



Cilbir Turkish Eggs

Silky poached eggs on warm garlic yogurt with spiced butter

SERVES

2

PREP

10 min

COOK

15 min

LEVEL

Medium

PER SERVING

350 kcal, 23 g protein

Ingredients

4 large (about 200 g) eggs

200 g, full-fat Greek or strained, room temp yogurt

1 clove, finely grated garlic

10 g (small handful), chopped, divided fresh dill

5 g (1 tbsp), roughly chopped fresh mint

30 g (2 tbsp), unsalted butter

1 tsp (about 3 g) Aleppo pepper or red chilli flakes

1 tbsp (15 ml) white vinegar

to taste salt

4 thick slices (about 200 g), to serve crusty bread

Method

- 1 Stir yogurt, garlic, two-thirds of the dill, and the mint with a pinch of salt. Spread across two wide serving bowls and leave at room temperature.
- 2 Bring a wide saucepan with 6 cm of water to a gentle simmer over medium heat. You want wisps of steam and small lazy bubbles, not a rolling boil. Stir in the vinegar.
- 3 Crack two eggs into separate cups. Lower one by one into the simmering water. Poach 3 minutes until whites are set and yolks wobble. Lift each with a slotted spoon; hold in a bowl of warm water.
- 4 Repeat with the remaining two eggs. While they poach, melt butter in a small pan over medium-low heat until foamy. Stir in the Aleppo pepper, then immediately remove the pan from the heat.
- 5 Lift all four eggs with the slotted spoon and drain briefly on a paper towel. Set two on each yogurt bowl. Spoon the pepper butter over, scatter the remaining dill, and serve with crusty bread.

CHEF TIP

Use full-fat Greek or strained yogurt at room temperature. If fresh dill is unavailable, extra mint or flat-leaf parsley works just as well.

WHY A GOOD EGG SHOWS HERE

A golden yolk set against white yogurt is the visual centrepiece of cilbir. The deeper and richer the yolk, the more it holds its own and the more flavour it carries through every spoonful.

