

Poached Eggs in Curried Tomato Sauce

Company: Egg Farmers of Ontario

Serving Size: 1/6th (221 g/7.8 oz)

Yield: 25 Portions

Cook Time: ~20 minutes

Cook Temperature:

Step	Ingredients	Metric Weight	Metric Volume	Imperial Weight	Imperial Volume
1	Oil, canola	-	125 ml	-	½ cup
1	Ontario Onions, fresh, chopped	750 g	-	1 lb 10 oz	-
1	Ontario Garlic, fresh, crushed	50 g	-	1.8 oz	-
1	Curry Powder	21 g	50 ml	0.8 oz	3 Tbsp + 1 tsp
1	Table Salt	24.4 g	20 ml	0.9 oz	4 tsp
1	Black Pepper, ground	4.6 g	10 ml	0.2 oz	2 tsp
2	Ontario Tomatoes, fresh, chopped	4.5 kg	-	9 lb 14 oz	-
2	Green Peas, frozen	0.5 kg	-	1 lb 2 oz	-
3	Water, tap	-	750 ml	-	3 cups
3	White Vinegar	-	10 ml	-	2 tsp
3	Large Eggs	25 each	-	-	25 each
5	Fresh Parsley, chopped	-	250 ml	-	1 cup

Preparation Steps to use:

Wash hands before beginning preparation and sanitize surfaces/equipment.

1. In a large skillet, heat oil over medium heat. Add chopped fresh onions and crushed garlic; cook stirring constantly for 2 to 3 minutes or until softened and golden but not browned. Add curry powder, salt and pepper and cook for an additional minute.
2. Add fresh chopped tomatoes and bring to a boil; reduce heat to medium and continue to stir and cook for ~7 minutes to blend flavours and the sauce thickens. Add frozen green peas and cook for an additional 3-5 minutes until the tomatoes are soft and saucy. Remove from heat and transfer to a 2" deep insert pan. Hold at >140°F/60°C until poached eggs are ready.
3. While sauce is simmering, cook poached eggs; combine water and vinegar in a shallow pan. Break eggs into shallow pan. Bake in preheated convection oven at 325°F/165°C until yolk is just set, egg whites are firm, and product has reached an internal temperature of 165°F/74°C for a minimum of 15 seconds.
4. Once the eggs are poached, transfer them with a slotted spoon into the tomato sauce and cover with lid. Hold at >140°F/60°C until service.
5. At point of service, serve sauce with 1 poached egg on plate or on top of hot rice. Sprinkle generously with chopped fresh parsley.

CCP-Maintain >140°F/60°C for a maximum of 4 hours. Temperature should be taken every 2 hours during holding.

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CCP-COOL: Product must reach 140°F/60°C to 70°F/21°C within 2 hours and 70°F/21°C to 40°F/4°C within 4 hours.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

Plating/Garnishing Suggestions: Serve with hot cooked rice (preferably basmati) and naan bread; garnish with fresh or dried parsley or cilantro.

Nutritional Information Per Serving: (1 poached egg & sauce 328 g/11.5 oz)

Calories	% of Calories from Protein	Protein	Carbohydrate	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Total Sugars	Total Dietary Fiber	Sodium	Potassium	Calcium	Iron
140 kcal	25 %	10 g	15 g	6 g	1.5 g	0 g	210 mg	7 g	4 g	460 mg	500 mg	75 mg	2 mg

Vitamin A	Vitamin C
228.5 RE	34.4 mg