

# Baked Eggplant Puree (Baigan Bharta)

by Anand Lila devi dasi



*"Krishna is very kind.  
Therefore, He has given us  
his remnants of food stuff"*

HARE KRISHNA HARE KRISHNA HARE RAMA HARE RAMA HARE RAMA HARE RAMA HARE HARE

HARE KRISHNA HARE KRISHNA HARE RAMA HARE RAMA HARE RAMA HARE RAMA HARE HARE

<b>Ingredients</b>	Medium sized eggplant.....	1 (500 g)
	Ghee/oil.....	1 Tbsp
	Cumin seeds.....	1 Tsp
	Yellow asafetida powder.....	¼ Tsp
	Ginger, grated.....	1 Tbsp
	Green chilies, chopped.....	2
	Tomatoes, chopped finely.....	3
	Ground coriander powder.....	1 Tsp
	Salt.....	1 Tsp
	Garam masala.....	1 Tsp
	Chopped fresh coriander leaves.....	2 Tbsp

- Preparation :**
1. Bake the eggplant at 350 F/180 C for 40 minutes or until the skin is charred. Alternately, roast the eggplant on a stovetop over medium flame, frequently turning until the skin is charred. Cool briefly, then rinse with water and pat dry.
  2. Peel off the skin, and scoop out the pulp while discarding the seeds. Coarsely chop the pulp.
  3. Heat ghee/oil in a saucepan over moderate heat; add cumin seeds, and when they darken a few shades, add asafetida, chilies and ginger. Sauté for 1 minute. Add the chopped tomatoes, ground coriander and salt. Cook until the tomatoes turn pulpy about 10-12 minutes.
  4. Add the garam masala and the chopped eggplant pulp. Combine well and cook for another 8-10 minutes. Take off from heat and serve garnished with fresh coriander leaves.

**Serves:** four

For further details please contact : [anandliladd@gmail.com](mailto:anandliladd@gmail.com)  
[www.iskcondesiretree.com](http://www.iskcondesiretree.com)