

Recipe
Eggplant Curry

By
AnandLila devi dasi



Ingredients

1 (1 lb/500g) medium sized eggplant cut into cubes
5 Tbsp ghee/oil
2-inch cinnamon stick
5 whole cloves
1 Tsp fennel seeds
2 star anise
½ Tsp asafetida powder
1 sprig fresh curry leaves
2 C blended tomatoes
2 Tsp coriander powder
½ Tsp turmeric powder
1 Tsp paprika
1½ Tsp salt
½ Tsp sugar
1½ C yogurt
2 Tbsp fresh coriander leaves

Preparation

1. Heat 4 Tbsp of ghee/oil in a pan and pan fry the eggplants until soft and they turn brownish in color. Drain on paper towels.
2. Heat remaining 1Tbsp ghee/oil in a saucepan over moderate heat. Drop the cinnamon, cloves, fennel, star anise, asafetida and curry leaves. Stir-fry until aromatic. Pour the blended tomato paste. Add the spice powders, salt and sugar. Reduce the heat and cook partially covered over low heat until the ghee/oil oozes out from the tomato spice paste.
3. Whisk the yogurt in a small bowl. Add to the tomato gravy and mix well. Remove the saucepan from heat. Fold in the eggplants. Garnish with fresh coriander leaves and serve with chapatis.

Serves

4-5

For further details please contact

anandliladd@gmail.com

www.iskcondesiretree.com

Hare Krishna Hare Krishna Krishna Krishna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare