

POACHED EGGS

Yield 100

Portion 2 Each

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	1 g	12 g	10 g	425 mg	127 mg	49 mg

Ingredient

WATER
VINEGAR,DISTILLED
EGGS,WHOLE,FRESH

Weight

4-1/8 lbs
1 oz
22 lbs

Measure

2 qts
2 tbsp
200 each

Issue**Method**

- 1 Fill a steam table pan with water to a depth of 1 inch.
- 2 Add vinegar; bring to a boil; reduce to a simmer.
- 3 Break 2 eggs individually into a small bowl; slide gently into simmering water.
- 4 Cook 3 to 5 minutes or until whites are set and yolks are covered with a white film. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 5 Using a perforated skimmer, lift eggs out of pan; serve immediately. CCP: Hold for service at 140 F. or higher.