

Ispanaklı Poşe Yumurta

Learn to make perfect poached eggs on a bed of sautéed spinach. A healthy, protein-rich breakfast ready in just 10 minutes with simple techniques.

5 min

HAZIRLIK

5 min

PIRME

10 min

TOPLAM

2

PORSİYON

Easy

ZORLUK

Ispanaklı Poşe Yumurta

Malzemeler

- 4 egg
- 1 bunch spinach
- 6 cup water
- 0.5 tbsp butter
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp vinegar

Yapılışı

- Prepare the spinach**

Rinse 1 bunch of spinach thoroughly in cold water and shake off excess moisture. Remove any thick stems and roughly chop the leaves.
- Heat 2 tablespoons butter in a large skillet over medium heat until melted and foaming, about 1-2 minutes.
- Add the spinach to the skillet and cook, stirring frequently, until wilted and tender, about 2-3 minutes. Season with 1 teaspoon salt and 1 teaspoon pepper, then divide between 2 serving plates and keep warm.
- Prepare for poaching**

Fill a large saucepan with 6 cups water and bring to a rolling boil over high heat. Reduce heat to maintain a gentle simmer with small bubbles breaking the surface.
- Add 0.5 tablespoon white vinegar to the simmering water. Crack each of the 4 eggs into separate small bowls or ramekins.
- Poach the eggs**

Create a gentle whirlpool in the water with a spoon, then slowly lower one bowl to the water's surface and tip the egg into the center of the whirlpool.
- Cook the egg for 3-4 minutes until the whites are completely set but the yolk still feels soft when gently pressed. Lift out with a slotted spoon and briefly touch the bottom to a paper towel to drain excess water.
- Repeat the poaching process with the remaining 3 eggs, one at a time.
- Serve**

Place 2 poached eggs on top of the spinach on each plate. Serve immediately while the eggs are still warm and the yolks are runny.

?puçlar?

Use the freshest eggs possible for poaching - they hold together better and create neater shapes with less stringy whites spreading in the water.

Create a gentle whirlpool in the simmering water with a spoon before dropping in each egg to help the whites wrap neatly around the yolk.

Don't salt the spinach while cooking as it draws out moisture and creates a watery base - season just before serving instead.

Keep poached eggs warm by placing them in a bowl of warm water while you finish the remaining eggs and prepare the spinach.

Pat the spinach dry with paper towels after washing to prevent excess water from diluting the butter and creating steam during cooking.

Test the doneness of your poached egg by gently lifting it with a slotted spoon - the white should be set but the yolk should jiggle slightly.

If your poached eggs have uneven edges, trim them with kitchen shears for a more professional presentation before serving.

Reheat leftover cooked spinach in a dry pan over medium heat, stirring constantly, to remove any accumulated moisture before topping with fresh poached eggs.