

Recipe

Stuffed Baby Eggplants-2

By

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Ingredients

- 15 small tender baby eggplants
- Oil for deep frying
- 2 Tbsp oil
- 3 dried red chilies
- 2 Tbsp chana dal
- 2 Tbsp split urad dal
- ¼ Tsp fenugreek seeds

- 1 Tbsp coriander seeds
- 1 Tbsp cumin seeds
- 1 Tbsp dried tamarind piece
- 1 sprig fresh curry leaves
- ½ Tsp turmeric powder
- 1 Tsp salt

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. Trim off the stems to ½ -inch lengths.
2. Deep fry the eggplants in medium hot oil. Fry the eggplants, for 2-3 minutes and drain them on paper towels. Cool the eggplants while you prepare the filling.
3. Heat 1 Tbsp of oil in a pan over moderate heat. Add the chilies, chana dal, urad dal, fenugreek seeds, coriander seeds and cumin seeds. Add the tamarind, curry leaves, turmeric powder and roast all the spices until lightly browned. Transfer to a plate. Cool the roasted spices add 1 Tsp salt and grind to a powder in a grinding mortar. Transfer to a bowl. Add some water and working with your fingertips, gather the spices to a ball of thick paste. Roughly divide the stuffing into 15 parts.
4. Stuff the eggplants with the spice paste into each slit. Press the cut edges closed and set aside until ready to cook.
5. In a pan spread 1 Tbsp of oil, arrange the stuffed eggplants over it. Switch on the flame to low. Cover and cook for 30-40 minutes turning them occasionally until the eggplants are tender and easily yield to a knife point. Sprinkle some salt on eggplants and cook for another 5-7 minutes. Serve hot or warm.

Serves

4

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