

Steaming & Poaching

Kitchen

Two gentle methods, and what each preserves.

Steaming

- Food above the water, not in it
- 100°C, gentle
- Retains water-soluble vitamins
- Vegetables, fish, dumplings
- No flavour added or lost

Poaching

- Submerged in liquid
- 70–85°C, barely trembling
- Flavours exchange with the liquid
- Eggs, fish, chicken, fruit
- Liquid becomes usable stock

THE DIFFERENCE THAT MATTERS

Both are gentle. Steaming keeps the food's own flavour; poaching trades flavour with the liquid in both directions.

A boiling poach toughens fish and shreds a poached egg. If it is bubbling vigorously it is too hot.