

Angled loofah Gourd with Poached Eggs Recipe

(Eurasian Recipe)

Ingredients:

1 young angled loofah gourd (ketula), hard skin removed, washed and cut into wedges
50 g minced pork
½ teaspoon light soy sauce
½ teaspoon cornflour
1 teaspoon pepper
1 tablespoon oil
1 teaspoon peeled and minced garlic
240 ml water
½ teaspoon sugar
½ teaspoon salt

Method:

Marinate pork with light soy sauce, cornflour and pepper. Shape into small meatballs. Heat a small pot. Add oil and when hot, fry minced garlic until aromatic. Add water, sugar and salt. Bring to a boil. Add meatballs one at a time. Boil for 5 minutes. Add angled loofah gourd (ketula). Bring to a boil and reduce to a simmer. Break an egg at a time into simmering soup, keeping eggs whole. Simmer until vegetables are soft and eggs are poached. Serve immediately.

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