

# EGGS AROUND THE WORLD

Just about every culture has its own way of cooking and serving eggs. Try one of these dishes to change up your meal routine.

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**By Robin Asbell**

**Photos: Terry Brennan; Food Styling: Betsy Nelson**

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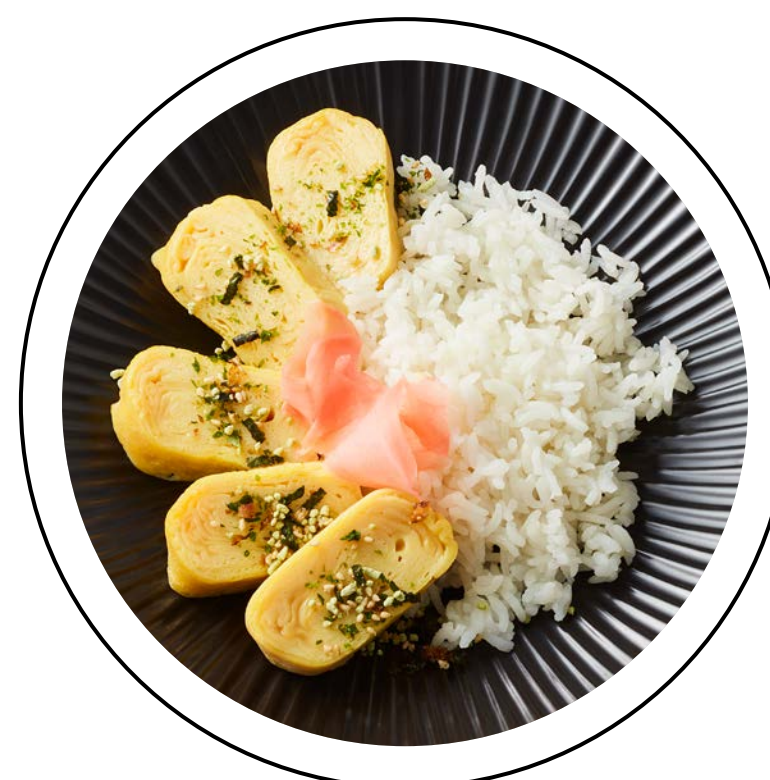
**Turkish Çilbir**



**Catalan Tortilla**



**Persian  
Kuku Sabzi**



**Tamagoyaki**



**Stovetop Shakshuka  
With Pistachios  
and Mint**



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## Turkish Çilbir

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Makes two servings  
Prep time: five minutes  
Cook time: 20 minutes

- 3 tbs. extra-virgin olive oil
- 2 tsp. red-pepper flakes
- 1 cup full-fat Greek yogurt, divided
- 1 large garlic clove, minced
- 2 large organic, pasture-raised eggs
- 1 tbs. white-wine or apple-cider vinegar
- Pinch of sea salt
- 2 tbs. fresh dill, torn
- 2 slices toasted bread, to serve

### **DIRECTIONS:**

- 1.** Fill a medium saucepan with water and place over medium-high heat to bring to a boil.
- 2.** While the water is coming to a boil, set a smaller pan over medium heat and add the olive oil. Let the oil warm up for a couple of minutes, then stir in the red-pepper flakes and cook until the flakes are sizzling, about five minutes. Remove from the heat.
- 3.** In a medium bowl, combine the yogurt and garlic, then spread it in two low serving bowls, creating an indentation in the center of each. Drizzle with some of the chili oil.
- 4.** Crack each egg into a ramekin. Add the vinegar to the boiling water. Use a large spoon to stir the water in a circle, creating a vortex, then slip an egg into the center. Reduce the heat to medium for a bare simmer and cook for about three minutes, until the whites are firm. Use a slotted spoon to scoop out the egg and blot with a clean towel to dry. Create another vortex in the simmering water and repeat with the other egg.
- 5.** Top each yogurt bowl with a poached egg, a pinch of salt, and some torn fresh dill. Serve with toasted bread of choice.

