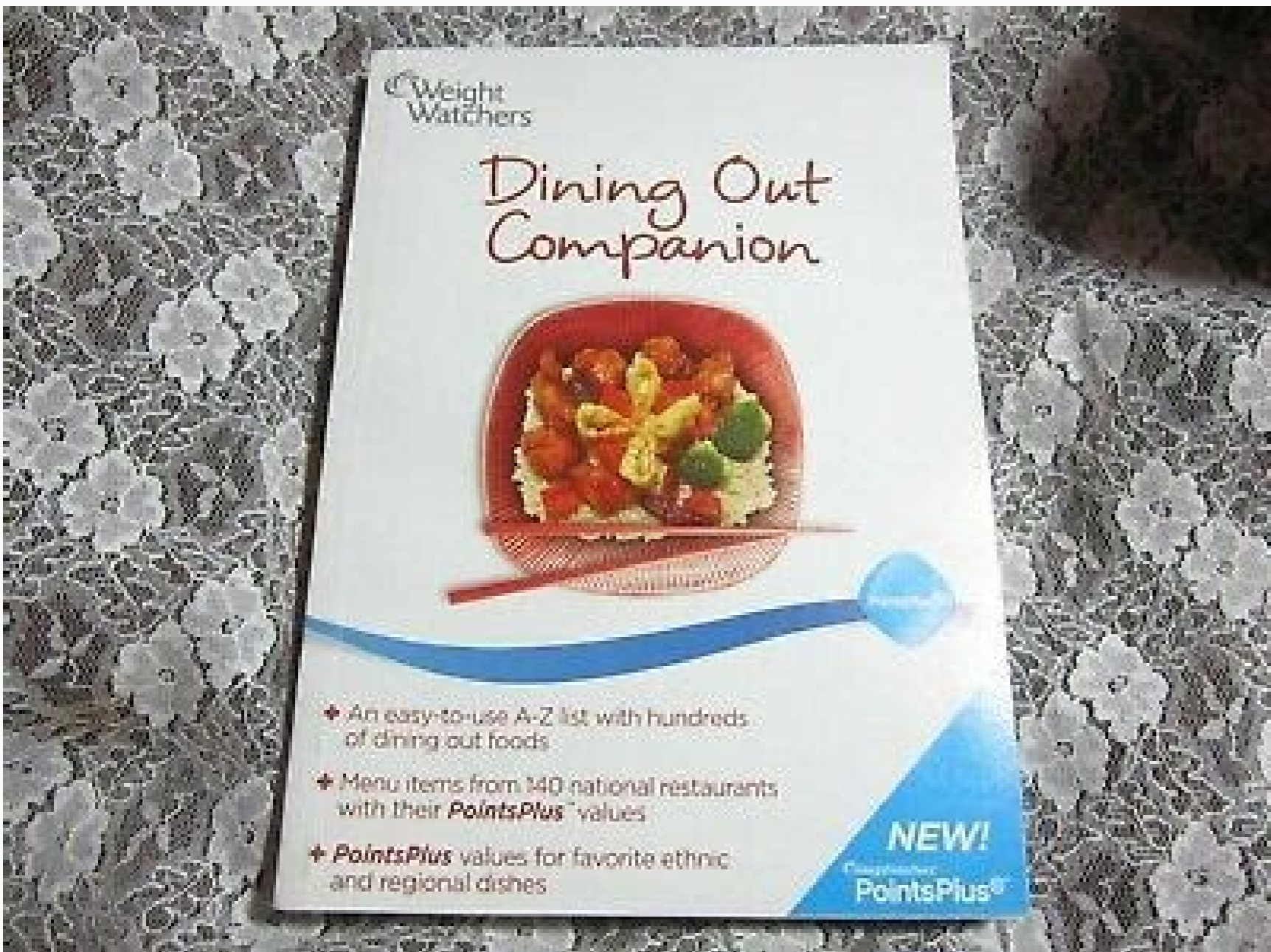
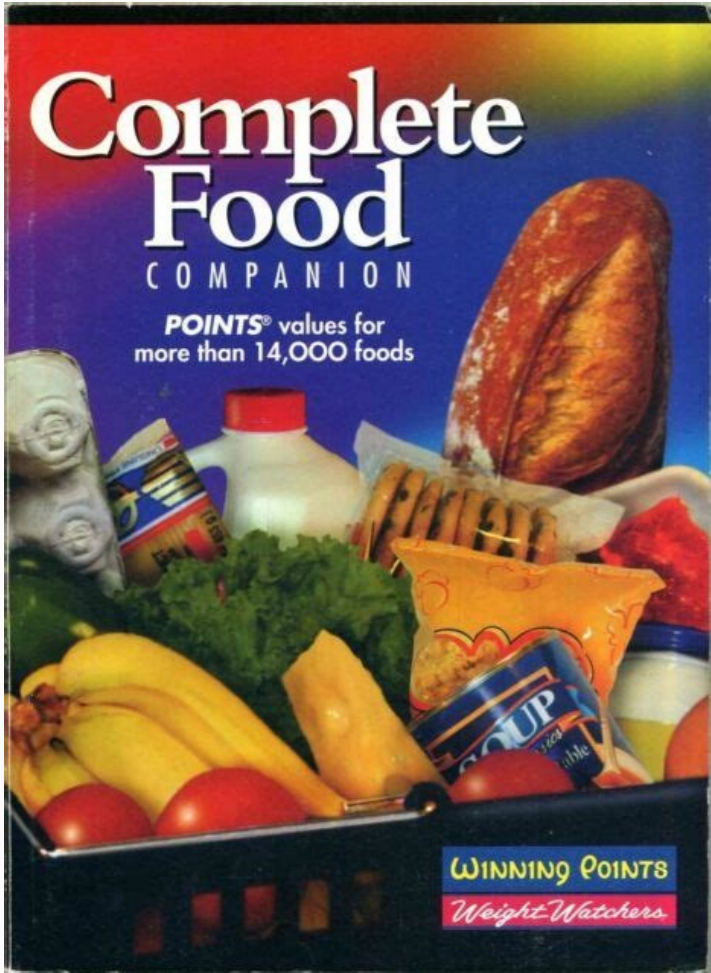




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You're gonna have to play a little. Like any egg lover, I lay eggs on everything. What can't you serve your shirt eggs with? If you put an egg in the microwave, it can explode. Add water to the cup first. Break the egg into the water. No matter what the wattage is, use high power when you're stealing your egg. Grease the toast, spread it with an avocado, etc. 1 large egg 1/2 cup room temperature water Salt and pepper to taste Put 1/2 cup room temperature water in a microwave cup. If the yolk is too spilled, leaving it in the poaching water for a minute or more also helps it change from hot to soft and creamy, but not sticky. You probably don't need me to explain it to you. NOTE: Start cooking the egg in the microwave for only 30 seconds. When the difference between a perfect shirt egg for you and a disappointing shirt egg can be 10 small seconds, it's best to keep the variables constant. If we were to gather all the writings on baking the perfect egg from every book, magazine and website, it would be a multi-volume encyclopedia. If you have any imperfect eggs (overtcooked, undercooked), don't be afraid. An 800-watt microwave took about the same amount of time. To have maximum control over cooking, make only one egg at a time. You need: a cup, water, an egg and a microwave, of course! There are some warnings on the cup. You can steal two eggs in two cups at the same time, but I found it at least doubles the microwave time. It is usually located on the information panel at the back, although it is sometimes located inside the microwave, or on the side of the door! I put the eggs in my shirt in a 700-watt microwave, and it took about 70 seconds to get one with a cast and white yolk. Not all microwave ovens have the same power. Let's hit the bombs and hunt for fraud. Bickel Place the cup in the microwave and high-powered microwave for 30 seconds. That's why your microwave at home could only take two minutes to heat the leftovers, leftovers, the one in the break room at work takes nearly four minutes. The classic thing is to put them on toast. When you get your egg the way you like, stick to that timing, but also keep using the same mug, if possible. Alison