

LAKELAND

Poachets

20 egg poaching pouches

Perfect, healthy poached eggs every time,
without butter, oil or vinegar.



1. **FIRST** boil a $\frac{3}{4}$ full saucepan of water, then turn down to a low simmer so that water is gently bubbling.



2. **NOW** take a Poachet and press down into the bottom of a glass or mug, with the top flaps open as shown, and crack an egg into it. (Ensure water is gently bubbling before cracking egg).



3. **IMMEDIATELY** grip both flaps together, lift out of the glass and immerse into the gently bubbling water without delay. Add more Poachets into the water as required. **ALWAYS** immerse each filled Poachet before cracking the next egg.



4. **POACH FOR 4½ - 5½ MINUTES** in the gently bubbling water (some foam in the water is normal). Remove each Poachet with tongs or a slotted spoon. Allow to drain and cool slightly.



5. Grip the Poachet by the bottom seam, and **SHAKE FIRMLY but GENTLY**. Your perfectly poached egg will slide out easily. **If the egg does not slide out easily, it is not quite ready. Re-immerses for 30 seconds.** Simply dispose of the spent Poachet. Poachets are recyclable.

NOTE: When using eggs several days old, slight leakage may occur in the glass. To avoid this, simply add a splash of hot water into the open Poachet before cracking egg.

20 single-use, recyclable paper pouches.



We'd love to hear from you.
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