

Recipe

DAHI BAINGAN

By

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Ingredients

Long brinjals (eggplants)..... 3-4 medium sized
Yogurt..... 1 cup
Ginger..... 1 inch piece
Coriander powder..... 2 tsp
Garam masala powder..... 1 tsp
Red chili powder..... 1 tsp
Cumin powder..... ½ tsp

Turmeric powder..... 1 tsp
Salt..... to taste
Green chilies..... 3-4
Fresh coriander leaves..... A few sprigs
Red chilies whole..... 3
Gram flour (*besan*)..... ½ cup
Oil..... 4 ½ tbsp
Cumin seeds..... 1 tsp
Asafetida..... ¼ tsp

Preparation

1. Wash brinjals, destem and cut into cubes.
2. Peel, wash and grind ginger to a paste.
3. Add ginger paste, coriander powder, *garam masala* powder, red chili powder, cumin powder, turmeric powder, salt to Brinjal pieces and mix well. Cover and keep aside to marinate for five minutes.
4. Remove stems, wash and chop green chilies. Clean, wash and chop coriander leaves. Remove stems and break red chilies into two pieces each.
5. Beat together yogurt and gram flour. Mix in four cups of water. Keep aside.
6. Heat two tablespoons of oil in a *kadai*. Add green chilies and sauté for three to four minutes. Add marinated brinjal cubes and cook for ten minutes. Stir in yogurt mixture and cook for another five minutes.
7. Heat remaining oil in another pan and add cumin seeds. When they begin to change color, add red chilies and asafetida. Add this tempering to cooked brinjals and stir.
8. Serve hot garnished with coriander leaves.

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Hare Rama Hare Rama Rama Rama Hare Hare**