

02/24/11 - Huevos Haminados

Huevos Haminados or Sephardic hard boiled eggs are the anchor of every holiday and Shabbat breakfast and or lunch. Eggs are cooked and dyed in oil laced water that contains the papery, gold, dried skins of onions. The eggs take on color anywhere from light gold to deep mahogany. They are cooked until they are quite hard. Serve them cut in half with salt and fresh pepper alongside borekas, boyos,



Huevos Haminados, so much more than hard boiled eggs. Notice I used the term hard boiled eggs, not hard cooked eggs as I was instructed to say in middle school home economics class. The teacher dismissed our kind of eggs that we consumed in great quantities as boiled to aggressively and having the wrong coloring with a beautiful grey ring that develops around the yellow yolk. The comment still puzzles me after all these years. In the current food climate people accept different ethnic food on its own taste scale and everyone's tastes are more eclectic and stimulated.

Huevos are a great brunch item and a must for Holiday brunch. If you make some, they stay in the refrigerator for several days and you can take one with you if you are going out for the day with no prospect of lunch. Just remember always cut them in half before you eat them. Whole eggs are consumed at funerals only.

6 eggs

1 tablespoon olive oil

water





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