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## Catalan Tortilla

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Makes six servings  
Prep time: five minutes  
Cook time: 45 minutes

- 3 tbs. extra-virgin olive oil, divided
- 1 lb. Yukon gold potatoes, thinly sliced
- 1 medium onion, chopped
- 6 large organic, pasture-raised eggs
- ½ tsp. sea salt
- Hot sauce, optional
- Sliced green onions, optional

## **DIRECTIONS:**

- 1.** In a 10-inch nonstick skillet, heat 2 tablespoons of the olive oil over medium heat. Add the sliced potatoes and stir to coat them, then stir in the onion. Reduce the heat to medium-low and cover the pan for 10 to 15 minutes, or until the potatoes are tender. Remove the skillet from the heat and transfer the potatoes and onion to a bowl to cool slightly.
- 2.** In a large bowl, whisk the eggs and salt, then fold in the potato and onion mixture. Wipe out the skillet, then add the remaining tablespoon of oil. Spread the oil around the skillet and up the sides, then add the egg mixture.
- 3.** Place the skillet over medium-high heat for about two minutes to reheat, then reduce the heat to low and cover. Every five minutes or so, run a rubber spatula along the edge of the skillet to keep the eggs from sticking. Continue cooking until the eggs are nearly set, up to 20 minutes total.
- 4.** Slide the tortilla out of the skillet onto a cutting board or rimless sheet pan, then hold the skillet, inverted, over the tortilla. Holding the board from underneath with your other hand, quickly flip the tortilla in one fluid motion back into the skillet, uncooked side down. Place back on the heat for about four minutes, just to finish cooking the eggs. (Alternatively, place the pan under a preheated broiler until the top of the tortilla is cooked through.)
- 5.** Transfer the tortilla back to the cutting board to cool slightly. Slice and serve with hot sauce and scallions, if desired.

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## Persian Kuku Sabzi

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Makes six servings  
Prep time: 10 minutes  
Cook time: 50 minutes

- 3 tbs. extra-virgin olive oil, divided
- 2 large leeks, white and light green parts, halved and sliced
- 1½ tsp. sea salt, divided
- 5 cups mixed tender herbs (cilantro, parsley, dill, mint, tarragon), leaves and stems, chopped
- 4 scallions, sliced
- 8 large organic, pasture-raised eggs
- 1½ tsp. baking powder
- ¾ tsp. ground cumin
- ½ tsp. black pepper
- ½ cup walnuts, chopped
- ¼ cup dried barberries or cranberries, optional

## **DIRECTIONS:**

- 1.** Preheat the oven to 375 degrees F. Use ½ tablespoon of the olive oil to coat a 9-inch pie pan.
- 2.** Place a large sauté pan over medium-high heat and add the remaining olive oil. Add the leeks and ½ teaspoon of the salt, and stir to coat the leeks in the oil. Reduce the heat to low and cook, stirring frequently, until the leeks are tender and translucent, about five minutes.
- 3.** Add the herbs and scallions to the leeks and stir, cooking until the herbs are bright green, then take off the heat to cool slightly.
- 4.** In a large bowl, whisk the eggs. While still whisking, sprinkle in the baking powder, remaining salt, cumin, and pepper.
- 5.** Stir in the herb mixture, then spread in the prepared pie pan. Sprinkle with the walnuts; add barberries or cranberries, if desired. Press the toppings down into the eggs.
- 6.** Bake the kuku for 30 to 35 minutes, until it's puffed and firm when pressed. Cool for a few minutes before slicing and serving.

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## Tamagoyaki

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Makes four servings  
Prep time: 10 minutes  
Cook time: 20 minutes

