

Nargisi Kofta Curry: The Regal Indian Dish You Need to Master (Step-by-Step)

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TIME
5 min

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INGREDIENTS

? For the Koftas:

? For the Curry:

DIRECTIONS

1. Step 1 - Prepare the Kofta Mix: In a large mixing bowl, combine the keema (mince), the finely chopped kofta onion, ginger-garlic paste, finely chopped green chili, chopped coriander leaves, red chili powder, turmeric powder, garam masala powder, salt, and the roasted gram flour/bread crumbs.
2. Using your hands, mix the ingredients thoroughly until a smooth, uniform, and slightly sticky mixture forms. This should take about 3-5 minutes of kneading.
3. Step 2 - Wrap the Eggs: Take a generous portion of the mince mixture (enough to fully cover an egg). Flatten it evenly on your palm.
4. Place one hard-boiled egg in the center of the flattened mince.
5. Carefully wrap the mince mixture completely around the egg, ensuring there are no cracks or gaps. The seal must be perfect to prevent the egg from bursting during frying. Repeat for all six eggs.
6. Step 3 - Fry the Koftas: Heat oil in a heavy-bottomed pan or kadai for shallow or deep frying. The oil should be hot enough to sizzle immediately.
7. Gently place the koftas into the hot oil (do not overcrowd the pan).
8. Fry them, turning occasionally, until they are deep golden brown and crispy on all sides.
9. Remove the fried koftas and drain them on paper towels. Set aside.
10. Step 4 - Make the Curry Gravy: In the same pan, heat 3 tbsp of oil or ghee. Add the whole spices (cloves, bay leaf, cinnamon, cardamoms) and let them splutter for a few seconds until fragrant.

11. Add the sliced onions and fry on medium heat until they turn a rich, golden brown color. This step is crucial for the depth of flavor.
12. Add the ginger-garlic paste and sauté for about one minute until the raw smell disappears.
13. Stir in the tomato puree and cook until the oil starts to separate from the mixture (about 5-7 minutes).
14. Add the dry spice powders: turmeric, red chili, coriander, and cumin powder, along with salt. Mix well and cook for 2 minutes.
15. Lower the heat completely. Slowly add the beaten yogurt while stirring continuously to prevent curdling. Cook this masala until the oil clearly separates again.
16. Add about 2 cups of water and the slit green chilies. Bring the curry to a boil.
17. Step 5 - Final Touch and Simmer: Once the curry is boiling, gently place the fried koftas into the simmering gravy.
18. Sprinkle the final teaspoon of garam masala over the top.
19. Cover the pan and simmer on a low flame for 10-15 minutes. This allows the koftas to soak up the luxurious flavors of the gravy.
20. Garnish generously with fresh coriander.

SWAPS & NOTES

Hard-boiled eggs (peeled) 6 Ensure they are firmly boiled.
Minced mutton or chicken (keema) 300 g Use a lean mince without excess water.

Ginger-garlic paste 1 tsp Green chili 1 Finely chopped (adjust to heat preference).
Fresh coriander leaves 2 tbsp Chopped.

TIPS FOR SUCCESS

Firm Hard Boiled Eggs: Make sure your eggs are perfectly hard-boiled and cooled before wrapping.

A soft egg will make the wrapping process messy.

Mince Consistency: If your mince mix is too sticky, chill it for 15 minutes, or add a pinch more gram flour/bread crumbs.

If it's too dry, add a teaspoon of yogurt or water.

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