

## Recipe

### Stuffed Baby Eggplants

## By

Anand Lila devi dasi



## Ingredients

- 25 baby eggplants
- 6 large dried red chilies, deseeded
- 2½ Tbsp coriander seeds
- 1 Tbsp urad dal
- 1 Tbsp chana dal

- 2 Tbsp grated coconut (fresh or dried)
- ¼ Tsp yellow asafetida powder
- 1½ Tsp salt
- 2-3 Tsp plus ½ C oil
- ½ Tsp turmeric powder

## Preparation

1. Wash and pat dry the eggplants. Make crisscross cut (two intersecting lines) from the rounded base end to within 1/2 –inch of the stem and cap.
2. Heat a pan over moderate heat. Dry roast the chilies, coriander, urad dal and chana dal until lightly browned. Transfer to a plate. Now roast the coconut until brown in color. Cool the roasted spices, add 1 Tsp salt and asafetida and grind to a powder in a grinding mortar. Add 2-3 Tsp of oil to the grounded spices. Roughly divide the stuffing into 25 parts.
3. Using a teaspoon, stuff the eggplants with the grounded spices into each slit. Press the cut edges closed and set aside until ready to cook.
4. Heat 1/2 cup of oil (if may use less oil if desired) in a pan over moderate heat. Place the stuffed eggplants, sprinkle turmeric powder. Turning the eggplants occasionally, cook over low heat until the eggplants are tender. Add the remaining ½ Tsp salt and cook for 5 more minutes. Serve hot.

\*\* If you desire a healthy recipe, you can steam the eggplants after stuffing them and then lastly sauté the steamed eggplants in 1-2 Tsp of oil.

\*\* I have always relished this recipe from my childhood and I learnt this from my mother, which is in South Indian style, though many variations are there from other parts of India also.

## Serves

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For further details please contact

[anandliladd@gmail.com](mailto:anandliladd@gmail.com)

[www.iskcondesiretree.com](http://www.iskcondesiretree.com)

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