

Wonder Food Eggs

Eggs are complete food in itself and surprisingly easy to cook. On top of it they taste yummy in various preparations. Some people even eat raw eggs. Debate goes on whether they should be eaten raw or otherwise. Talks aside it is an established fact that eggs are great source of proteins and enzymes.

Another good thing about the eggs is that they can be consumed in large quantities in a day. Advantage of raw eggs is that proteins and enzymes present in the eggs reach in the body in raw form. These nutrients are most beneficial in the development of the small as well as the large muscles in the human body. In the cooked eggs some of these enzymes and proteins are destroyed but flavors and variety of cooked eggs are tempting and mouth watering.

If you are fitness fanatic and want complete nutritional benefits of the eggs, then just pop them and put in a shake or milk. Your recipe for health food finishes in a single line. It may look crude but you can not doubt the effectiveness of this recipe. Most of people interested in body building do use such concoctions some time or the other in their lives.

While eating raw eggs take adequate precautions to avoid salmonella poisoning. It is one of the deadly risks in consuming raw eggs. One precaution you can take is to use farm fresh eggs. It has been found that compared to commercially produced eggs farm fresh eggs are much less likely to carry salmonella threat.

Cooked eggs do lose some of the natural proteins and enzymes but they present gastronomical treats. We will try to see different egg preparations in Indian style. You can learn these preparations on line or you may be able to order them for you online in certain parts of the world.

Anda Kasa is egg curry which is spicy and dry. You can enjoy it with rice, roti or paratha. This preparation is gem of the traditional Bengali cuisine.

Egg Devil is another crispy mouthwatering recipe. It is made of boiled eggs. These eggs are coated with a layer of potatoes and spices. Layered boiled eggs are then deep fried.

Egg fry is simple but delicious egg preparation. In this case eggs are fried with onion and capsicum in a pan.

Dim Begun is egg preparation with egg plants. It can be made spicy hot or normal. Akuri is preparation of eggs with ginger and green chilies. This preparation is hot and only for you if you like hot dishes.

Anda Curry is one of the favorite Indian egg preparations. In this eggs are cooked in sauce or creamy sauce. Curry can be normal or hot. Egg curry is another variant of anda curry, in these fried eggs and potatoes are cooked in sauce that may or may not be creamy.

All these preparations are simple to learn and you can learn them online. You will be surprised how quickly and easily you can make them.

About the Author

To learn more about [Egg](#), [Cutlet](#), [Egg Devil](#), [Sandesh](#) or [Turmeric Rice](#) visit their website. You can order these dishes as well as you can learn cooking online. For more info visit their website.

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