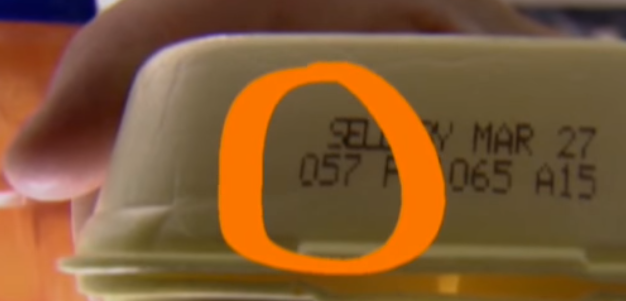
**Poached Eggs**

1. Use Fresh eggs. How do you know how fresh an egg is?   
   Look at the carton:  
     
   The first 3 numbers represent the # day out of 365 days of the year. In this example, we’re looking at the 57th day of the year, February 26th.
2. Bring a non-stick pan or skillet of water filled 5cm deep to a boil.   
   **Alternative:** 3”-4” water will yield rounder, shapelier eggs.
3. Add a splash of light vinegar.
4. Crack eggs into individual small bowls.  
   **Tip:** Run eggs (individually) through a fine mesh sieve so as to keep the tight whites, while straining out the loose and liquidy runny whites.
5. Lower flame to a simmer (small bubbles).
6. Using cutlery, break up bubbles, make them disappear. Then, give a stir and make water swirl.
7. While water is still swirling, gently tip individual eggs into the swirling vortex.
8. Cover pan. Cook for 2-3 minutes then turn off the heat and leave the pan for 8-10 minutes.
9. Lift eggs out with a slotted spoon and drain on paper towel.