

# CHAWANMUSHI (Savory Tomato Custard)

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## Ingredients

2 pounds heirloom  
Tomatoes, 1 red, 1  
green & 1 yellow if  
possible

3 Eggs

1 ½ Cups Chicken or  
Vegetable Stock

½ teaspoon Salt (if  
needed)

2 teaspoons minced  
Ginger

2 teaspoons chopped  
Garlic

1 Tablespoon Blended  
Oil

Scallions

Soy Sauce

## Directions

Preheat oven to 350F.

Peel, seed and chop Tomatoes and then place in a strainer to drain thoroughly for about 20 minutes.

Pan Spray 6 x ½ pint canning jars and place in a deep baking dish.

Cook Ginger & Garlic in Oil over moderate heat until fragrant, and then add the chopped Tomatoes.

After a couple minutes, use a slotted spoon to evenly distribute Tomato mixture into jars, leaving as much liquid behind as possible.

Break Eggs into a large measuring jug and use a fork to blend together briefly.

Add Stock to Eggs and combine with Salt (if Chicken Stock needs a boost).

Pour Egg mixture into jars evenly and wipe the rims of any spillage.

Pour water into the baking dish so that it rises at least halfway up the sides of jars.

Cover with foil and bake for about 35 minutes.

The top will be set, but the interior will be like a rich soup!

Garnish with sliced Scallions and Soy Sauce and serve as part of a meal, or as an appetizer or soup course.