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Few Egg cited Recipes from Goa



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Few **Egg** cited Recipes *from* **Goa**

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भाकृअनुप-केन्द्रीय तटीय कृषि अनुसंधान संस्थान

ICAR-Central Coastal Agricultural Research Institute, Ela - Old Goa



Foreword

I would like to express my sincere thanks to Dr. E. B. Chakurkar, Director, ICAR-CCARI, Goa for providing me with the opportunity to share a few amazing facts about eggs during the celebration of World Egg Day. It was also my honour to attend the special occasion to witness the best egg recipes of the day.

Worldwide, approximately 1.2 trillion eggs are produced for consumption every year, providing the average person with about 173 eggs a year. Eggs have long been regarded as an excellent source of high-quality “complete” protein, as they contain all of the essential amino acids.

But eggs are not only a great (and inexpensive!) source of protein; they also have a high nutrient density. One egg has 13 essential vitamins and minerals, high-quality protein and antioxidants, all for just 70 calories.

Additionally, the enrichment of eggs has made it possible for consumers to get even more nutrition from each egg. Eggs enriched with nutrients like selenium can help to fill the “nutritional gap” in our diets, delivering essential nutrients through a food that’s delicious, inexpensive, readily accessible and easy to prepare.

I applaud the publication of your interesting book “Few Eggcited Recipes from Goa” and wish it the highest success in the creation of awareness on the benefits of egg consumption.



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Preface

Eggs are a very good source of inexpensive, high quality protein. More than half the protein of an egg is found in the egg white along with vitamin B2 and lower amounts of fat and cholesterol than the yolk. The whites are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks contain more calories and fat. They are the source of cholesterol, fat soluble vitamins A, D, E and K and lecithin - the compound that enables emulsification in recipes such as hollandaise or mayonnaise. In addition, the protein of a cooked egg is nearer 91 percent bio-available, meaning the protein of cooked eggs is nearly twice as absorbable as the protein from raw eggs. ICAR-CCARI is now working on the comparative nutritive value of eggs of backyard and local breeds of chicken in comparison with the commercial eggs.

Every part of an egg is edible, although the eggshell is generally discarded. Chicken eggs are widely used in many types of dishes, both sweet and savory, including many baked goods. Some of the most common preparation methods include scrambled, fried, poached, hard-boiled, soft-boiled, omelettes and pickled. The scientists of this center have made an attempt to compile the few recipes obtained from various corners of Goa in the form of this book “Few Eggcited Recipes from Goa”.

The recipes in this book are laid out in easy-to-follow steps and use easily obtainable ingredients. A special feature of presentation is that the ingredients and method of cooking have been itemized instead of being given in the usual narrative form. I hope that this book will be successful in popularizing the egg consumption and also Goan Cuisine in reaching a wide and interested public.

E. B. Chakurkar
Director (Acting)

From the Editors

The accelerated pace of globalization, the increase in tourism in our country and worldwide has brought cultures and nations closer, promoting interest in the cruises of different countries of the world. The art of cuisine is, after all, an artistic science in which one can utilize his or her creative talent. Goa has the rich culinary heritage due to the amalgamation of Indo-Portugal culture. Egg is a versatile food which can be cooked and crafted in enormous ways. ICAR-CCARI, Goa conducted an egg recipe competition during the World Egg Day celebrations 2017. A total of 36 recipes were displayed during the event. The increasing popularity of Goan cuisine and importance of egg consumption all over the world has prompted us to make an attempt to compile and edit the recipes that we collected during the egg recipes competition in the form of this book “Few Eggcited Recipes from Goa”. Each recipe is depicted with a picture and the photograph of the contributor.

Our sincere thanks are once again due to the participants of the egg recipe competition from all over the Goa and entire staff of ICAR-CCARI, Goa for their generosity in making themselves available whenever we have needed their help for this book. My sincere gratitude to my scientist colleagues Dr. Shivasharanappa, N., Dr. Gokul Das P.P., Dr. Chetan Kumar H.B, Dr. Sreekanth G.B and Dr. Sanjay K. Udharwar for their helping hand in conducting the egg recipe competition successfully. My sincere thanks to Mrs. Pranjali Wadekar, Ms. Charlotte Alison Alemao, Ms. Tara Da Lima Leitao, Ms. Surabhi Mandrekar and Ms. Shamshad Sollapuri for their unstinted assistance in the compilation of the book. Our Sincere gratitude to Dr Aman Syed, Managing Director (South Asia), Alltech Biotechnology Pvt. Ltd for his Foreword.

R. Solomon Rajkumar
Sinny Kerkar
E. B. Chakurkar
Susitha Rajkumar

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INGREDIENTS

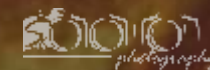
- 10 Eggs [approx. 330ml egg (beaten) solution]
- 600 ml Milk
- 125g Sugar
- 100g grain sugar (for caramel)
- 1 tsp Vanilla essence
- Pinch of nutmeg



Blazy D'souza
Bardez

METHOD

Boil the grained sugar till brown and pour it to the bottom of the mould and let it spread evenly. In a separate vessel boil milk with sugar. Let it cool. To this add the egg solution and vanilla essence to form a uniform mixture. In the mould lined with caramel pour the above mixture and bake at 170°C with the mould cast into a water bath. After it is baked let it cool to room temperature. Then refrigerate it and serve cold.



INGREDIENTS

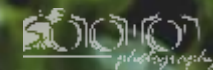
- 2 Boiled Eggs
- 1 Red, yellow, Green Capsicum (1 of each)
- 1 Cucumber
- 2 Onion
- 2 Tomatoes
- 6 leaves of Ice Berg Lettuce
- 100g Tuna
- 1 tsp Balsamic vinegar
- 2 tsp Olive Oil



Agnus D'Souza
Siolim

METHOD

Cut all the ingredients & put in a bowl. Add finely chopped boiled eggs & tuna. Mix and put some vinegar, olive oil and salt as per your taste.



