

How Microwave Poached Eggs

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Not many people like poached eggs, probably because of the oozing egg yolk. However, some like it precisely because of the same reason. A poached egg is cooked outside its shell, by poaching; it is not simmered or boiled. Poaching eggs is not easy, because if someone doesn't do it on a daily basis, then they can mess up the shape of the egg; [MyRecipes](#).

Can You Microwave Poached Eggs? Poaching eggs in the microwave are very easy. First, the cook needs to fill a microwaveable bowl with ½ cup of water. Then, the cook needs to crack the egg in the water, making sure that the egg is properly submerged in it. After that, the bowl should be covered and put into the microwave, where the cook has to put it on high for 1 minute. If the cook feels that the egg needs more time, then he should see if the white is set or not. If the white side of the egg is set, and the yolk is not runny, either, then the egg doesn't need more time. To transfer the poached eggs properly to a plate, use a slotted spoon or the shape will be ruined. Also look at how microwave ovens work – [Click Here](#).

If the cook wants to add something to poached eggs, then it is best to serve them with roasted asparagus, seared scallions, bacon and frisee;

Are Microwave Poached Eggs Healthy? Some cooks feel that they shouldn't cook poached eggs in a microwave, because that is going to make them healthy. However, that is not true, because they still stay healthy even if they are cooked in a microwave. Moreover, cooking in a microwave is easier, as compared to cooking on a stove.

Are Poached Eggs Good For An Upset Stomach? Eggs are very easy to prepare, eat and even digest. Those who are recovering from a stomach virus or nausea should eat poached and scrambled eggs. Those who have an upset stomach can eat poached eggs, because these eggs have nutrients. When someone eats a poached egg, they are also consuming fat, sodium, protein, calcium, phosphorus and chlorine; [MedicalNewsToday](#).

Can Poached Eggs Be Refrigerated? If someone wants to refrigerate poach eggs, then they can easily do so. Nobody likes to make breakfast the minute they wake up, and if they can refrigerate breakfast for later use, then that is a bonus. The cook has to follow the recipe of poaching eggs, and when they are done, he has to put them in an ice bath. After the eggs cool off, then the cook should take off the wisp from the egg white, using a paring knife. The poached eggs should be put again in the ice bath, and then in the refrigerator. However, they should be kept there for two days, and not more than that.

Poached eggs are very easy to make, which is why it is best to consume them, as soon as they are cooked and ready to eat.

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