

The Seasonal Gourmet

by **CHIATI SETH** /// EAC Volunteer

Kerala Egg Curry

With the arrival of spring weather come dreams of garden goods yet to come, which makes this the perfect time to use up the last of the previous year's harvest. One of our family's favourite fall food preservation rituals is to can jars and jars of stewed tomatoes from our garden. Seeing rows of bright red, juicy summer goodness on the pantry shelf makes me ridiculously happy. Stewed tomatoes are the base of many of our regular winter meals: spaghetti sauce, shakshuka, paneer and peas in tomato gravy, and this flavourful egg curry that takes me back to Kerala where I first watched friends cook it with freshly squeezed coconut milk. It's still delicious made with the stuff that comes in a can and full of warming spices to see us through to the days when we can start putting tomato seeds into transplant trays!



INGREDIENTS

- 6 eggs
- 4 large onions, sliced
- 1 can tomatoes
- 4 cloves garlic, minced
- 1-inch fresh ginger, grated
- 1 can coconut milk
- 1 tbsp. ground coriander
- ½ tsp. ground cloves
- 1 tsp. black pepper
- 1 ½ tsp. ground cardamom
- 2 tsp. garam masala
- 1 tsp. ground turmeric

DIRECTIONS

- 1 Hard boil eggs. Shell, slice in half and set aside.
- 2 Heat a little oil in a large skillet on medium heat. Add the ginger and garlic along with all the ground spices. Stir frequently to avoid burning and cook until fragrant. Add the sliced onions and cook until translucent, stirring well to coat the onions with the spices. Add salt to taste.
- 3 Add canned tomatoes and cook until the sauce has thickened a little and the flavours have melded together (about 10-15 minutes). Finally, add the coconut milk and cook until warmed through. Arrange egg halves on top of the sauce and serve warm with brown or white rice.
- 4 For an extra rich and delicious version, heat a little oil in another skillet and brown the halved eggs on both sides before adding them to the gravy.

Chaiti Seth is a sustainable farmer who loves to experiment in the garden and the kitchen. She teaches with Acadia University's Department of Community Development and her research and practice focus on supporting and building healthy, local, and sustainable food systems.

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