



EGGPLANT CURRY



PREP: 15MINS



20 MINUTES



SERVES 4

INGREDIENTS

- 1 Large* Brinjal (Eggplant)
- 1 Medium* Red onion
- 1 tsp* Mustard seeds
- 2 tsp* Urad dal
- ½ tsp* Turmeric powder
- 1 Tbsp* Curry powder
- 1 tsp* Raw mango powder
- 2 Tbsp* Oil
- 1-2* Bay leaf
- 2 Tbsp* Desiccated coconut
- 1 tsp* Grated jaggery
- Salt to Taste

PREPARATION

Chop and keep the eggplant in water mixed with 1 tsp of salt to avoid discolouration.

INSTRUCTIONS

Heat pan with oil, add bay leaf, mustard seeds, when mustard starts to splutter add black gram dal, fry till golden. Add diced red onions fry for few minutes till they are bit glassy, add all the dry powders mix well and then add the chopped egg plant, add salt, mix well cover and cook. Let the egg plant cook to your taste, garnish with desiccated coconut, sugar and coriander leaf mix well and serve.

TIP

Adding sugar enhances the taste however if you don't like then please avoid. You can add curry leaf to the tempering at the beginning to enhance flavours. Asafoetida also adds special fragrance add 1-2 pinch while cooking.