INGREDIENTS

- 6 Eggs
- 3 onion
- 3 green chillies
- 3 tomatoes
- ½ tsp turmeric powder
- 1 tsp gram masala
- Few curry leaves
- Coriander for garnish



Sophie D'costa
Bardez

METHOD

Boil eggs and keep aside. Take a pan and add oil. Once it is hot add onion, curry leaves, green chillies. Fry them till little brown than add tomatoes. When they are cooked properly add salt, turmeric powder & gram masala. Fry for 2min then add boiled eggs. Garnish with coriander.



INGREDIENTS

- 2 Eggs
- 2 Potatoes
- 1 Apple
- ¼ Pineapple
- 2 Carrots
- 100g Peas
- 100g Fresh Beans
- 150g Fresh Cream
- 3 tbsp Mayonnaise
- Sugar as per taste
- 10-15 Fresh Basil leaves
- Pepper & Salt as per taste



**Domina. S.
Fernandes**
Bardez

METHOD

First step: Cut small pieces of all the vegetables and boil. Then keep it aside. Then cut boiled eggs, pineapple & apple into small pieces.

Second step: Mix mayonnaise, French cream, sugar, pepper & salt.

Third step: Mix the ingredients in step 1 and 2. Add Basil and mix again. Serve.



INGREDIENTS

- 5 eggs
- 100g Sugar
- 500ml milk
- 200g caramel sugar
- 1tbsp Orange extract



Fabian Botelho
Bardez

METHOD

Mix sugar, eggs, milk & orange extract in a vessel and keep aside. In a separate pan add caramel sugar & cook till it turns brown (golden) to form caramel. Pour the above mixture in the same pan. Place it in a steamer on fire & cook for 45min to 1 hour.



INGREDIENTS

- 8 Egg yolks
- ¼ kg maida
- Coconut milk (4 coconuts)
- 3.4 kg sugar
- 100g Ghee
- 1 tbsp Cardamom powder

METHOD

Mix the coconut milk and sugar together and stir till the sugar is completely dissolved. In another bowl, whisk the egg yolks with cardamom powder till creamy. Add the coconut milk and mix well. Add all the flour to this, a little at a time, making sure that no lumps are left. Pre-heat your grill. Put a tablespoonful of ghee in a baking pan (any shape) at least 6" deep. Put this pan under the grill till the ghee melts. Take it out from under the grill and pour some of the prepared batter into it to form a 1/4" thick layer. Put back under the grill and cook till the top is golden. Monitor frequently. Remove from under the grill and immediately add another tablespoonful of ghee on the previous layer. It will melt. Now pour another layer of batter of the same thickness as the previous one. Cook under the grill till golden. Keep repeating the layering process till all the batter is used up. The last layer must be ghee. When it is done, turn the Bebinca over on a flat dish. Cut into slices and serve warm or cool.



**Veronica
D'silva**
Salcette



INGREDIENTS

- 3 Eggs
- ½ kg Rava
- ½ kg sugar
- 2 tbsp Butter/ Ghee
- 1 tsp Baking powder
- 1 tsp Cardamom powder
- 1 Medium sized coconut cracked open and coconut flesh removed and shredded
- 1 Pinch Salt
- Icing sugar for dusting
- 3 tbsp spoons Maïda.



**Estella
Cardozo**
Salcette

METHOD

Make a sugar syrup by heating the sugar in 1/2 a cup of water. Let it melt on a slow flame. Grind the coconut in 1/4th cup of water and keep aside. Once the sugar has dissolved add the rava to it and mix this well. Add the ground coconut to this mixture, stir it in and add the pinch of salt. Add the Ghee and keep stirring it, until it all becomes one nice blend. You can store the above mixture either overnight, for six hours or do it instantly. It is best you store it for a few hours and then proceed. Separate the egg yolks and whites, out of the three eggs only add the yolks, though it can be done with the entire egg as well. Remember to keep the egg white of one egg aside, the other two you can discard. Add the yolks with the Bolina mixture and mix well. Once that's done, clean and powder the elaichi and add it to the mixture. Mix the Maïda and Baking powder. Add it to the Bolina mix, and mix it up again. Now beat the one egg white till it's fluffy. Add it to the Bolina mixture, that's the final ingredient to the Bolina dough. The dough is ready. To shape the Bolinas, take a ball out of the dough. With the help of some flour shape it as you would do to a cutlet. Flatten the top of it a next get a butter knife to press a few lines into the dough to make a design. As you finish them place them on your baking tray that you have greased with a little Ghee. Bake them in the oven that is preheated to 200 degrees C. Bake for approx. 25 minutes till golden brown. Remove from oven and allow to cool. Bolinas are ready to be served with tea. You can dust with icing sugar before serving.



INGREDIENTS

- 6 Hardboiled eggs
- 1/4 tsp Jeera seeds
- 1 Onion (paste)
- 1 tsp Ginger paste
- 1 tsp Chilli powder
- 1 tsp haldi powder
- 1 Chopped tomato
- 1 tsp Daniya (coriander) & jeera (cumin) powder
- 2 Bay leaves
- 1 tsp Gram masala powder
- ½ tsp Sugar
- Salt to taste
- 2 tbsp Oil

METHOD

Mix haldi powder and salt with boiled eggs. Heat oil in a pan. Fry the egg for a while and keep aside. Put cumin seeds and bay leaves in oil. Add onion, ginger, garlic paste, chopped tomato, chilli powder, haldi powder, salt & sugar. Cook for five minutes. Add cumin coriander powder. Mix well. Add little water & cook further. Add eggs when it starts boiling, cook for two minutes. Add gram masala powder & bring it down. Serve with rice/chapatti/bread.



