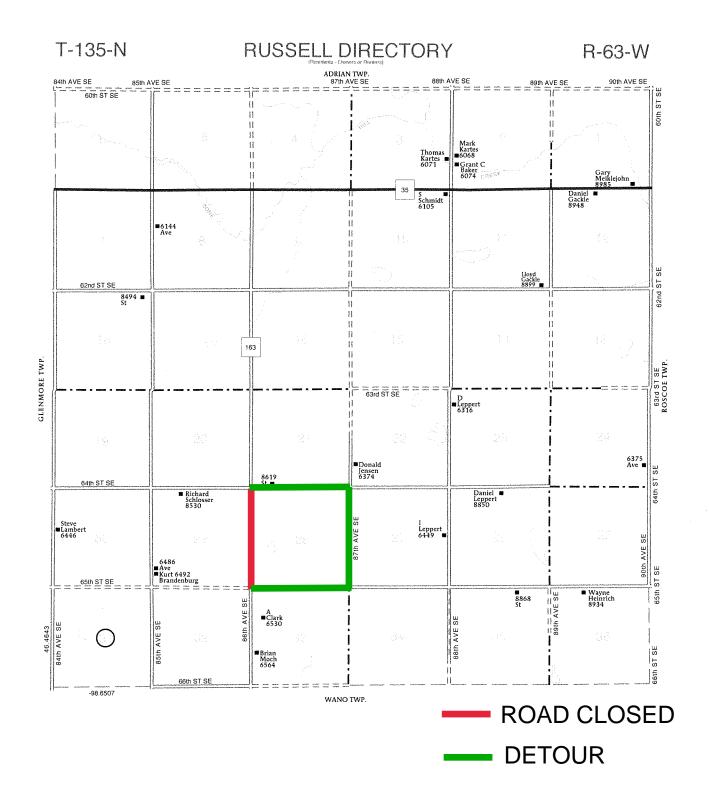
## **POACHING FOODS**

Similar to simmering, poaching is cooking food gently in liquid just below the boiling point. During poaching, the liquid's flavor is picked-up by the ingredient being poached.



1

T)

(

(

1

C

0

0

...

1

1

1

1

M