

Egg Curry

Recipe courtesy Bal Arneson

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| Prep Time: | 20 min | Level: | Serves: |
| Inactive Prep Time: | 5 min | Intermediate | 4 to 6 servings |
| Cook Time: | 30 min | | |

Ingredients

-
- 6 eggs
- 2 tablespoons grapeseed oil
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon Tandoori Masala, recipe follows
- 1 teaspoon turmeric
- 1 teaspoon ground fennel seed
- Pinch salt and freshly ground black pepper
- 1 cup chopped tomatoes
- 1 cup chicken or vegetable broth
- 1 cup yogurt
- 2 tablespoons chickpea flour
- Serving suggestion: Serve with rice.
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- Tandoori Masala
- 1/4 cup garam masala
- 2 tablespoons coriander powder
- 2 tablespoons cumin powder
- 2 tablespoons Spanish paprika
- Pinch salt and freshly ground black pepper

Directions

Gently place the eggs in a saucepan and add enough water to cover the eggs. Bring to a boil over medium-high heat and cook until the eggs are fully cooked, about 5 to 10 minutes. Remove from the heat and allow the eggs to cool. Remove the eggs from the pot and peel off the shells. Reserve.

Heat the oil in a shallow, wide pan over medium-high heat and add the ginger. Cook for 15 seconds and then add 1 tablespoon Tandoori Masala, the turmeric, fennel seed, salt, and pepper, and stir to toast for about 10 seconds. Add the tomatoes and cook for another 2 minutes. Add the chicken broth and bring to a simmer.

In a separate bowl, whisk the yogurt and chick pea flour together and then slowly stir into the tomato sauce. Bring to a boil and then reduce heat to low and continue to cook for about 15 minutes. Slice the reserved boiled eggs in half and gently place them in the sauce to reheat. Serve the egg curry with rice.

To make tandoori masala:

Mix the garam masala, coriander, cumin, Spanish paprika, salt, and pepper in a small bowl. Store the mixture in a jar with a tight fitting lid.

Yield: about 1/2 cup

Print Size:



8.5 x 11"



4 x 6"



3 x 5"

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