

Technique Tip Sheet - Poaching 101

Poaching is a simple and healthy way to cook. It involves cooking food in a liquid over gentle heat with no oil or fat added. Both the liquid and the steam it produces when heated transfer heat to the food to cook it quickly and gently. Poaching is usually used for foods that are fragile or delicate and that cook quickly like eggs, fruit, fish and poultry.

The key to proper poaching is to make sure your liquid's not too hot. Unlike braising, where you're looking for a vibrant simmer, poaching liquid should be just shy of that. You should see tiny, tiny bubbles on the bottom of your pot or around the edge of the pan, but no bubbles should break the surface. Poaching in rapidly boiling water can cause meat to end up grainy and the movement could cause delicate foods like fish to break apart.

🍳 Types of Poaching

There are two types of poaching - Submersion Poaching and Shallow Poaching.

Submersion Poaching - food is completely submerged in water

Shallow Poaching - liquid come halfway up the sides of the food

🍳 Poaching Liquids

A flavorful poaching liquid will produce flavorful food. Common poaching liquids include stock or broth and wine. Don't be afraid to add herbs, spices, or slices of lemon or ginger to enhance flavor.

Fruit is typically poached in a [simple syrup](#) or a mix of wine and sugar.

[Eggs should be poached](#) in water with a splash of white vinegar. The vinegar helps the whites set faster.

🍳 More Poaching Tips

How to Poach

<http://cookingclarified.com/2011/01/how-to-poach/>

How to Poach an Egg

<http://cookingclarified.com/2010/10/how-to-poach-an-egg/>

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