

THE LAB

Things to make and do

Kitchen chemistry

UPSIDE DOWN?

The best way to store eggs is actually pointy end down, because it keeps the yolk centred inside the egg.

Make poached eggs

Give your mum a Mother's Day surprise, and learn some science at the same time.

What you need

- 2 whole eggs
- 2 slices of bread
- Butter
- Extras (avocado, salmon or ham)
- Kettle
- Pan
- Slotted spoon

Instructions

- 1** Boil a kettle of water and fill a pan halfway. Put on a low simmer. You may need to ask permission and get an adult to help you.
- 2** Using a spoon, carefully place two eggs (shell and all) into the hot water for around 30 seconds.
- 3** Remove the eggs using a slotted spoon and allow them to cool for a few seconds. Then, carefully crack the eggs into the centre of the pan.
- 4** For a soft poached egg, cook for around three minutes. For a hard poached egg, cook for four minutes.
- 5** While your egg is cooking, pop some bread in the toaster and butter when it is ready.
- 6** Remove your eggs from the water with a slotted spoon. Pop the eggs on the toast and garnish with any extras your mum might like.



How does it work?

Poaching an egg is tricky and even top chefs can get it wrong. The important part of this method is boiling the whole egg first. This starts the process of solidifying the egg whites – and it means that when you come to crack the egg into the boiling water, it holds together giving you a perfect shape. Egg whites turn from a clear goo to a rubbery white solid, because heat causes chemicals called proteins to unravel. Protein molecules normally have complex folded 3D shapes, but heat disturbs their structure, and as they unravel, they tangle and solidify.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy

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