

Recipe

Baingan Bharta

By

Bhaktin Archana



Ingredients

- Eggplant (baingan) - 1 kg
- Ginger - 1 ½ inch piece
- Tomatoes - 4 large sized
- Green chilies - 2
- Fresh coriander leaves - A few sprigs
- Oil (You can have mustard oil also)- 3 tbsp
- Cumin seeds - 1 tsp
- Red chili powder - 2 tsp
- Salt - to taste

Preparation

1. Wash and wipe egg plants.
2. Prick with a fork and roast them over an open flame or in a tandoor/reheated oven until skin starts peeling off and egg plants start to shrink. Let cool.
3. You can cool them by dipping in water.
4. Remove skin and mash flesh completely.
5. Peel, wash and chop ginger.
6. Wash and chop tomatoes.
7. Remove stems, wash and chop green chilies.
8. Clean, wash and chop coriander leaves.
9. Heat oil in a kadai.
10. Add cumin seeds. Cook till it changes color. Add ginger and green chilies and cook for a minute.
11. Add red chili powder and mashed roasted egg plants.
12. Cook for seven to eight minutes over medium heat, stirring continuously. Add salt to taste.
13. Add tomatoes and again cook on medium heat for seven to eight minutes till oil separates.
14. Garnish with chopped coriander leaves and serve hot.

Serves

5-6 Persons

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Hare Rama Hare Rama Rama Rama Hare Hare