

Recipe

Eggplant Chutney

By

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Ingredients

Chutney:

- 4 + 1 Tbsp oil
- 4 C cubed eggplants
- 1 Tsp black mustard seeds
- 1 Tsp cumin seeds
- 2 Tbsp cashews
- 1 Tbsp chana dal
- 1 Tbsp chopped ginger
- 2 hot green chilies
- 1 sprig fresh curry leaves

- 1 Tbsp dried tamarind piece
- ½ C chopped tomatoes
- 1½ salt

Tempering:

- 1 Tsp oil
- 1 Dry red chili
- ½ Tsp black mustard seeds
- ½ Tsp cumin seeds
- 1 Tsp split urad dal
- 4-5 fresh curry leaves

Preparation

1. Heat 4 Tbsp of oil in a pan and add the eggplants. Cook them uncovered turning often until they are tender. Remove from heat and keep aside.
2. Heat 1 Tbsp oil over moderate high heat. Add mustard seeds. When the seeds sputter, add cumin, cashews and chana dal. Saute until golden. Reduce the heat to low. Add ginger, chilies, curry leaves, tamarind and fry for 1-2 minutes. Add the tomatoes and salt and cook until the oil oozes out from the tomato-spice mixture.
3. Add the eggplants and mixing well, cook for 5 minutes. Remove from heat and allow to cool. Process the eggplant tomato-spice mixture in food-processor (you may add little water as required) to yield a thick paste. Transfer the chutney to a bowl.
4. For the Tempering: Heat oil in a small sauté pan. Add red chili, when it darkens a bit, add mustard seeds, cumin seeds, urad dal and curry leaves. Fry all the spices until aromatic. Add to the prepared chutney. Serve this chutney with rice or chapatis

** You may mix this chutney with rice and serve with a dollop of ghee.

** This chutney can be refrigerated for 3-5 days. Those of you, who are on the run, can prepare this 2-3 days ahead and use as required.

Yield

Nearly 2 Cups of chutney

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