

Poached Eggs



1 large egg, preferably free-range or organic

1 slice of bread

sea salt and freshly ground black pepper

butter, to serve

To cook your eggs

Get yourself a frying pan and half fill it with water

Bring it to a light simmer over a medium heat, add a pinch of salt, then crack your egg into a cup or small bowl and gently pour it into the water

Depending on your pan, a really soft poached egg should take around 2 minutes and a soft to firm one will need 4 minutes

Put your bread on to toast