garnish with a sprinkle of paprika and some chives (if using). Repeat with the remaining ingredients and serve immediately.

EGGS BENEDICT VARIATIONS – SOME FAVORITES:

Fresh Crab or Crab Cake Eggs Benedict, Asparagus & Proscuitto Eggs Benedict, Cajun Eggs Benedict, Smoked Salmon-Dill Eggs Benedict, Tex-Mex Eggs Benedict, Steak Eggs Benedict, Avocado Eggs Benedict, Reuben Eggs Benedict, Florentine Eggs Benedict, Roasted Portobello Eggs Benedict, Irish Hash Eggs Benedict..... many many more possibilities!

Basic Hollandaise Sauce

By John Ash Fine Cooking Issue 104

This simple French sauce is essential for Eggs Benedict, but it's also lovely drizzled over fresh steamed asparagus or other spring vegetables. The trick to getting a smooth sauce: Whisk it over simmering water so the egg yolks cook gently and don't curdle.

INGREDIENTS

- 4 large egg yolks
- 2 Tbs. fresh lemon juice
- 1 tsp. Dijon mustard
- 6 oz. (12 Tbs.) unsalted butter, melted
- Pinch of cayenne pepper **or** a few drops of hot pepper sauce
- Kosher salt



PREPARATION

- 1 Position a large heatproof bowl over a pot of barely simmering water, making sure the bottom of the bowl doesn't touch the water. In the bowl, whisk the yolks, lemon juice, and mustard (if using) until well combined.
- 2 Gradually whisk in the butter in a thin stream and keep whisking until the sauce is thick enough for the whisk to leave tracks that hold for a couple of seconds, 1 to 2 minutes.
- 3 If the sauce is too thick, whisk in a few drops of **hot** water to thin it. Whisk in the cayenne **or** hot sauce and season to taste with salt. Keep the sauce warm in its bowl set over the simmering water, whisking occasionally, until ready to use.