

Egg Curry

Medium · Vegetarian · ± 4 people · 60 min

This recipe is inspired by Punjabi cuisine, from northern India, and it's how we make it at home. A warm, aromatic dish that's ideal for cold days, with familiar spices and the full flavour of tomato and onion.

It's vegetarian and fairly mild: we keep the Dutch palate in mind. Most ingredients are in any supermarket; a few (like Kashmiri chili or ghee) come from an Asian store or online.

Spiciness. This is the amount of chilli as it is used in India. For a milder dish, change only these two things: leave out the green chillies and use half the Kashmiri chili powder. The rest of the recipe stays the same.

Tip. Mustard oil can be heated higher than olive oil and adds an authentic flavour. No Kashmiri chili? Swap for paprika, though the flavour will change slightly.

Ingredients

For the curry

- 3 medium red (or yellow) onions, thinly sliced
- 3–4 medium roma tomatoes, finely chopped
- 3–4 garlic cloves, grated
- small piece of ginger (± thumb-size), peeled and grated
- 2 red or green chillies, finely chopped (optional)
- 3–4 tbsp oil (mustard oil or olive oil)
- 1 bay leaf
- 1 piece of cinnamon
- 1 black cardamom (or 2 green; optional)
- 1 tsp cumin seeds
- ¾ tbsp Kashmiri chili powder (or paprika)
- 1 tbsp coriander powder
- ½ tsp cumin powder
- salt to taste

For the eggs

- 10 eggs (8 whole in the curry, 2 yolks to thicken)
- 1 large spoon of ghee (or ½ tbsp olive oil/butter)
- ½ tsp Kashmiri chili powder
- ½ tsp turmeric

To finish

- pinch of garam masala
- fresh coriander (optional)

Method

1. Hard-boil the eggs: bring water to a boil, add the eggs and boil until hard. Meanwhile slice the onions thinly, grate the garlic and ginger, and finely chop the chilies and tomatoes. Peel the boiled eggs.
2. Heat 3–4 tbsp oil in a large pan. Lower the heat and add the whole spices: bay leaf, cinnamon, cardamom and cumin seeds. Stir immediately ~20 sec so the oil takes on the flavours.
3. Add the onions, mix and set the heat to medium. Caramelize 10–15 min until soft and stir every ~3 min so they cook evenly.
4. Meanwhile, in a separate pan heat 1 large spoon of ghee (or ½ tbsp olive oil) on low. Add ½ tsp Kashmiri chili and ½ tsp turmeric and mix. Add the boiled eggs, raise to medium-high and fry ~10 min until the outside blisters and turns light brown.
5. Remove the eggs. Cut 2 of the fried eggs in half and take out the yolks; keep them aside to thicken the sauce.
6. Once the onions are soft, add the grated garlic, ginger and the chilies. Mix, keep the heat moderate and cook ~2 min until the raw smell is gone.
7. Lower the heat and add ¾ tbsp Kashmiri chili, 1 tbsp coriander powder and ½ tsp cumin powder. Mix; a few tbsp of water prevent burning. Cook ~3–4 min over medium-high.
8. Add the tomatoes and salt to taste, mix and cover. Stir occasionally; after 10–15 min the tomato has broken down (only the skins remain). Add a splash of water if it catches.
9. Add about half a glass of water (lid off) and stir in the reserved egg yolks. Cook ~10 min until the sauce thickens and the oil separates again.
10. Add the whole fried eggs, submerge them and simmer another ~5 min. Taste and adjust salt and spices.
11. Finish with a pinch of garam masala and fresh coriander, then turn off the heat. Serve with rice or chapati (roti).