



# Greenmarket Recipe Series

---

## SIMPLE POACHED EGGS

By Chef Carla Contreras

### Ingredients:

- \*1 or more large eggs
- 2 Tbsp filtered water per egg
- ¼ tsp white vinegar per egg (optional)
- Sea salt and a few grinds of black pepper, to taste
- 1-2 tsp of everything bagel spice

### Special Equipment:

- Muffin tin (use one with 12 muffin cups) or ramekins. Ramekins are oven-proof baking cups; you can use 6-oz or 8-oz ramekins, but you'll need to monitor and adjust the cooking time depending on which size you use. The beauty of using a ramekin is that you can eat straight out of the container and there is minimal clean up. My eggs came out perfectly cooked in an 8-oz ramekin for 12 minute.

*\* Ingredients available seasonally at your neighborhood Greenmarket*

### Instructions:

1. Preheat oven to 375°.
2. Add two tablespoons of filtered water and ¼ teaspoon of white vinegar to each muffin cup.
3. Crack your eggs, one by one, into a small bowl and then place it into the muffin cups. This will prevent adding broken yolk into the pan, which is fine but not ideal. Save the eggs with the broken yolks for scrambled eggs. Wipe off any excess egg that you may have splashed on top of the muffin tin.
4. Bake the eggs until runny but set, 10-12 minutes. If you like the yolk more cooked, you can bake them for longer.
5. Remove muffin tin or ramekins from oven and carefully pour out the excess hot water into the sink. Using a small spoon, gently loosen the eggs from the tin or ramekin by running it along the outside edge of each egg, then gently lift it out.
6. Serve with your choice of fixings!

**Chef's Note:** While this is a hands-off cooking project, don't walk away from the oven. All ovens are different, so you'll need to closely monitor the cooking time the first time you make this recipe. It may take some trial and error to achieve your desired doneness, but it's worth it! Also, I like my eggs more set. The vinegar will help you achieve a more set egg. Not sure, trying making the eggs without vinegar and see which way you prefer best.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. As a non-profit, donations from supporters like you are vital to our continued success.

To make a fully tax-deductible contribution, please call  
**212.788.7900 or visit [www.growNYC.org/Greenmarket](http://www.growNYC.org/Greenmarket)**