

Baingan Bharta

This fragrant Indian curry features eggplant and can be served with naan or basmati rice.

Ingredients

- 3 eggplants
- 1 onion, chopped
- 1 tsp mustard seed
- 2 Tbsp minced garlic
- 2 Tbsp minced ginger
- 1 tsp garam masala
- 1 tsp ground coriander
- ½-1 tsp kashmiri chile powder (to taste)
- ¼ tsp turmeric
- ¼ tsp asafetida (hing) ground (optional)
- 4 roma tomatoes, chopped
- ½ - 1 cup water
- ¼ cup cilantro, chopped



Instructions

1. Rinse off the eggplant and remove the ends. Cut lengthwise into quarters.
2. Roast in a nonstick or cast iron skillet over medium heat. Turn when dark, but don't let it burn. About 10-15 minutes.
3. Remove from heat when the skin is dark and the eggplant is very soft and starts to bubble.
4. Place roasted eggplant in a heat-safe dish and allow it to cool enough to handle.
5. Remove the outside peel from each eggplant segment and chop well. Set aside.
6. Using the same skillet, sauté onion and mustard seed until translucent over low to medium heat, about 5 minutes.
7. Add all of the spices and cook 2-3 minutes, or until golden.
8. Add the eggplant, tomatoes, cilantro, and ½ cup water. Add more water if you prefer more "sauce".
9. Sauté 5 more minutes or until the tomatoes are cooked.
10. Remove from heat.
11. Serve over rice and top with additional cilantro, if desired.

Notes

- Kashmiri chile powder is an Indian spice that adds heat to the dish. Use ½ teaspoon for a milder curry. Add more if you like your dishes spicier.
- You can roast the eggplant in the oven, over the flame on a grill, or on the stove in a pan.
- The skins come off easily after you allow the eggplant to cool. Start at one end and gently separate the peel from the eggplant.

- If your eggplant sticks, lower your heat. The slight blackening on the pan will come off when you add the onions, tomatoes, and water. This process adds color and flavor.