



Hospitality and Catering

Producing egg dishes

Lesson 6

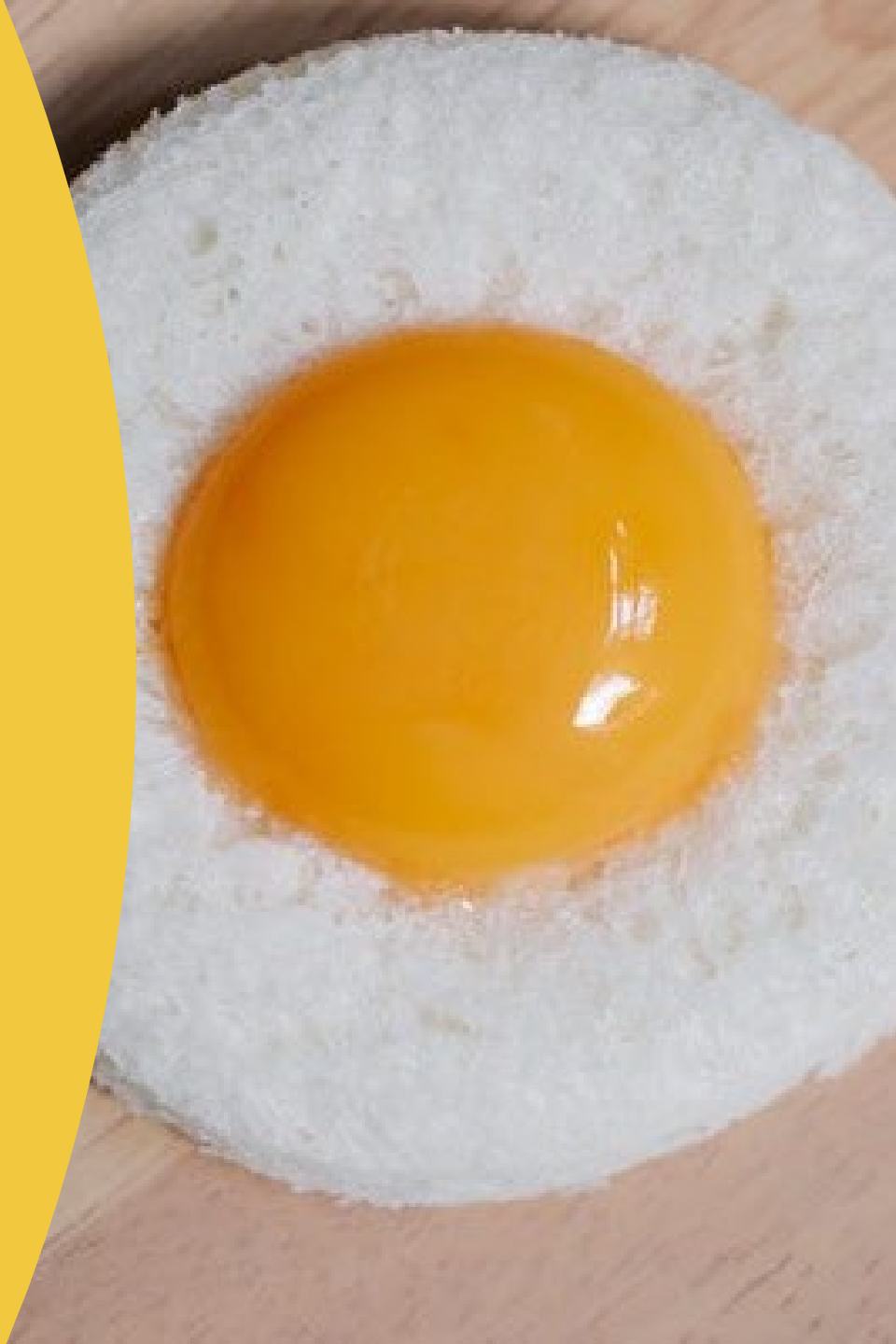
Understand how to handle, store and produce various egg dishes by completing this course.





Poaching

- This is cooking an egg slowly in liquid which just covers the egg
- It is a healthy way to cook and eat eggs





Poaching

- Gently crack egg into water which is at a 'rolling boil' 95.5
- The water should just cover the egg





Poaching

- Use low edge pans
- You can use poaching trays to keep the shape of the egg





Safe poaching

- Never boil the liquid. Just below boiling point
- Do not stir the liquid





Safe poaching

- Do not drop the raw egg into the liquid
- Use a slotted spoon to remove the cooked egg





Baking

- Using small greased pots – ramekins
- Place the egg into pot and then into a hot oven – approximately 180°C
- Eggs are ready when the egg white are hard





Safe baking

- Use an oven cloth when removing items from the oven
- Place ramekins on a tray for safety
- Use a thermometer to check egg whites are cooked to 70°C





Revision Activity 6

How do you poach an egg?