- Prep Time: 2 minutes
- Cook Time: 6-8 minutes
- Total Time: 8-10 minutes
- Intensity Level: Very Easy / Beginner
- Yield: 1-2 servings (1-2 eggs)

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Ingredients

For the Poached Eggs:

- 1-2 large eggs (as fresh as possible)
- 1-2 small oven-safe ramekins or silicone egg poaching cups
- 2-4 tablespoons of water (about 1-2 tablespoons per ramekin)
- A pinch of salt and pepper, to taste
- Non-stick cooking spray or a small pat of butter (for greasing)

Optional Garnishes:

- Freshly chopped chives or parsley
- A sprinkle of paprika or red pepper flakes
- A drizzle of hot sauce or truffle oil

Equipment Needed

- Air fryer (any brand or model)

- Small oven-safe ramekins or silicone egg poaching cups
- Tongs (for safely removing the hot ramekins)
- A small spoon or fork

Step-by-Step Instructions

1. Prepare the Air Fryer and Ramekins (Intensity: Very Low)
Preheat your air fryer to 350°F (175°C) for about 2-3 minutes. While it preheats, lightly grease the inside of your ramekins or silicone cups with non-stick cooking spray or a small amount of butter. This step is crucial for ensuring the eggs release cleanly after cooking. If you are using silicone cups, you can skip the greasing, as eggs release easily from silicone.

2. Add the Water Bath (Intensity: Very Low)
Pour 1 to 2 tablespoons of water into each prepared ramekin. This water creates steam inside the air fryer, which gently cooks the eggs and mimics the traditional poaching method. Be careful not to add too much water, as it can dilute the egg white or cause the egg to become watery. The water should just cover the bottom of the ramekin.

3. Crack the Eggs (Intensity: Low)
Carefully crack one egg into each ramekin, being gentle to avoid breaking the yolk. If you're using a larger ramekin, you can crack two eggs into it, but be sure to leave enough space for them to cook without overlapping. Season the eggs with a pinch of salt and pepper. You can also add a small pat of butter on top of each egg for extra richness, though this is optional.

4. Air Fry the Eggs (Intensity: Very Low)
Carefully place the ramekins into the air fryer basket. Make sure they are level and not

touching each other, as this ensures even cooking. Set the air fryer to 350°F (175°C) and cook for 6-8 minutes.

- For a runny yolk (soft poached): Cook for 6-7 minutes.
- For a jammy yolk (medium poached): Cook for 7-8 minutes.
- For a fully set yolk (hard poached): Cook for 9-10 minutes.

Keep in mind that cooking times can vary depending on your specific air fryer model. It's always a good idea to check the eggs at the 6-minute mark the first time you make them. The eggs are done when the whites are opaque and set, but the yolks are still soft when gently pressed.

5. Remove and Serve (Intensity: Low)
Using tongs, carefully remove the hot ramekins from the air fryer basket. Be cautious, as the ramekins will be very hot and may contain steam. Let them cool for about 30 seconds to a minute before handling. Gently run a small spoon or spatula around the edge of the egg to loosen it, then slide the egg out onto a plate, toast, or your desired serving dish.

6. Garnish and Enjoy (Intensity: Very Low)
Sprinkle your poached eggs with fresh chives, parsley, paprika, or a drizzle of hot sauce. Serve immediately while warm.

Tips for Perfect Air Fryer Poached Eggs

- Use Fresh Eggs: Fresher eggs have tighter whites, which means they hold their shape

better during cooking. If you're unsure about the freshness of your eggs, you can strain them through a fine-mesh sieve before cooking to remove the watery part of the white.

- Don't Overcrowd: If you're cooking more than two eggs, you may need to do them in batches. Overcrowding the air fryer prevents proper air circulation and results in uneven cooking.

- Check the Water Level: Make sure there's enough water in the ramekin to create steam. If the water evaporates too quickly, the egg may dry out. Start with 1-2 tablespoons and adjust as needed.

- Adjust Cooking Times: Every air fryer is different. Test your eggs at the 6-minute mark and adjust the cooking time based on your preferred doneness. It may take a couple of tries to find the perfect time for your specific appliance.

- Use Silicone Cups for Easy Cleanup: If you struggle with greasing the ramekins, silicone egg poaching cups are an excellent investment. They are non-stick, easy to clean, and can be placed directly in the air fryer without any additional preparation.

Serving Suggestions

Air fryer poached eggs are incredibly versatile. Here are some delicious ways to enjoy them:

- Classic Avocado Toast: Place a poached egg on a slice of toasted sourdough, top with mashed avocado, and sprinkle with red pepper flakes and a squeeze of lemon.

- Eggs Benedict: Substitute the traditionally poached eggs in your favorite Eggs Benedict recipe with these air fryer poached eggs.
- Breakfast Salad: Serve the eggs atop a bed of mixed greens with a light vinaigrette, cherry tomatoes, and crumbled feta cheese.
- Ramen or Noodle Bowls: Add a poached egg to a steaming bowl of ramen or stir-fried noodles for a rich, creamy addition.
- Hash or Potato Bowl: Place a poached egg over a skillet of crispy hash browns or roasted potatoes for a hearty breakfast.

Storage and Reheating

Poached eggs are best enjoyed fresh, but you can prepare them ahead of time. To store, cook the eggs slightly under your desired doneness (about 5-6 minutes in the air fryer), then plunge them into an ice bath to stop the cooking process. Store them in a container covered with cold water in the refrigerator for up to 2 days. To reheat, gently place the eggs in a bowl of warm water for a few minutes, or briefly return them to the air fryer at 300°F (150°C) for 1-2 minutes, until warmed through.

Nutrition Information (Per Serving)

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and portion sizes used.

Per 1 egg (without optional garnishes or serving suggestions):

- Calories: ~70 kcal
- Total Fat: 5g
- Saturated Fat: 1.5g
- Cholesterol: 185mg
- Sodium: 65mg
- Total Carbohydrates: 0g
- Dietary Fiber: 0g
- Sugars: 0g
- Protein: 6g

Per 2 eggs (a more typical serving):

- Calories: ~140 kcal

- Total Fat: 10g
- Saturated Fat: 3g
- Cholesterol: 370mg
- Sodium: 130mg
- Total Carbohydrates: 0g
- Dietary Fiber: 0g
- Sugars: 0g
- Protein: 12g