



Poached eggs make an impressive breakfast or brunch whether perched on toast or a salsa, salad or on their own. Plus, they're delicious and so easy to make.

Ingredients

1 egg

Salt for seasoning

Apple cider vinegar

Red Onions

Tomato

Sesame seeds

Fresh coriander for garnishing



Method

Get yourself a wide pan or a small-medium size sufuria and fill it with boiling water from the kettle. Bring it to a light simmer over a medium heat, add a pinch of salt and 2 tablespoons of vinegar.

Crack one of your eggs into a cup ensuring that the yolk remains intact. Stir the water until it forms a whirl pool. Gently pour it into the center of the whirl pool in one fluid movement.

A really soft poached egg , the ones that ooze, should take around 2 minutes and a soft to firm one will need 4 minutes .It will depend on the size of the egg too and whether they are fresh or from the fridge. To check whether they're done, remove one carefully from the pan with a slotted spoon and give it a gentle push with a teaspoon. If it feels too soft (use your instincts), put it back and give the eggs a minute or two more in the water to firm up. I liked mine a lot more firm.

When they're ready, remove them to some kitchen paper to dry off and garnish with some sesame seeds. Serve with buttered toast and salsa or with avocados.

For the salsa

Slice your tomatoes. Do the same to your onions and soak them in some vinegar or some hot water with salt for about 4 minutes. Drain them and then mix the tomatoes and onions together. Garish with your fresh coriander.



SERVE WITH: bread, some tea on its own or some seared salmon.

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/poached-egg-with-chunky-tomato-salsa/>