



Frank Dodd's Cooking School Recipe

Soft Poached Hen's Egg

Ingredients

4 large eggs
1 cup of white wine vinegar
6 cups of water
Salt and fresh ground pepper
Use a deep pot

Method

Bring water and vinegar to a boil. Turn down heat to just below a simmer. Crack eggs into cups. Stir water in clock wise direction slowly for 10 seconds with large spoon and drop eggs into water one at a time.

If you're eating right away, leave eggs to cook to desired firmness. Remove with spoon and place on kitchen paper and season with salt and pepper. Spoon into a bowl or on toast.

If you're cooking and chilling, remove after 4 minutes with holy spoon and plunge into ice cold water and leave for 5 minutes. Remove and store in cold water in refrigerator until needed.