Poached eggs (poché)

Serves 5

Ingredients

500 g	Egg 10 pc
2 kg	Water 10 glass
20 g	Salt 1 tbsp

Allergens

Allergen information is not complete yet. Worked out from the ingredients. It does not cover contact in your kitchen.

Method

1. Add the salt to the water in a pot and set it on the stove. Once it boils, turn the heat down so the boiling slows.
2. Crack the eggs into bowls first, then tip them into the water one by one. The water should be at boiling temperature without bubbling; cook the eggs for 3-4 minutes, unhurried. The whites should set and the yolks should stay soft.
   3 min
3. Carefully lift the eggs out with a skimmer into cold water.
4. If ragged edges have formed, cut them off. Leave the eggs in this water until you need them.
5. Just before using, put the eggs into the salted water at boiling temperature; after 30 seconds take them out with a strainer, ready to serve.

Last changed: November 1, 2026
T.C. Millî Eğitim Bakanlığı, Yumurta Pişirme (2018)
tatname.com/en/tarif/poshe-yumurta-megep-yumurta-pisirme