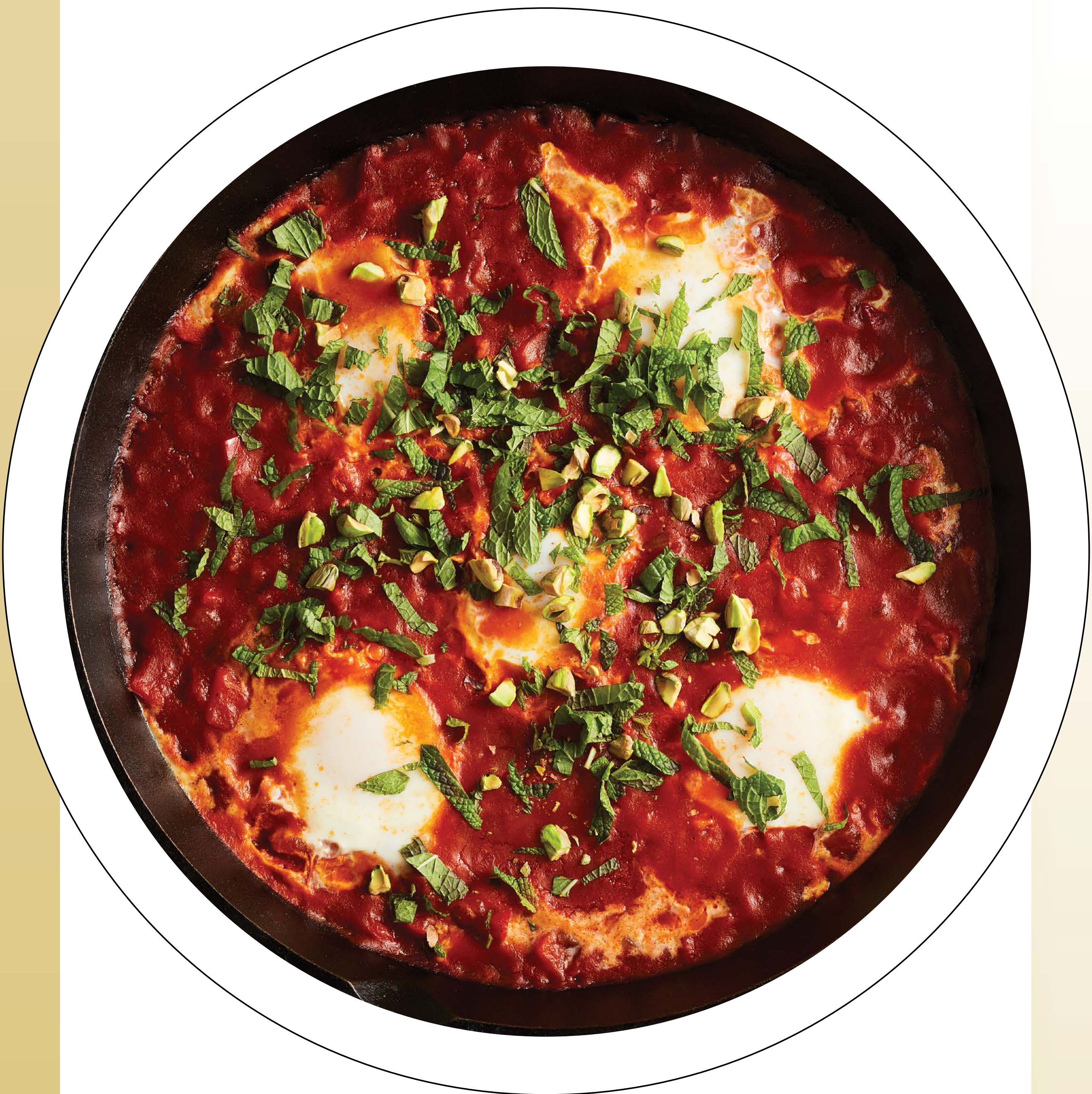
- 8 large organic, pasture-raised eggs
- 1 tbs. cane sugar
- 1 tbs. mirin (or dry white wine)
- ¼ tsp. sea salt
- 2 tsp. soy sauce, tamari, or coconut aminos
- 1 tbs. avocado oil
- Cooked white rice, for serving
- Pickled ginger, optional
- Furikake, optional

### **DIRECTIONS:**

- 1.** In a large bowl, beat the eggs lightly, then whisk in the sugar, mirin, salt, and soy sauce. Place a wire mesh strainer over a bowl and strain the mixture.
- 2.** Pour the oil into a cup, and have a brush or paper towel available for reapplying oil to the pan between layers.
- 3.** Place a 10-inch nonstick pan over medium-low heat and coat it with some of the oil. Pour about a quarter of the egg mixture into a thin layer on the pan and cook until the bottom is set and the top is soft but not runny, about two minutes. Use a rubber spatula to loosen the edges from the pan as it cooks.

4. Use two spatulas to roll the omelet toward you, then push it to the back of the pan.
5. Oil the pan quickly and pour in another thin layer of egg, lifting the rolled omelet at the back to get some uncooked egg underneath it. When the new layer has set, bring the rolled omelet toward you to wrap it in the new layer of egg. There should be a bit of uncooked egg on the top of each layer; it will continue cooking as you roll the omelet and it fuses together. Continue until you've used all the egg mixture.
6. For the best shape, wrap the omelet in beeswax wrap followed by a clean kitchen towel (or use plastic wrap). Press gently to shape the omelet into a rectangular slab. Let the omelet sit for 10 minutes or so to allow the residual heat to finish cooking the egg.
7. Enjoy the tamagoyaki warm or refrigerate it for at least an hour to chill. Serve sliced with cooked rice. Add pickled ginger and furikake, if desired.