**N. B. Das
Ponda**



INGREDIENTS

- 1-2 Eggs
- 100g Chocolate
- 50g Butter
- 100g Sugar
- 10g Flour (maida)
- 10g Coco powder

EQUIPMENTS:-

- Double boiler
- Hand mixer
- Small cake container / Ramekin
- Oven at 200° C

METHOD

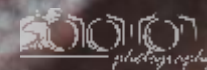
(1) Mix 100g of chocolate finely chopped +50g of butter. Melt by a double boiler. Then use a hand mixer to beat one egg or two till pale yellow, then add 50g (or more) of sugar and mix together. (2) Pour in the melted chocolate (cooled) with the egg +10 g or 1 tbsp of flour+10g of cocoa powder. Fold in everything gently. Do not overmix. (3) Pour the mix in small cake container or ramekin. Preheat oven at 200° C and it will take around 10-15 mins to bake. (4) Serve chilled or warm, with a nice scoop of ice cream or cream.



Carolina
Fernandes
Ponda



HEALTHY MOLTEN CHOCOLATE CAKE



INGREDIENTS

- 7 Boiled Egg
- 2 Onion
- 2 inch Ginger
- 10 Garlic cloves
- 3 Green Chilli
- 2 tsp Red chilli powder
- 1 tsp Garam masala
- 1 Tomato
- Salt as per taste
- Oil as required
- 2 tbsp Soya Sauce
- 2 tsp Tomato Sauce
- 1 tsp Chilli Sauce
- 1 tsp Vinegar
- 1 Capsicum

METHOD

Boil all the eggs. Then chop boiled egg & keep it in one pot & put Ginger, Garlic, Green Chilli, Red chilli powder, Salt & mix all this properly. Then make Manchurian balls & fry it in oil till golden brown. Take kadai & keep on flame, put oil and fry onion, garlic & ginger for one minute then put tomato & fry for one minute. Then put tomato sauce, soya sauce, chilli sauce, Vinegar & Red chilli powder. Mix all ingredients properly. Then put fried Manchurian and mix it properly.



**Shamshad
Sollapuri**
Old-Goa



INGREDIENTS

- 3 Eggs
- 3 Bread
- Bread crumb
- 1 Onion
- 1/3 cup milk
- 1 cup gram flour (Besan)
- 3 green chilli finely chopped
- 1 tsp ginger paste
- ½ tsp red chilli powder
- ¼ tsp baking soda
- ¼ tsp black pepper powder
- Fresh coriander leaves finely chopped
- Salt to taste
- Oil for frying

METHOD

Whip 2 eggs properly in a container and fry it on a pan to prepare scrambled egg. In the above scrambled egg add slice bread, salt, chilli powder, soda, green chilli, chopped onion and coriander with ginger-garlic paste. Add milk to prepare semi-solid dough. Heat generous amount of oil in a frying pan. Roll the above dough into small balls & coat it with whipped eggs and bread crumb and deep fry in hot oil until golden brown. Serve hot with green chutney or/and tomato sauce.



**Manisha
Phonderkar**
Old-Goa



INGREDIENTS

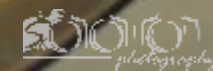
- 6 Eggs
- 1 1/2 cups Basmati rice parboiled
- 3 tbs Ghee
- 5-6 Green cardamoms
- 1 inch stick Cinnamon
- 15-20 Black peppercorns
- 4-5 Cloves
- 2 Bay leaves
- 2 Medium sized Onions (finely sliced)
- 2 Medium sized Tomatoes (finely chopped)
- 1 tbsp Ginger-garlic paste
- 1 tsp Red chilli powder
- ¼ tsp Turmeric Powder
- 3 Green chills slit
- Salt to taste
- 100g Yogurt
- Fresh coriander leaves finely chopped
- Juice of 1 lemon
- 1 tbsp Biryani masala powder

METHOD

Soak rice for about 30 minutes. Add 2 tbs ghee/oil in a pan. Add green cardamoms, cinnamon, black peppercorns, cloves and bay leaves and sauté till fragrant. Add onions and sauté till golden. Add tomatoes, ginger-garlic paste and sauté till the tomatoes are pulpy. Add red chilli powder, turmeric powder, ginger, green chillies and salt and sauté. Add 1/2 cup water & mix well. Rotate the pan to spread the mixture evenly and cook till done. Spread a layer of rice over the egg curry in the pan, sprinkle remaining coriander leaves and mint leaves over it. Spread the remaining deep fried onion and rice over it. Cover and cook on high heat for 5 mins. Lower the heat & cook 4-5 mins. Transfer into a serving bowl, garnish with mint leaves and serve hot with a flavorful raita.



Tarika Maulingkar
Divar



INGREDIENTS

- 4 Egg
- 100g Tapioca
- 2 Sweet potato
- 1 Ginger
- 5-8 Garlic
- Mint (Freshly chopped)
- Salt as per taste
- 3-4 Chilli
- 1 tsp Turmeric powder
- Coriander freshly chopped

METHOD

Soak the tapioca pearls in hot water for at least 1 hour. During this time quarter the sweet potato and boil them for about 20 minutes, until soft. Boil the eggs, chop them and keep aside. Drain the tapioca and place in a mixing bowl. Cook the sweet potato, peel and place in the same mixing bowl and mash coarsely. Add in the ginger, chillies, salt, coriander, mint, turmeric powder and mash well until evenly mixed. Add in the chopped eggs and mix well. Shape the mixture into balls and give it a slight press. Place the oil in a large skillet to a depth of about 3 inches and heat until a dropped crumb rises to the surface. Place the wadas. Cook each side undisturbed for about 3-4 minutes. Carefully remove, drain on paper towels and serve with chutney or ketchup.



Prashila Naik
Dongri



INGREDIENTS

- 6 Eggs
- Ginger –Garlic paste
- 1 Green Onion
- 2 Onion
- ½ tsp Chat masala
- ½ tsp Garam masala
- 12 Bread Slices
- Bread crumps
- Salt as per taste
- 4 cubes Cheese
- ½ tsp Chilli powder
- Oil for frying
- ½ tsp Haldi powder (turmeric)
- 2 Tomatoes
- 1 tsp Honey

METHOD

For egg filling: Beat egg in a bowl. Add salt, ginger-garlic paste, turmeric and chilli powder and mix well. Add oil in a hot pan, add onions, salt, green onions, 2 cubes of cheese &, add the mixture of eggs. Cook it till it turns to brown yellow. Place the stuffing of egg in the bread slices & give them a round shape, keep aside in fridge for 15 mins.

