

Prep Time: 5 minutes | Cook Time: 8-10 minutes | Total Time: 13-15 minutes

Yield: 2 poached eggs | Difficulty: Easy | Intensity: Low

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Introduction

Poached eggs are one of those breakfast staples that feel fancy but are notoriously tricky to nail on the stovetop. Between swirling vinegared water and hoping the yolk doesn't burst, it's easy to end up with a pot of egg drop soup instead of a perfect poach. Enter the air fryer—a surprisingly reliable way to make beautifully poached eggs with minimal fuss, no swirling, and almost no cleanup.

This method uses small ramekins or heat-safe cups filled with a little water, creating a gentle steam-bath environment inside the air fryer basket. The result? Soft, tender whites and rich, runny yolks—every single time. Whether you're topping avocado toast, building a breakfast

sandwich, or crowning a salad, these air fryer poached eggs are about to become your new morning go-to.

Why This Recipe Works

- No vinegar required – The gentle, enclosed heat sets the whites without needing acid to hold them together.
 - Hands-off cooking – No standing over a simmering pot, no swirling, no timing anxiety.
 - Consistent results – The controlled environment of the air fryer means repeatable, reliable eggs.
 - Minimal cleanup – Just two ramekins and a basket. No pots, no strainers, no mess.
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Ingredients

- 2 large eggs (fresh is best—fresher eggs hold their shape better)
- ½ cup water (¼ cup per ramekin)
- Pinch of salt (optional)

- Pinch of black pepper (optional)
- Nonstick spray or a light brush of oil (for greasing the ramekins)
- Optional garnishes: fresh chives, parsley, paprika, hot sauce, or everything bagel seasoning

Equipment Needed:

- Air fryer (any size works, but a basket-style is easiest)
 - 2 small ramekins or heat-safe glass cups (about 4–6 oz each)
 - Tongs or a spoon for removing ramekins
 - Paper towel (for blotting)
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Instructions

Step 1: Preheat the Air Fryer

Time: 2–3 minutes | Intensity: Low

Preheat your air fryer to 370°F (188°C) for 2–3 minutes. Preheating is important here—it

jumpstarts the cooking process and helps the eggs set evenly. If your air fryer doesn't have a preheat function, simply run it empty for 3 minutes at the target temperature.

Step 2: Prepare the Ramekins

Time: 1 minute | Intensity: Low

Lightly grease two small ramekins with nonstick spray or a brush of neutral oil. This prevents the egg from sticking and makes removal much easier. Pour $\frac{1}{4}$ cup of water into each ramekin.

Pro Tip: Don't skip the water. It's the secret weapon that creates steam, which gently cooks the egg and mimics the traditional poaching method.

Step 3: Add the Eggs

Time: 1 minute | Intensity: Low

Crack one egg into each ramekin, being careful not to break the yolk. If you're worried about shells, crack the egg into a small bowl first, then gently slide it into the ramekin. Season with a pinch of salt and pepper if desired.

Note: The egg will mostly sit on top of the water—that's completely normal. As it cooks, the white will firm up while the water steams around it.

Step 4: Air Fry the Eggs

Time: 8–10 minutes | Intensity: Low (hands-off)

Carefully place the ramekins into the air fryer basket, leaving space between them for air circulation. Cook at 370°F (188°C) for:

- 7–8 minutes → Very soft, runny yolk, slightly soft whites

- 9–10 minutes → Perfectly poached, jammy yolk, fully set whites
- 11–12 minutes → Hard-cooked yolk, firm whites

Important: Cooking times vary by air fryer model and ramekin size. Check at the 7-minute mark for your first batch and adjust from there.

Step 5: Remove and Rest

Time: 1 minute | Intensity: Low

Using tongs or a spoon, carefully lift the ramekins out of the air fryer. They will be hot—handle with care. Let them rest for 30–60 seconds.

Step 6: Plate and Serve

Time: 1 minute | Intensity: Low

Gently tilt the ramekin over a paper towel to drain excess water. Then, use a spoon to coax the egg out onto your plate, or simply invert the ramekin over your toast, salad, or bowl. Garnish with chives, paprika, hot sauce, or your favorite toppings.

Serving Suggestions:

- Over avocado toast with chili flakes
- On a bed of greens with hollandaise
- In a breakfast sandwich with bacon and cheese

- Atop a grain bowl with roasted vegetables
- On crispy hash browns or potato pancakes

Time & Intensity Breakdown

Step	Time	Intensity
Preheat air fryer	2-3 min	Low
Prepare ramekins	1 min	Low
Add eggs	1 min	Low
Air fry	8-10 min	Low (hands-off)
Remove & rest	1 min	Low
Plate & serve	1 min	Low
Total	13-15 min	Low

Nutrition Information

Per serving (1 egg, without garnishes or toast)

Nutrient	Amount
Calories	72 kcal
Protein	6.3 g
Total Fat	4.8 g
– Saturated Fat	1.6 g
– Monounsaturated Fat	1.8 g
– Polyunsaturated Fat	0.9 g

Nutrient	Amount
Cholesterol	186 mg
Total Carbohydrates	0.4 g
- Dietary Fiber	0 g
- Sugars	0.2 g
Sodium	71 mg (without added salt)
Potassium	69 mg
Vitamin A	270 IU
Vitamin D	1.1 mcg
Calcium	28 mg
Iron	0.9 mg