

# Moist Heat: Poaching

## Why Poach?

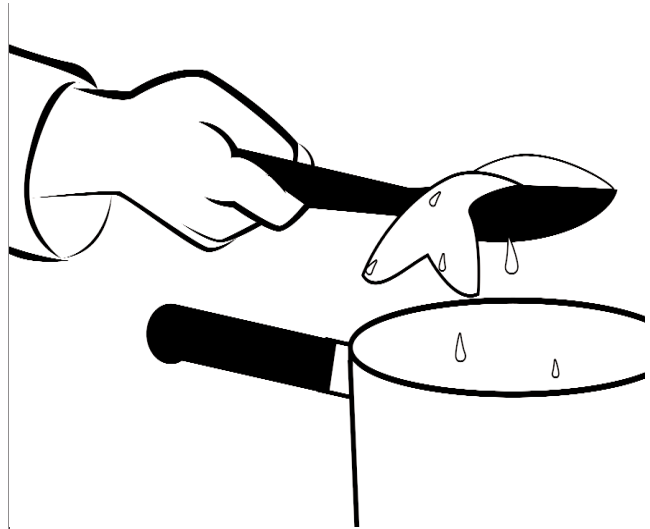
Poaching is a wonderfully gentle method for cooking protein like eggs and fish. It's perfect for delicate foods like fruit, especially pears or apples. Plus, it features no added fat or salt and results in especially clean flavors. You can flavor the poaching liquid with herbs, vegetables, or an acid like vinegar, wine, or citrus juice. In addition, it hardly takes any time at all to poach food. I love to poach eggs, fish, chicken, and even fruit. (Though not all at once... ew).

## How to Poach:

Add water to a large pot. Often you will add an acid such as vinegar, lemon juice, or wine. Make sure you've added enough liquid so that it will completely cover your ingredients. Bring the water to between 160° and 180° Fahrenheit. You can use a thermometer to judge the temperature, or you can watch the pot and wait for the very first bubbles to rise from the bottom. Keeping the temperature steady, add the food and cook until the protein is opaque. In the case of eggs, cook until whites are firm but the yolk is still runny. For fruit, cook until tender but not mushy.

## Poaching Tips:

When you're poaching, the liquid should completely cover the food for the entirety of the cooking time.



To remove the poached items, fish them out with a slotted spoon. Dumping them into a colander, like you might do when you've boiled something, is far too rough for this technique.

You can poach foods in flavorful liquids like broth, stock, or even wine. If you're poaching fruit, consider adding spices and sugar, poaching in juice, etc. Just know that the calorie count will be affected by your poaching method. For example, pears poached in juice and sugar will be more calorically-dense than pears poached in water and cinnamon.

You can use the poaching liquid to make a sauce too. After removing the food you've poached, strain the liquid and simmer it until it thickens and reduces. This will help concentrate its flavor. If you want a thicker sauce, add a bit of cornstarch and water.