For Sauce: Add oil in hot pan. Add onion, tomato, chillies, turmeric powder, honey, salt, garam masala, and sauté till it's done and grind all the mixture & keep it aside. Remove the egg balls from the fridge. Heat the oil in pan, roll the egg balls in the bread crumps and shallow fry till golden brown. Serve hot with sauce.



Prashila Gous
Bambolim



INGREDIENTS

- Eggs 6
- 3 tbsp Corn flour
- 4 Onions small size
- 3 Tomatoes small size
- Itsp Garlic paste
- Salt to taste
- Itbsp Garam masala
- Itsp Turmeric powder
- ¼ tsp Sugar
- 3 tsp Mustard oil
- 2 Chillies
- Chopped coriander for garnishing

METHOD

Cut boiled eggs, onions & tomatoes into small pieces. Add the ginger & garlic paste to the cut eggs & keep separately. Make yolk part separate. Put the corn flour, if required and keep aside. Put a spoonful of oil in the pan on top of the flame. Put onions and tomatoes and stir till reddish colour. Put the fried eggs and half a teaspoon of chilli, garam masala, salt for taste & coriander. Mix all the ingredients and keep on the flame for 2 min. Serve hot.



Pratiba Sawant
Valpoi



INGREDIENTS

- 8 large eggs (2 lightly beaten ,6 left whole in their shells)
- 6-8 potatoes, peeled & smashed
- 45g soft cheese, grated (or 4 cheese slice)
- Small handful of fresh flat leaves of coriander, finely chopped
- Itsp Ginger-garlic-chilli paste
- Plain flour for coating
- 250g dried bread crumbs
- 2 tsp of semolina (rava)
- Sunflower oil for deep-frying
- Salt as per taste

METHOD

Boil the potatoes for 20 min until tender. Drain and leave to steam for 2 min, then mash with the cheese, coriander, ginger garlic chilli paste, salt. Add one teaspoon of flour to bind it. Leave to cool. Meanwhile, put the 6 whole eggs in a pan of boiling water for 15 mins. Drain, cool under running water, and then shell carefully. Once the mash has cooled, separate it into 6 equal amounts (100g-120 per egg). Put an egg in the middle of each portion, then wrap the disc around it to enclose, making sure there are no gaps or places where the mash is too thin. Once all the eggs are covered, put the flour, 4 beaten eggs and bread crumbs into separate shallow bowls. Dip each covered egg first into the beaten eggs, then the breadcrumbs, shaking off the excess as you go. Press the breadcrumbs gently into the eggs using your hands to keep them secure, and then dip back into the egg and again into the bread crumbs, repeating the shaking and pressing. Heat enough sunflower oil in a large saucepan to allow the eggs to be, completely submerged. Cook the eggs in batches for 2-3 minutes until crisp and golden, then cut into halves or quarters and serve. The scotch eggs are best eaten warm, but they are good cold, too.



Bhakti Nair
Old-Goa



INGREDIENTS

- 4 Eggs
- 3 Potato
- Oil for frying
- 1 tbsp Garam masala
- 1 tsp Haldi powder
- Salt as per taste
- 1 tsp Chilli powder
- Freshly chopped Coriander
- 1-2 tsp Ginger-garlic paste



Vittal Porwar
Savordem

METHOD

Boil the eggs and keep aside. Boil the potato, smash and add salt, chilli powder, garam masala haldi powder, coriander. Take the egg and cover it with potato mixture. Deep fry till golden brown. Serve hot with tomato sauce.



INGREDIENTS

- 4 Boiled Egg
- 2 Onions chopped
- ½ Tomato chopped slices
- 2 ½ Green chillies
- 1 tsp Red chilli powder
- Salt as per taste
- ½ tsp Turmeric
- Coriander leaves – handful of chopped leaves
- 20g Shev small size
- 1 Lemon for juice
- 4-5 Cloves
- 1 tsp Cumin seeds
- Oil as required



Heena Mulla
Banastari

METHOD

Boil the egg for 5 mins. Allow it to cool & then remove outer shell. Sprinkle pinch of salt in it. Take 1 ½ tsp of oil in pan. Add amount of cumin seeds and cloves. Add finely chopped onion & allow it to turn light brown, then add green chillies, tomato chopped one. Then close the pan and keep in a low flame. After that add salt, 1/2 tsp turmeric powder, 1 tsp of red chilli powder, keep it in low flame to cook completely. Add chopped boiled eggs, mix it slowly & thoroughly. Keep it to simmer for some time. Serve it with roti/bread.



INGREDIENTS

- 6 Hardboiled Eggs, peeled
- 1/3 cup cheese spread
- ¼ cup mayonnaise
- 3 tbsp chopped spring onions

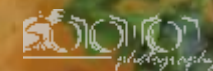
For garnishing: Cabbage leaves, Red and yellow capsicums and coriander leaves.

METHOD

Boil the eggs for 8 to 10 min so that egg yolks are hardened. Put in cold water to beat the heat out of the egg and peel them carefully. Cut eggs into halves & remove yolks into a small bowl. Mash the yolks with fork, add the cheese spread, mayonnaise, chopped spring onions and mix well. Fill one tbsp of the yolk mixture into each egg white half. Land it on cabbage leaves and top with chopped red & yellow capsicums and chopped coriander leaves. Refrigerate it covered to blend the flavours.



