



Taste & Trails

South Indian Egg Curry



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South Indian style egg curry recipe by Lalita Kameshwari

Our beloved anchor, Prishika, is back with a bang! And this time, she's not alone. She's headed over to her dear friend Lalita Kameshwari's house, bringing with her the promise of an exotic new dish. Today, Lalita is all set to share a treasured recipe that will transport your taste buds to the heart of South India – her special *South Indian Style Egg Curry*. So, let's join them in the kitchen and witness the magic unfold.

The Warm Welcome

As soon as Prishika steps into Lalita's home, she's greeted with a warm hug and an even warmer smile. Lalita is thrilled to have her friend over, and both of them quickly settle down to chat.

Prishika grins, "Lalita, last time we cooked together, you blew me away with your delicious recipe! So here I am, back again, on a hunt for more culinary magic. What are you going to surprise us with today?"

Lalita, ever the humble chef, laughs softly and says, "Oh, you're too kind! Today, I'll be sharing my *South Indian Egg Curry*. This dish is close to my heart, inspired by a memory from my school days when I first tasted something like it in a friend's tiffin. Over the years, I gave it a South Indian twist, and now it's a favorite in my family."

With nostalgia hanging in the air, they head to the kitchen, ready to recreate that childhood magic. Let's dive right in!

Ingredients for the Magic

To create this flavorful egg curry, you'll need the following:

- 2 large onions, finely chopped
- 3-4 green chilies, chopped
- 1 inch ginger, finely chopped

- 5-6 garlic cloves, minced
- 2 medium-sized tomatoes, chopped
- 5-6 cashews (adds richness)
- Whole spices: 2-3 cloves, 2-3 green cardamoms, 1-inch cinnamon stick
- 5-6 boiled eggs
- 1 teaspoon turmeric powder
- 1 teaspoon red chili powder
- 2 teaspoons coriander powder
- 10-12 curry leaves
- Fresh coriander leaves for garnish
- 2-3 tablespoons Ganesh Marka mustard oil (or your preferred cooking oil)
- 3 tablespoons butter
- Salt to taste

The Story in the Kitchen

Step 1: Preparing the Flavor Base

Prishika watches in awe as Lalita heats the pan, adding 2 tablespoons of mustard oil with a knowing smile. “I always use Ganesh Marka mustard oil,” she says. “It’s great for your health and brings out the authentic flavor of this dish.”

- **The aromatic beginning:** Into the hot oil, Lalita tosses the whole spices—cloves, cardamom, and cinnamon. The kitchen fills with their rich aroma, as the spices dance in the oil.
- **Building the base:** Next, she adds the chopped onions, stirring until they turn golden brown. Then, in go the ginger and garlic, and the trio sizzles together in perfect harmony.

Step 2: Tomatoes & Cashews – The Secret Ingredient

- **A burst of flavor:** Once the onions have softened beautifully, Lalita adds the chopped tomatoes and lets them simmer until they start to break down, releasing their tangy sweetness.
- **A twist of richness:** “Here’s my secret,” Lalita winks, tossing in a handful of cashews. “These little gems will add a creamy texture to our curry.”

As the mixture bubbles away, Prishika can't help but sneak a whiff, her stomach growling in anticipation.

Step 3: The Smooth Paste

- **Cool & blend:** Lalita takes the pan off the heat and lets the mixture cool. "Now, we'll blend this into a smooth paste," she says, carefully transferring everything into a blender. In a matter of seconds, the ingredients have turned into a rich, velvety paste. "This will be the heart of our curry," Lalita explains.

Step 4: Eggs Take the Stage

- **Frying the eggs:** Back at the stove, Lalita heats a little more oil and butter. She gently scores the boiled eggs, allowing the masala to seep in. "This step is key," she explains. "It helps the eggs absorb all the flavors."
- **Golden perfection:** As the eggs fry in the buttery mixture, they turn a gorgeous golden hue. Lalita carefully removes them from the pan, setting them aside like precious jewels.

Step 5: The Gravy Takes Shape

Now it's time for the magic to come together.

- **Curry leaves & more:** Into the pan, Lalita throws in some curry leaves and a few black peppercorns, letting them sizzle. "The smell of curry leaves is unmistakable," she says. Prishika nods, smiling as the aroma wafts through the kitchen.
- **Spice it up:** Lalita adds a paste of turmeric, red chili, and coriander powders mixed with water. She stirs it all together, creating a spice mix that sings of South Indian flavors.

Step 6: The Final Assembly

- **Blend it all together:** The smooth onion-tomato-cashew paste is added to the pan, and the mixture comes alive with vibrant color and fragrance. Lalita stirs it well, letting the flavors deepen as the gravy thickens.
- **Egg-cellent finish:** Gently, she places the fried eggs into the luscious gravy, spooning the sauce over them until they're fully coated. "You can adjust the gravy's thickness with water, depending on your preference," she adds.

With a pinch of salt and a final simmer, the dish is almost ready.

The Finishing Touch

- **A touch of freshness:** Lalita finishes the dish with freshly chopped coriander leaves and a drizzle of butter for that extra richness.
- **Serve with love:** "Today, we'll serve this curry with rice," she says, but also suggests roti or paratha as perfect companions.

The final dish looks stunning – the vibrant yellow-orange gravy, the golden eggs peeking through, and the hint of fresh green coriander make for a feast for the eyes.

The Taste Test

As a vegetarian, Prishika leaves the taste testing to their trusty cameraman, Ankit. He eagerly digs in and takes a bite. “Wow! This is amazing,” he exclaims, eyes wide. “The eggs have soaked in all the flavors, and the gravy is simply divine. The cashews make it so creamy without needing much dairy. This is a winner!”

A Recipe Worth Trying

So there you have it, Lalita’s *South Indian Style Egg Curry*, an explosion of flavors that brings together the heat of spices, the richness of eggs, and the unique South Indian touch.

We hope you try this recipe in your kitchen and fall in love with its heartwarming taste just like we did. Until next time, happy cooking, and stay tuned for more delicious adventures with Prishika!



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