DietCloud – Recipe

Recipe Name: Dim Posto Recipe - Bengali Egg Curry With Poppy Seeds

Diet Type:

Course: Dinner

Cuisine: Bengali Recipes

Quantity:



Ingredients

Ingredient	Quantity
• 4 Whole Eggs	4
• 2 Potatoes (Aloo) - peeled and diced	
• 1/4 cup Poppy seeds - made into paste	
• 1/4 cup Homemade tomato puree	
• 1 teaspoon Panch Phoran Masala	
• 1/2 teaspoon Turmeric powder (Haldi)	
• 1 Onion - roughly chopped	
• 1 inch Ginger - finely chopped	
• 4 cloves Garlic	
• 2 Green Chilli - chopped	
• 1/2 cup Mustard oil	
• 1 Dry Red Chilli	
• 1 Bay leaf (tej patta)	
• 1 teaspoon Sugar - optional	
• Salt - to taste	

Preparation

- To begin making Dim Posto Recipe - Bengali Egg Curry, first we need to hard boil the eggs.
- Add salt or baking soda while boiling the egg it will prevent egg from breaking.
- This will take 10 to 15 minutes.
- Make a paste of the onions, ginger, garlic, green chillies and keep aside.
- Make the paste of the poppy seeds by adding a little water and keep aside.
- After its done, put the eggs in cold water and cool down.
- Peel those eggs and rub some salt over it.
- Also rub some salt on the peeled and sliced potatoes.
- Heat 2 tablespoons oil in a heavy bottomed pan.

- Add eggs and fry till it turns light brown in colour.
- Take out and drain in a kitchen towel.
- In same oil, add diced potatoes, sprinkle some salt and fry them until golden brown and crisp on low heat.
- Take the potatoes out and keep aside.
- Add some more oil into the same pan, add dry red chili and bay leaf.
- Cook for about 15 seconds.

- Let it cook for 2 to 3 minutes until the raw smell from the onions go away.
- Stir in the turmeric powder and panch phoran into the onion paste and saute for a couple of more minutes.
- After 2 to 3 minutes, tomato puree, salt and sugar.
- Saute for a couple of minutes and then add the poppy seed paste and the fried eggs.

- Adjust the consistency of the Dim Poshto by adding 1/2 cup of water or more.
- Check the salt and spices and adjust according to taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)