[What is Poaching? Homework Task Week 5.](http://year-10-hospitality-2012-mr-morris.posterous.com/what-is-poaching-homework-task-week-5)

What are types of kitchen equipment that can be used to poach food products?

- Saucepan

- Fish kettles

-Brat pan

- Frying pan

List 5 foods that can be poached.

- Chicken

-Egg

- Fish

-Vegetables

-Pears

Where did the skill of poaching food originate and why?

- Germany because the country was broke so they could not afford to buy the other cooking liquids like oil and oven’s

What is poaching and what are the benifits of incorperating it into your diet? Poaching is when you are cooking food in hot boiling water poaching benefits our diet because you are not cooking the food in fat and also when you poach the food in the water the fat comes of it.

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