Saviana Pereira
Old-Goa



INGREDIENTS A

- 6 Eggs
- 2 Chopped capsicum/ bell pepper (medium)
- 3 Chopped onions
- ½ tsp Coriander powder
- 2 to 3 Chopped green chilli
- 1 tsp Ginger garlic
- 1 tsp Chopped garlic
- 100g Tomato puree
- 4tsp Cooking oil
- ½ tsp Cumin powder
- ½ tsp Garam masala powder
- Black pepper (grounded)
- Italian mixed herb (optional)
- Chopped coriander leaves
- Salt to taste



**Darshan
Mashelkar**
Old-Goa

METHOD

Heat a pan, add oil and let it heat. Add garlic and green chilli, fry it for few seconds on medium flame. Add onions, fry it for 3-4 minutes on low medium flame. Add capsicum and fry it for 2-3 min. Add ginger garlic paste, cook it for a minute. Add turmeric powder, red chilli powder, cumin powder & coriander powder. Mix it and cook it for a minute. Keep stirring. Add one glass of water, salt and garam masala powder, stir it. Cover the pan & let the curry come to boil. Leave it to boil for 2 min. Crack one egg in a bowl, open the lid and place the cracked egg gently in the curry with the help of spatula. Repeat the process with remaining eggs, sprinkle little salt on the cracked eggs. Cover the pan and cook it for 3-4 min on low flame. Open the lid and check if egg asset properly, if not cook it for other 1 to 2 min. Garnish with chopped coriander leaves and sprinkle little crushed black pepper and Italian mixed herbs. Turn off the flame. Shakshuka is ready to serve.

**INGREDIENTS B**

- 4 Eggs Boiled
- 1 Beaten Egg
- 2 Potatoes Boiled medium
- 1 tbsp Ginger Paste
- 1 tsp Garlic Paste
- 2 to 3 Green chillies chopped
- Coriander leaves chopped
- 1 tsp Garam Masala Powder
- Salt to taste
- ½ tsp Chilli powder
- ½ tsp Turmeric powder
- Bread crumbs as required
- Oil for Frying
- 1 Small onion chopped

METHOD

Potato Mixture: In a wok (kadai) over high flame heat oil. Add green chillies, chopped onions and fry for 2-3 minutes or until golden brown. Add ginger, garlic paste and fry for few seconds on medium flame. Add a boiled mashed potatoes and all the seasonings (turmeric powder, chilli powder, garam masala, coriander leaves, salt). Mix everything well for 1-2 minutes and turn off the flame. Transfer the potato mixture in a bowl and let it cool completely.

Egg Cutlet Preparation from potato mixture:

With hands take about 3-4 tbsp of the potato mixture and position it on the palm. Gently flatten the mashed potatoes into a small disk. (Keep it about 1cm thick). In the centre place the egg and cover it with the potato mixture retaining the oval shape. Dip the cutlet first in beaten egg and then in bread crumbs. Dip fry the cutlets in hot oil till golden brown. Carefully cut into two halves, top with some chopped coriander and serve.

INGREDIENTS

- 6 eggs
- 750ml of milk
- 1tsp Vanilla essence
- 350 g Sugar
- 1-2 Sliced Banana
- 1 tbsp Sesame seeds
- Sugar preserved cherries

METHOD

Beat six eggs with 250g of sugar and 750ml of milk. Add 1 tsp of vanilla essence. Mix vigorously until homogenous, keep aside. Take a pan for steaming the pudding and add 100g of sugar and keep on the flame. Heat till it caramelizes showing brown colour. Switch off the flame, cool the caramel and add the pudding mixture. Take a steam cooker, put one fourth water and set the assembly. Put the mixture pan and let the cooker give out steam for six times (six whistles). Let the Pan cool. Refrigerate it for four hours. Garnish with Banana tossed in caramel and sesame seeds and sugar coated cherries. Serve cold.



Sinny Kerker
Mapusa



INGREDIENTS

- 2 Eggs
- 2 Onions
- 2 Chillies
- 1 tsp Haldi (Turmeric powder)
- Freshly chopped coriander
- Salt as per taste
- 1 tsp Sunflower oil

METHOD

Heat a pan and place 2 tbs of sunflower oil until hot. Fry 2 chopped onion until golden brown and add chopped green chillies. Add 1teaspoon of turmeric powder and sauté until the onions are coated in a bright yellow colour. Quickly whisk 3eggs with a fork until a gentle foam forms. Season with adequate salt and pour over cooked onions and chilli mixture. Cook until the sides of the egg start sticking to the pan. Gently fold or cut into pieces and garnish with coriander.



Anita Priolkar
Divar



INGREDIENTS

- 1 Egg
- 50 ml Milk
- 50g Sugar
- 20g Milk powder
- 2 tbsp Ghee
- Food colour as required
- Almonds & Raisins for garnishing



Saisha Rasam
Old-Goa

METHOD

Take a bowl put beaten egg, milk and sugar. Take a utensil & put ghee in it. Put the egg mixture in it and stir till it becomes dry. Add dry fruits and garnish with almonds.



INGREDIENTS**A. DEVILED EGGS WITH COCONUT GRAVY**

- 4 eggs
- 1 cup daliya
- 2tsp ginger-garlic paste
- 1 onion
- 1 Tomato
- 1 tsp besan
- Coriander
- 4-5 green chillies
- 4 tbsp Oil
- 1 tsp pepper powder
- Salt to taste