Bickel You can skip adding vinegar to the water for this poached egg, even though many stovetop poached egg recipes call for a little vinegar because it helps the egg whites to coagulate. If the whites are still clear, return the cover in place and put the mug back in the microwave for another 10 to 60 seconds. Very rarely, the egg yolk can explode and make a mess. Puncturing the yolk lessens the chance of that...and if it does happen, the saucer keeps the mess in the mug, not all over the microwave. Why skip it? How long it takes to cook the egg to your liking depends primarily on the wattage of your microwave. Have you ever microwaved a mug of water for tea and then mug itself came out nearly hotter than the water? For the optimal poached egg experience, you need to drain that excess water off before they leak water all over anything else on your plate. You want it to be sturdy and dense. Drain your egg on a piece of stale bread or on a paper towel. It uses way less water and it's faster, allowing poached eggs to be a quick weekday breakfast or a topper for a midday salad. It only takes a minute and a half, tops. Sprinkle with salt and pepper, then transfer to your serving plate and enjoy. Very occasionally, the yolk can explode in the microwave. (Is there an unwritten rule that break room microwaves have to be sloooooow?) You'll need to experiment a little to see how long it takes to poach an egg in your microwave. The cook time here will depend a lot on the wattage of your microwave. They're only eggs, after all. What's more, one egg might cook faster than the other, even though they're cooking side-by-side. This helps firm up any soft parts of the egg white, giving you a more evenly HTROW EB AT ECONEEEEFFID HTNONE PEP, EPIF EVI NYODE NUL AT à € à € 1 ROF Retaw Toh Fe Gum Ett @ NRAY NAC ETIT EHT. Kciphoot A hti white kloock @teve Noiyug TSEB @Te evaWorcei B CNA Kcimms A HtiW GUMF NEWT REAIN Peek DNA, Sdnoc Peek DNA, Sdnoc 03 htiw tracks. ROF GniOs A GNILS Logo). eerps og yallselp tubams this ot (! 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DoncÀÀAt use that mug, mainly for ease of handling. (This is a fun time to bust out fancy salt, if you have any.) Or whatever you like! IcÀÀAm fond of furikake. furikake.

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