



1840 Farm

MICROWAVE POACHED EGG

A NOTE ABOUT OUR RECIPES

The recipes we share have been made many times here at the farmhouse. In all cases, I have made them at least three times, adjusting them along the way if needed. Then I make them once or twice in their final form to make sure that the results are delicious and consistent.

My family members step in and make the final recipe to make sure that they are easy to understand and follow. Our Farmhouse Kitchen Recipe Testers are invited to make them and share their ideas and suggestions with us. Once they pass those tests, they are ready for you to give them a try.

We do our very best to ensure that there are no mistakes, omissions, or typos in our recipes. We're not perfect, so every once in a while, we miss something. We hope that you'll let us know if you find one so that we can make a correction and improve the recipe.

I believe that there's no "right" way to make a recipe, just my way and your way. I hope that you'll use our recipes as a guide to help you find your own unique way to make each one. Or, if you prefer, you can follow the recipe without making any changes.

Substitute ingredients to meet your dietary needs and preferences. Use the kitchen equipment you have on hand even if it differs greatly from what I use. Modify the instructions if it suits you or if you simply find an easier way to achieve the same result.

I hope that you'll tell me about the adjustments you make and how our recipes work for you in your kitchen. Your comments will help me to improve our recipes which makes it easier for other readers to create them successfully in their own kitchens.

I can't wait to hear what you think of this collection of recipes!

You might also enjoy the digital recipe booklets for these recipes.

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RECIPE NOTES

I'm a tinkerer by nature. I am forever imagining ways that I can improve a recipe or remove unnecessary steps from the instructions. I'm also prone to deciding on a whim to adjust a recipe to fit the ingredients I happen to have on hand in the pantry and refrigerator.

My want to be nimble in the kitchen leads to me making notes on nearly any recipe I make no matter how many times I have made it. Perhaps I learned this from my grandmother who would make handwritten notes on recipes she clipped from the local newspaper. She would write, "tastes good", "looks beautiful", or "needed more time in the oven" on those recipes so that she could use her own notes as her guide the next time she made it.

I still have her recipes in the recipe box I made for her when I was about ten years old. There's something about her handwritten notes that make them feel like a bit like a time capsule of my childhood and part of the cultivation of my lifelong love of baking. I hope that my children will feel the same way about my handwritten recipe notes. I also hope that you'll make your own notes and make changes to my recipes to make them uniquely your own.



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MICROWAVE POACHED EGG

I love to eat a perfectly poached egg, but I don't always feel like making one using the traditional method. It requires too much effort and attention early in the morning. This method allows me to make a delicious, perfectly poached egg in a minute. I can have poached eggs and toast ready to eat by the time the coffee has finished brewing. It's perfect for making on a whim any time of day.

Ingredients

1 large egg, room temperature
6 ounces cold tap water

Instructions

I like to use a glass measuring cup for this recipe, but you can use any microwave safe mug, cup, or bowl that can hold 8 ounces of liquid.

Add the cold water to your cup. Crack your egg into the cup. Use a toothpick to poke a hole in the yolk. This will prevent steam from being trapped inside the yolk as it cooks which can cause it to pop open and make a mess in the microwave.

Place the cup in the microwave. Cook for 55-60 seconds. Inspect your egg for doneness. The egg should be evenly opaque. If the egg is still translucent, return it to the microwave and cook for another ten seconds before inspecting it again. Repeat until your egg is poached to your liking.

Remove the cup from your microwave and use a large slotted spoon to carefully remove the egg from the cup. You can place it directly on your plate or allow it to dry for a moment on a paper towel. Season with a bit of salt and pepper, top with fresh chives if you like, and enjoy every delicious bite!





A Few Notes about this Recipe

THE MICROWAVE

All microwaves vary, so this method might take a little experimentation. I have used two different microwaves and found that between 55 and 60 seconds is the perfect timing for a poached egg cooked to my liking. Once you find the sweet spot for your perfectly poached egg, you can make them easily and exactly the way you like them.

MEASURING CUP, MUG, OR BOWL?

The vessel you choose to poach your egg in can also make a slight difference. Different materials conduct heat in varying ways. Once you find a cup or bowl that you like to use for poaching eggs, you'll find that you can easily use the same timing over and over again with delicious results.

ROOM TEMPERATURE EGGS

Fresh eggs from our hens are almost always kept at room temperature here at the farmhouse. They fill the egg basket on the kitchen counter. If your eggs are refrigerated, allow them to sit at room temperature for a while to warm up to room temperature or add a few extra seconds to the cooking time to compensate.



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Thank you for being a Farmhouse Friends Subscriber. We have delicious plans in the works for the next slate of recipes we'll be sharing with you, but we welcome your requests and suggestions. If there's a new recipe you would like to see us cover or an old recipe from our blog's archive you would like us to revisit and update, please let us know. We'd love to hear what you'd like to cook and bake together!



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