Shejal Porob
Bardez

B. COCONUT GRAVY

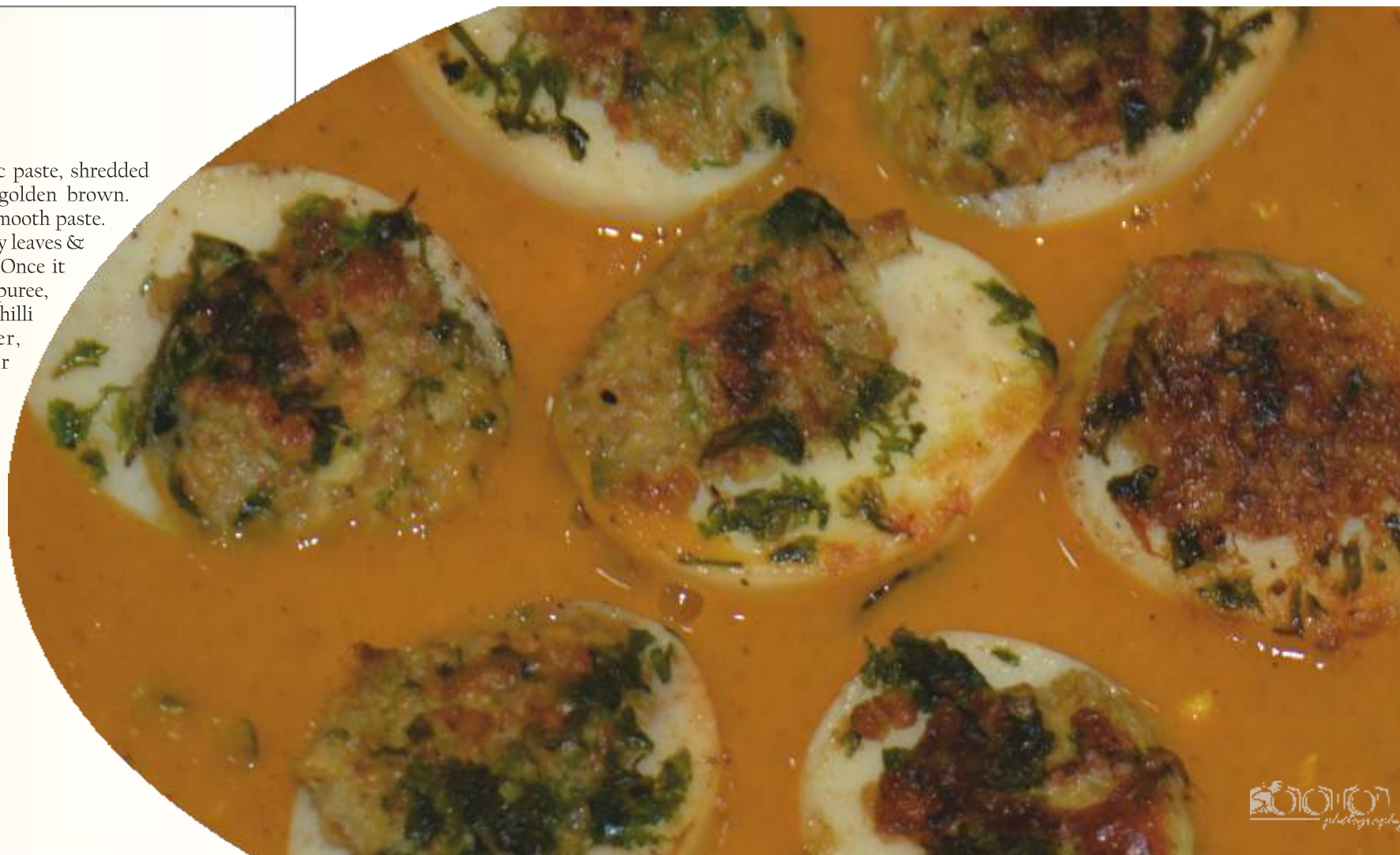
- 2 tbs shredded coconut
- 6 to 7 curry leaves
- 1 Onion
- 2 tbsp oil
- 4 tbsp Tomato puree
- 2 tbsp curd
- 1 tsp turmeric powder
- 1 ½ tsp red chilli powder
- 1tsp coriander powder
- ½ tsp cinnamon powder
- ½ tsp clove powder
- 2 tsp ginger, garlic paste
- Salt to taste

METHOD (A)

Dry roast Daliya in a pan and keep aside. In a separate pan add oil, ginger paste, chopped green chilli, onion and tomato & sauté well. Add the above daliya to it and required amount of water. Once the stuffing is cooked, add dry roasted bean, chopped coriander leaves and salt. Boil 3 eggs and cut it into 2 equal halves. Remove the yolk and stuff it with the above prepared daliya stuffing. Whip 1 egg and salt & pepper to it. Dip the stuffed eggs in the whipped egg and shallow fry.

METHOD (B)

In a pan add oil, ginger-garlic paste, shredded coconut, and onion fry till golden brown. Allow it to cool and make a smooth paste. In a separate pan, add oil, curry leaves & above coconut mixture to it. Once it comes to a boil, add tomato puree, curd, turmeric powder, red chilli powder, cinnamon powder, clove powder and salt. Your gravy is ready. Serve the deviled eggs with coconut gravy, garnished with freshly chopped coriander and curry leaves.



INGREDIENTS

FOR THE CUSTARD

- 1 Egg
- 180ml milk
- 1 tbs sugar
- 3 tbs honey

METHOD

In milk add the sugar and honey, dissolve and bring it to boil, cool. Beat the egg thoroughly, mix the egg into milk mixture. Pass through a sieve into serving dish. Steam the mixture in steamer for 25 minutes on medium heat. Cool it

GOLDEN EGG YOLK NEST

- 3 Egg yolks
- 100g sugar
- 50ml water
- 1 inch cinnamon stick

METHOD

Boil the water & sugar cinnamon stick to syrup. Separate the egg yolk from the egg white, mix the yolk, and pass through sieve. In a piping bag pour the egg mixture, make a small hole in the bag and pipe it in the boiling sugar syrup. The nest will form in 30 sec. Remove from sugar syrup. Cool on tray rack. Place the nest over the custard. Garnish the custard with dry fruits of your choice. Serve at room temperature.



