

Vangi Bhat (Eggplant Rice)

by Anand Lila devi dasi



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

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Ingredients

Rice.....	2 C	Desiccated coconut.....	2 ½ Tbsp
Water.....	4 C	Oil.....	½ C
Chana dal.....	2 Tbsp	Yellow asafetida powder.....	1 Tsp
Urad dal.....	2 Tsp	Turmeric powder.....	½ Tsp
Dried red chilies.....	3	Eggplant cut into 2 cm cubes.....	700 g
Coriander seeds.....	2 Tsp	Salt.....	2 Tsp
Cinnamon stick.....	1.5-inch		

Preparation :

- 1) Combine rice and water in a saucepan, bring it to a boil, then immediately reduce the heat to low, cover with a tight fitting lid, without stirring, cook it over low flame until rice is tender. Remove from heat.
- 2) Heat a pan over moderate heat, Drop the dals, chilies, coriander, cinnamon and dry roast them until fragrant. Add the coconut towards the end, and stir until golden brown. Remove the spices, cool a bit and grind to a powder. Keep aside.
- 3) Heat oil in the same pan over moderate heat, add asafetida, turmeric and quickly add the eggplant. Stirring often, cook uncovered until the eggplants are tender and absorb the oil, about 15- 20 minutes. If needed, more oil can be added if you like the eggplant to be crisp.
- 4) Add the spice powder, salt and cook for 5 more minutes. Fold the rice gently and combine well. Serve hot with a yogurt salad (raita).

Serves: Five-Six

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