

## Lesson 9

**Approximate Time:** 60 minutes

### How to Poach

**Introduction:** Eggs and other tender foods, such as fruit and fish, can be poached. In the United States and abroad, poached eggs may be served as a main dish in combination with many vegetables, such as mushrooms, green peppers, and onions. Poached fruits are often served for breakfast or as an elegant dessert.

**Learning Goals:** After studying this lesson, you will be able to:

- Explain how to poach eggs and fruit.
- Demonstrate how to poach an egg or piece of fruit.
- Discuss ways to serve poached eggs and fruit.

**Learning Activities:** Study the term poach and the guidelines for cooking tender foods in this manner. Then follow steps 1 through 4 to complete this lesson.

- *Poach* means to gently cook a food in simmering\* liquid so the food keeps its original shape.
- Poached eggs are cooked without the egg shell in a simmering liquid. As the eggs simmer, baste them with the liquid or cover the skillet with a lid. Eggs can also be poached in a special pan called an egg poacher. In an egg poacher, the egg is cooked over simmering water and the egg poacher is covered with a lid. During the cooking process, the egg proteins coagulate, or become firm. Time and temperature are critical to egg cookery (coagulation). Low to moderate temperatures are best. When temperatures are too high, egg proteins lose moisture and become tough. Likewise, when eggs are cooked too long, egg proteins can lose moisture and become tough and dry. Poaching, or cooking the eggs gently in simmering liquid, will help prevent this problem.
- Poached fruits are generally peeled and poached whole in an acidic liquid, such as spiced fruit juice. During the cooking process, the fruits are either submerged in the liquid or basted with the liquid periodically during cooking. The saucepan is generally covered during cooking. Low to moderate heat and a slow cooking time are important for poached fruits to retain their shape.

\**Simmer means to cook a food in liquid at just below the boiling point.*

1. **Recipe choice** Choose a recipe or variation of the recipe from those that are part of this lesson. If necessary, write the recipe on a recipe card.
2. **Lab plan** Complete a *Work Schedule* and *Market Order* for your recipe. Obtain these forms from your teacher.
3. **Performance test** In the foods lab, demonstrate for your teacher how to poach the eggs or the fruits in your recipe.
4. **Evaluation** Complete *Thinking About How to Poach* at the end of this lesson. Then complete the *Foods Lab Evaluation Rubric* supplied by your teacher.

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## Lesson 9, continued

# Poached Eggs

Yield: 1 portion

## Amounts

1 slice  
1

## Ingredients

Bread, whole-grain optional  
Egg  
Water

## Directions:

1. Fill a skillet half full of water. Bring water to a boil over high heat.
2. Break egg into saucer or small dish and carefully slide egg into the water, keeping the circular egg shape intact.
3. Reduce heat to low and *poach* (simmer) for 3½ to 5 minutes or until egg white is firm and yolk is thickened.
4. Remove egg from water with a slotted spoon. Drain.
5. Serve on toasted bread.

## Variations:

1. Eggs can also be poached in tomato juice or chicken broth. The eggs will absorb these flavors for an appealing taste.
2. Poached eggs can be served on a split English muffin and sprinkled with a small amount of shredded cheese.

## Nutrition Facts

Serving Size (69g)

Servings Per Container 1

## Amount Per Serving

Calories 130      Calories from Fat 45

## % Daily Value

Total Fat 5g      8%

Saturated Fat 1.5g      8%

Trans Fat 0g

Cholesterol 185mg      62%

Sodium 230mg      10%

Total Carbohydrate 13g      4%

Dietary Fiber 1g      4%

Sugars 1g

Protein 7g

Vitamin A 4%      • Vitamin C 0%

Calcium 6%      • Iron 10%

## Tips for Success

- A small amount of salt or vinegar added to the cooking liquid will help keep the egg whites from spreading.
- To help eggs hold their shape and to reduce splashing, hold the saucer or small dish with the egg close to the simmering liquid.

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## Lesson 9, continued

## Poached Pears in Apple-Raspberry Sauce

Yield: 4 portions

Amounts	Ingredients
4	Large pears, peeled, with stems remaining
4 cups	Apple-raspberry juice
1	Cinnamon stick
¼ cup	Fresh raspberries, whole, optional
	Mint sprigs, optional

### Directions:

1. In a large saucepan, heat apple-raspberry juice and cinnamon stick to a *simmer* over medium heat to form a sauce.
2. Carefully add the pears to the simmering liquid. Spoon the liquid over the pears to completely coat them.
3. Cover the saucepan. *Poach* for about 30 minutes or until pears are tender. Baste pears occasionally with the liquid.
4. Remove pears from liquid with a slotted spoon.
5. Place pears on individual serving plates and spoon sauce over them to serve warm.
6. To serve chilled pears, allow them to cool in the sauce until ready to serve.

### Nutrition Facts

Serving Size (456g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 5
% Daily Value	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 59g	20%
Dietary Fiber 7g	28%
Sugars 47g	
<b>Protein</b> 1g	
Vitamin A 2%	• Vitamin C 30%
Calcium 4%	• Iron 8%

### Tips for Success

- Slice a piece off the bottom of each pear to ensure that pears stand upright on serving plates.
- After spooning sauce over pears, garnish with a few whole raspberries and a sprig of mint.

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## Thinking About How to Poach

**Directions:** Respond to the items below in the space provided. If necessary, use an additional sheet of paper for your responses and attach it to this lesson activity.

1. In your own words, explain how to poach eggs.

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2. In your own words, explain how to poach fruit.

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3. In your own words, explain what it means to cook in a simmering liquid. How is this similar to or different from poaching?

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4. What utensil did you use to poach the eggs in your recipe?

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5. Make a list of two guidelines to follow when poaching eggs.

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6. List two guidelines to follow when poaching fruits.

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7. Explain what happens when an egg coagulates. How does time and temperature affect the coagulation of egg proteins?

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8. Use a cookbook to locate two or three recipes that require poaching ingredients. Write the names of the recipes, the resources, and the page numbers on which the recipes can be found in the resources.

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