

THOUGHTS FROM THE KITCHEN

Spicy scrambled eggs



Photo: @Paul Gateshill

London in the evening rush hour. The underground is packed with weary commuters and at every stop more are trying to board the train. The driver is admonishing us to squeeze in.

Anuradha Laws shares a simple but very tasty recipe for scrambled eggs.

Most have their heads buried in 'The London Evening Standard' and their ears plugged tight with headphones. It's been a long day and I still have my 'second job' of cooking and washing up when I get

in. Like many other working mums, I am torn between the needs of work and home; my desire to be a good mother and a good colleague. I find myself reflecting on my attitude to work and to parenting.

I was browsing through one of Chiara Lubich's books (*A New Way*, New City: 2006) recently. The chapter on our attitude to work struck me. I have been trying to teach my daughters to cook a simple meal for themselves after school. Work is an opportunity to do God's will, and it is his will that I should use my skills to contribute to society, to the economy. If the children develop new skills they too could contribute to the little community of the family. Chiara reminds us that work enables us to have a 'surplus' which we can then share with those in need. If the children

can cook, it frees me to spend a little more time with someone outside the family who needs me. It allows me to be calmer on my commute and so have a kind of 'surplus' for my fellow commuters.

It feels good to look after my children: to feel the weight of their soft bodies on my lap, to feed them little mouthfuls of home-cooked food. But they are older now. I remember Cecil Day-Lewis' beautiful poem 'Walking Away' in which he describes a father's emotions as he watches his son walk away from him to school. He speaks of 'the small ordeals which fire the irresolute clay' and reminds us that: 'Selfhood begins with a walking away and love is proved in the letting go'. 🍃

Ingredients

- ▶ 2 eggs
- ▶ 1 tablespoon of butter/oil
- ▶ 2 tablespoons of finely chopped onions
- ▶ A pinch of Salt
- ▶ Half a teaspoon of curry powder
- ▶ A pinch of turmeric
- ▶ 3 tablespoons of tomato puree
- ▶ 1 tablespoon of fresh coriander

Method

Heat a tablespoon of oil/butter in a frying pan. Add the chopped onions, a pinch of turmeric, curry powder and salt. Stir gently for a minute or two. Add three tablespoons of tomato puree and some finely chopped fresh coriander. Let the puree and the spices cook together for a couple of minutes. Now add two eggs to the puree spice mix and stir gently to start scrambling the eggs. Keep stirring till the eggs are completely cooked. I like to stop when they are creamy rather than dry. Sprinkle with a little finely chopped coriander and serve with crisp buttered toast or some warm pitta bread.