

Egg Poaching Instructions

1. Fill the pan with $\frac{1}{2}$ inch of water, and set over medium heat. Allow the water to come to a gentle simmer.
2. Lightly oil the poaching cups, and allow them to warm in the pan.
3. Crack an egg into each cup, and cover the pan. Cook the eggs to the desired doneness, which should take anywhere from 2 to 4 minutes.