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## Stovetop Shakshuka With Pistachios and Mint

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Makes five servings  
Prep time: 15 minutes  
Cook time: 30 minutes

- 2 tbs. extra-virgin olive oil
- 1 large yellow onion, chopped
- 2 large bell peppers, any color, seeded and chopped
- 3 cloves garlic, chopped
- 1 tbs. harissa
- 1 tsp. ground cumin
- ½ tsp. smoked paprika
- 1 15-oz. can tomato sauce
- 1 15-oz. can fire-roasted diced tomatoes
- 1 tsp. sea salt, divided
- ½ tsp. freshly ground black pepper
- 5 large organic, pasture-raised eggs
- ¼ cup chopped fresh mint
- ¼ cup chopped toasted pistachios
- 5 slices bread or pita, toasted

## DIRECTIONS:

- 1.** In a large skillet with a lid, warm the olive oil over medium-high heat, then add the onion and stir to coat in the oil. Reduce the heat to medium-low and cook, stirring occasionally, until the onions are softened and slightly translucent, about five minutes. Add the chopped peppers and cook until tender, about three minutes more. Add the garlic and stir, then add the harissa, cumin, and paprika, and cook until fragrant, about one to two minutes.
- 2.** Add the tomato sauce, diced tomatoes,  $\frac{3}{4}$  teaspoon of the salt, and the pepper, and increase the heat to medium-high to bring the mixture to a boil. Cook until the mixture has thickened slightly, about five minutes.
- 3.** Use a large spoon to make a well about an inch from the edge of the pan and crack an egg into the well. Quickly repeat the process with the other eggs, spacing them evenly around the pan. Sprinkle a pinch of the remaining salt over each egg, cover the pan, and reduce the heat to low.
- 4.** Cook until the whites are firm and the yolks are set to your liking, approximately five to eight minutes.
- 5.** Sprinkle the shakshuka with mint and pistachios and serve with toasted bread or pita.

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**ROBIN ASBELL** is a Minneapolis-based recipe developer and cookbook author.

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# Turkish Çilbir

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- 2 tbs. fresh dill
- 1 large clove garlic
- 2 large organic, pasture-raised eggs
- 1 cup full-fat Greek yogurt
- 2 slices bread
- 1 tbs. white-wine or apple-cider vinegar
- 2 tsp. red-pepper flakes
- Extra-virgin olive oil
- Sea salt



# Catalan Tortilla

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## SHOPPING LIST

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- 1 lb. Yukon gold potatoes
- 1 medium onion
- Sliced green onions, optional
- 6 large organic, pasture-raised eggs
- Hot sauce, optional
- Extra-virgin olive oil
- Sea salt



## Persian Kuku Sabzi

### SHOPPING LIST

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- 2 large leeks
- 5 cups mixed tender herbs (cilantro, parsley, dill, mint, tarragon)
- 4 scallions
- 8 large organic, pasture-raised eggs
- ½ cup walnuts
- ¼ cup dried barberries or cranberries, optional
- 1½ tsp. baking powder
- ¾ tsp. ground cumin
- Extra-virgin olive oil
- Black pepper
- Sea salt



# Tamagoyaki

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## SHOPPING LIST

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- 8 large organic, pasture-raised eggs
- White rice
- 2 tsp. soy sauce, tamari, or coconut aminos
- 1 tbs. mirin (or dry white wine)
- Pickled ginger, optional
- Furikake, optional
- 1 tbs. cane sugar
- 1 tbs. avocado oil
- Sea salt



## Stovetop Shakshuka With Pistachios and Mint

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### SHOPPING LIST

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- 1 large yellow onion
- 2 large bell peppers, any color
- 3 cloves garlic
- 1 small bunch fresh mint
- 5 large organic, pasture-raised eggs
- 1 15-oz. can tomato sauce
- 1 15-oz. can fire-roasted diced tomatoes
- ¼ cup chopped pistachios
- 5 slices bread or pita
- 1 tbs. harissa
- 1 tsp. ground cumin
- ½ tsp. smoked paprika
- Extra-virgin olive oil
- Black pepper
- Sea salt, divided

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