Omar De'souza
Panaji



INGREDIENTS

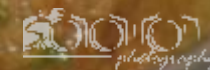
- 6 Eggs
- 100g Cup coconut (grated)
- ¼ tsp turmeric powder
- ¼ Ginger
- 2 Dried Kashmiri red chillies
- 2 Garlic cloves (chopped)
- 1 Green chilli
- 1 tsp coriander leaves
- 1 Onion chopped
- 1 Tomato chopped
- 2 bay leaves
- 6 curry leaves
- 1 tsp garam masala
- Coriander for Garnishing
- Cooking oil
- Salt to taste

METHOD

Heat 3 tsp. Oil in a pan. Add garlic, ginger pate, green chilli & red dried chillies. Sauté for some time. Add 1 tsp, coriander and mix well. Add coconut and turmeric powder. Roast the mixture until golden brown. Turn off the flame and let the mixture cool completely. In a grinder jar add the mixture, garam masala powder and water. Grind to make a fine paste and set aside. Heat 4 tsp oil in a pan, add curry leaves, bay leaves and Onion. Sauté until translucent. Add Tomato and sauté for few mins. Add ½ cup of water and mix, add salt to taste and stir well. Cover the pan with a lid and bring it to a boil. Once the curry starts to boil remove the lid. Crack the eggs and gently drop them in the curry. Cover the pan with a lid and cook on low flame until the eggs are cooked. Turn off the flame and garnish with coriander leaves. Serve with steamed rice.



Chitra Kankonkar
Curca



INGREDIENTS

- 8 Large Eggs
- Cooking oil
- 40g maida
- 1 tsp mustard sauce
- 2 bunches spinach washed and squeezed dry
- 50 ml milk
- Salt and pepper to taste
- 1 ½ cup shredded cheese
- 200g button mushrooms
- Two tbsp salted butter

METHOD

Pre-heat the oven to 180°. Brush a one kg rectangular baking tin with cooking oil. Line the baking tin with butter paper leaving one inch hanging on the sides of the tin. Brush the butter paper with oil. In a bowl, whisk together milk and flour. Add eggs, 1 tsp salt, pepper, 1 tsp mustard sauce and whisk well. Pour into the baking tin. Wash and cut the mushrooms into small pieces and fry in butter for 2 min on a low flame. Sprinkle spinach over top in an even layer followed by the fried mushrooms. Bake until the edges of omelette are set for around 10-12 min. Sprinkle with cheese and bake again for 2-4 min till the cheese has melted. Remove from the oven. Holding the butter paper hanging at the shorter end of the tin, lift the butter paper and roll the omelette tightly peeling the butter paper as you go. Slice and serve.



Lizette Noronha
Caranzalem



EGG SWISS ROLL WITH SPINACH, MUSHROOM AND CHEESE

INGREDIENTS

- 6 large eggs
- 250g Cup sugar (divided for the pudding and the caramel)
- 500ml milk
- 2 tsp vanilla essence
- 3 tbsp water

METHOD

Use a pressure cooker that has three separators. In the middle container of the separator set, cook & stir 75g sugar over low heat with a little water (3 tablespoons) until sugar is melted and golden. Let it stand for 10min. In a large bowl, beat the eggs, milk, vanilla essence and remaining sugar until combined. Pour over caramelized sugar. Add water in the pressure cooker to a depth of 1 inch. Insert the separator set in the pressure cooker. Close the pressure cooker and pressure cook the pudding for 6 whistles. Let the pressure cooker cool. Remove the middle separator containing the pudding from the separator set and let it cool. To unmould, run a knife around rim of the separator and invert into a dessert plate. Serve chilled.



Pranjali Wadekar
Caranzalem



INGREDIENTS

- 6 Boiled eggs
- Coconut juice
- ½ tbsp garam masala
- 2 Onions
- 3 green chillies
- 1 tomato
- 3 tbsp oil
- Salt for taste
- 2 tsp Ginger & garlic paste
- Coriander leaves chopped for garnishing

METHOD

Add oil in the pan and add chopped onions, fry till golden brown. Add ginger and garlic paste and the chopped green chillies, tomatoes & grind the mixture. Add oil in the pan & add the mixture into the pan, add garam masala & add salt to taste. Cook for 3 min & add the boiled eggs into it and simmer for 2 mins. Garnish with coriander leaves & serve hot.



Subhash Melekar
Old-Goa



INGREDIENTS

- 6 full boiled Eggs
- 3 Onion
- 2tbsp Tomato paste
- 1 tsp Ginger, garlic paste
- Freshly chopped Coriander
- 1-2 tsp Turmeric powder
- 10-12Cloves
- Green chillies paste as per taste
- 3 tbsp Oil
- Salt to taste



Shabina Shaikh
Ponda

METHOD

Put oil in a pan than put onion & ginger garlic paste in it and mix. Sauté it for 8 to 10 min. Add turmeric powder, salt, oil, tomato paste after it is cooked. Take a bowl and cook half boiled rice at low flame, in a separate pan. Put some oil and sauté half boiled with the prepared paste, put a layer of rice and coriander & eggs. Put again the layer of rice, paste, egg and coriander and cook it for 15 to 20 min at low flame. Garnish it with fried golden onion and coriander.



INGREDIENTS

- 7 Eggs
- 500 ml Milk
- 150g Sugar
- 1tsp Vanilla essence
- 50g Brown sugar



Sneha Arlekar
Porvorim

METHOD

Mix eggs, milk, sugar, vanilla essence in a mixture. Take a sugar in a container and heat till brown. Cool the caramel followed by adding mixture of all ingredients. Place into a cooker for 10 min (medium flame). Turn off the heat and let it cool. Place in fridge for 10 mins. Serve cold.



INGREDIENTS

- 4 eggs
- 100 ml cup vegetable oil
- 200g sugar
- 225g all-purpose flour
- 1 tsp baking powder
- 200g grated carrots



Maria Suxilla Diad
St. Cruz

METHOD

Preheat oven to 350° C. Beat the oil and sugar, add eggs one at a time allowing each egg to blend into the oil mixture. Sift flour, baking powder together in a bowl, beat into the wet mixture. Fold grated carrots through the batter mixing just enough to evenly combine. Pour batter into the greased aluminium tin. Bake in the preheated oven until a toothpick inserted into the centre comes out clean at least for 50-60 mins. Cool, cut and serve. Enjoy.



