SINGAPORE / SINGAPORE STREET FOOD

TELUR BALADO, EGGS IN RED SAMBAL

Telur balado is boiled eggs fried until the skin blisters, then coated in balado, a sweet red sambal of chilli, shallot and tomato from West Sumatra. A simple side for rice, with quail eggs or hen's eggs.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	20 min	20 min	40 min	Easy	Hot

INGREDIENTS

FOR THE EGGS

24 quail eggs (or 8 hen's eggs)

Neutral oil, for frying

FOR THE BALADO

12 large red chillies, seeded

4 red bird's eye chillies

8 shallots

3 garlic cloves

2 ripe tomatoes, chopped

5 tbsp neutral oil

3 makrut lime leaves

1 tbsp palm sugar

1 tbsp lime juice

1 tsp salt

METHOD

COOK THE EGGS

1. Boil quail eggs for 4 minutes (hen's eggs for 8), cool in cold water and peel. Pat dry.
2. Heat 1 cm of oil in a pan and fry the eggs for 3 to 4 minutes, turning, until the skin is golden and blistered. Drain.

MAKE THE BALADO

3. Pound the chillies, shallots and garlic to a coarse paste.
4. Heat the oil in a wok over medium heat. Fry the paste with the lime leaves for 5 minutes, until fragrant.
5. Add the tomatoes, palm sugar and salt and cook for 8 minutes, until thick, sweet and the oil comes out.

COMBINE

6. Add the eggs and turn gently for 2 minutes, until coated. Stir in the lime juice and serve warm or at room temperature.

USEFUL SHORTCUTS FOR HOME COOKS

Frying the boiled eggs first gives the sambal something to hold on to. Dry them well so they do not spit.

The same balado works with potatoes, aubergine, prawns or fried fish.

It keeps for 3 days in the fridge.

Telur balado is part of the mixed plate at Hjh Maimunah, next to the rendang, the sambal udang and the gulai nangka. On screen they are small whole eggs, shiny with red sambal. Will finds the balado eggs sweet and very good.Balado is the Minangkabau way with red chilli: chillies pounded and fried with shallot and tomato until sweet, then…