

VIOLET OON COOKS

for SNSA

final edits – 151020 (for use in the video)

EGGPLANT CURRY

A delicious vegetable dish to be eaten on its own or with steamed brown rice and a hard boiled egg

ORIGINS: Indian

Why selected: This dish is delicious and the spices add lots of flavour and the eggplant can be cooked till very soft for those who have difficulty chewing and swallowing – the rich flavours of the spices make up for adding less salt and we use a minimum amount of oil for this dish

SERVES: 3-4 PERSONS AS PART OF A MEAL, EATEN WITH BROWN RICE

FOR PROTEIN: You can eat this dish with a hard-boiled egg for each person

INGREDIENTS

600g (3 nos)	brinjals, 200g each, the long purple variety
4 tbsp	vegetable or olive oil
4	green chillies, slit into ½ three quarters along the length
4	tomatoes, ripe, roughly chopped
3 tsp	red chilli powder
4 tsp	coriander powder
4 tbsp	tamarind pulp, add 1 cup water, squeeze for juice
1/2 cup	low fat coconut milk or skim milk, replace with water

ADDITIONAL

1 tsp	cumin seeds
1 tsp	mustard seeds
1 tsp	urud dhal (lentils)
2 stalks	curry leaves
To taste	salt – about 1/8 tsp

METHOD

- 1) Cut eggplant into finger lengths, and cut each piece into 4 long pieces.
- 2) Heat 2 tablespoons vegetable oil in a non-stick wok, add eggplants, fry on medium heat on all sides till browned and slightly soft. Remove, add 1 tablespoon oil, heat, add green chillies, saute till light coloured, add tomatoes, close with a lid and simmer till soft on low heat. Add the eggplants.
- 3) Add the chilli powder, coriander powder, salt and stir well, add the tamarind juice and low fat coconut milk, skimmed milk or water and bring to the boil.
- 4) Heat another pan with 1 tablespoon oil till hot, fry the cumin, mustard seeds and urud dhal till the seeds pop. Add the curry leaves, let leaves sizzle and pour the whole mixture over the eggplant stew, taste, turn off the heat. This last part of adding fried hot whole spices on top of a curry is called “tempering” in Indian cooking.