INGREDIENTS

- 4 Hardboiled Eggs (cut in two pieces)
- 2 Boiled and mashed potatoes
- 1 cup chopped onion
- 1 tsp chopped ginger
- 1 tsp chopped garlic
- 1 tsp chilli powder
- ½ tsp haldi powder
- 2 tbsps chopped coriander
- Bread crumb as required
- Salt to taste
- Roasted and powdered - jeera, dhaniya, eliachi, lavang, black pepper, dalchini powder (garam masala powder)- 1 tsp
- 2tbsp corn flour
- Oil for dip fry

METHOD

Heat oil in the kadai. Put onion, ginger and garlic, fry little and then add potato, chilli, haldi and salt. Mix well and add garam masala powder and coriander leaves. Bring it down and allow it to cool. Make a lean mix of corn flour with water. On each piece of egg put the above potato mix and give the shape of egg. Deep in corn flour, mix and roll on bread crumb. Fry it till it turns golden brown and serve hot with chutney, sauce or salad.



Soumdhya Das
Ponda



INGREDIENTS**A. EGG PANEER AVOCADO IDLI**

- 3 eggs
- 150gms paneer
- 1 avocado medium size
- 2-3 green chillies
- 1 spring curry leaves
- Rock salt to taste

Blend paneer to a smooth consistency in a blender and add avocado with chopped green chillies and curry leaves. Blend again to a smooth consistency. Beat eggs in a bowl and later mix the two mixtures and add salt to taste. Add the mixture to greased idli pan and steam till tooth pick comes out clean when rested. Serve with chutney and any curry.



**Dr. Mathala
Juliet Gupta**
Porvorim

B. POACHED EGG KUZHAMBU

- 3-4 Eggs
- 1 onion small size
- 1 tomato small size
- 3 green chillies
- 2-3 cloves garlic (finely chopped)
- Rock salt to taste
- Curry leaves
- 1 ½ tsp Coriander powder
- ¾ tsp red chilli powder
- ¼ tsp haldi powder (turmeric)
- 1 ½ tsp Coconut oil or ghee

METHOD

Add ghee or coconut oil and heat in a kadai. Add the mustard seeds, let them split, add garlic, green chillies and stir. Allow it to change colour and then add haldi, tomato and cool till it forms clear oil, then add the dry spices. Add the tamarind juice and let the mixture boil. Then in a wine glass break one egg at a time and slowly immerse in the curry. Let it cook for two mins then turn off the gas. Serve hot garnished with coriander leaves.



INGREDIENTS

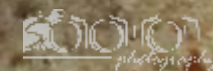
- 2 large Eggs
- 140g butter
- 140g sugar
- 140g maida
- 1 tbs baking powder
- 2 ripe bananas



Maria Suxilla Diad
St. Cruz

METHOD

Preheat oven to 180° C. Cream the butter and sugar until light and fluffy then, slowly add the eggs with little flour. Fold in the remaining flour, baking powder and bananas. Pour into the tin and bake for about 30 mins until the toothpick comes out clean. Cool, cut & serve. Enjoy.



INGREDIENTS

- 4 Eggs
- 4 onion
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- 1 tsp ginger & garlic paste
- 4 cloves
- 4 black peppers
- ½ inch cinnamon stick
- 6 elaichi (cardamom)
- 1 bay leaf
- 4 tomatoes
- 2 tbsp cashew paste



Blazy D'souza
Bardez

METHOD

In a pan add oil and finely cut onion. To this add ginger garlic paste, chilli powder, turmeric powder, khada masala. Add finely cut tomatoes & cashew paste. Boil it for 15 mins on a low flame. Then add boiled eggs, mix and serve hot.



NOTES



R. Solomon Rajkumar

Dr. R. Solomon Rajkumar is currently working as Scientist (Livestock Products Technology) at ICAR-CCARI, Goa. He is a Veterinarian with Masters from Indian Veterinary Research Institute, Izatnagar. He also holds a PG Diploma in Technology Management in Agriculture from NAARM, Hyderabad. He is a certified ISO 22000-Food Safety Management System Lead Auditor from British Standards Institute. He is the recipient of various international fellowships like DST-International Travel Scheme (Young Scientist Award) by Govt. of India and Young Scientist Travel Grant by International Committee on Food Microbiology and Hygiene, United Kingdom. He is first recipient of AVITECH Young Scientist Award by Indian Poultry Science Association. His current research interests are on Egg and Poultry Technology, Food Safety and Quality Assurance of Livestock Products.



Sinny Kerkar

Mrs. Sinny Kerkar is currently working as Senior Research Fellow in the ICAR-Poultry Seed Project at ICAR-CCARI, Goa since 2016. She has graduated from Goa College of Pharmacy, Goa University. She has done Masters in Pharmacy with specialisation in Pharmacology from the same university. Her immense interest towards Goan cuisine and love for cooking has influenced her contribution towards the book.



Eaknath B. Chakurkar

Dr. Eaknath B. Chakurkar is the Director (Acting) of the ICAR-CCARI, Goa. He is a Veterinarian with Masters and PhD in Animal Reproduction and Veterinary Gynecology. He started his career as Assistant Professor at Bombay Veterinary College. He entered ARS in the year 1991 and rose to the position of Principal Scientist in the year 2010 at ICAR-CCARI, Goa. He is instrumental in registering first livestock breed of Goa State i.e Agonda Goan pig in 2015. He has developed a boar semen extender which is under process of patent. He is recipient of the coveted "FAKHRUDDIN ALI AHMED AWARD" in the year 1998. He is the Fellow of National Academy of Veterinary Sciences.



Susitha Rajkumar

Dr. Susitha Rajkumar is currently working as Scientist (Veterinary Pathology) at ICAR-CCARI, Goa. She is a veterinarian and has done her M.V.Sc and PhD from Indian Veterinary Research Institute, Izatnagar specialising in Avian Pathology. She holds membership in various Indian and International professional societies. Her current research interest is in the field of Avian Health and Animal Disease Diagnosis and surveillance

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