

Egg and Corned Beef Stew

serves 4-6

INGREDIENTS

- 2-inches fresh ginger
- 3 cloves of garlic
- 1 habanero pepper or pepper powder (to taste)
- 1 large whole onion
- 1/4 sweet bell peppers
- vegetable oil for cooking
- 2 15-ounce cans of diced tomatoes or 10 plum tomatoes
- 1 15-ounce can of tomato sauce
- 2 teaspoon of curry powder
- 2 teaspoon of nutmeg
- 3 Bay leaves
- salt to taste
- 1 can of Corned Beef
- 4 eggs, beaten
- water, as needed
- 3 basil leaves

DIRECTIONS

1. Blend the ginger, garlic, fresh pepper, half of the onion, and bell peppers into a smooth mixture.
2. Chop the remaining half of the onion.
3. Heat oil in a heavy pan over medium heat, add the chopped onion, and sauté for a few minutes until fragrant.
4. Stir in the blended mixture. Cook for 3-5 minutes, allowing the flavors to combine.
5. Add the diced tomatoes and tomato sauce, then let the mixture simmer for about 30 minutes or until the liquid reduces.
6. Season the stew with curry powder, nutmeg, bay leaves, and salt. Cook for a few more minutes to infuse the flavors.
7. Add the corned beef and stir thoroughly. Allow the stew to simmer for 2 minutes, letting the meat break apart evenly.
8. Lower the heat and gently stir in the beaten eggs. Let the stew simmer for 10 minutes, allowing most of the liquid to evaporate. The stew should have a thick consistency; if it's too dry, add a little water to prevent sticking.
9. Once the eggs are fully cooked, your stew is ready. Adjust the consistency by adding a small amount of water if needed.
10. Serve hot and enjoy with either cooked rice, boiled yam, plantain or potatoes

Recipe provided by Leticia Nortey, Expanding Boundaries International.



Boiled Yams

INGREDIENTS

- 1 Ghana yam
- salt, to taste

DIRECTIONS

1. Start by peeling the yam, just as you would a potato. Ensure the flesh is white; if you notice any brown or spoiled areas, carefully cut them out.
2. Slice the yam into cubes or small pieces, depending on your preference.
3. Rinse the pieces thoroughly.
4. Place the chopped yam into a pan and add enough water to slightly cover the pieces.
5. Season with a pinch of salt to taste.
6. Cook over medium heat for approximately 30 minutes, or until the yam becomes tender. To check, it should have a texture similar to cooked potatoes.
7. Once done, drain the water and serve the yam alongside egg and corned beef stew for a delicious and hearty meal.

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