

Eggplant Curry by Ami's Vegetarian

Serves 3-4

Ingredients

For deep frying

700g eggplant, cut into thin strips

1 tbsp salt

1 tsp turmeric powder

200ml vegetable oil

For curry

2 tbsp vegetable oil

1 large onion , diced

1 few curry leaves

1 tbsp minced garlic and ginger

1 tsp of each, mustard, fennel and fenugreek seeds

1 tbsp tomato puree

1 tbsp tamarind paste

2 tbsp low fat yoghurt (optional)

2 tbsp curry powder

2 tbsp chilli powder

200ml thick coconut cream

Pinch of Asafoetida powder (optional)

Salt to taste

Method

Cut eggplant into 2 inch length thin strips, add salt and turmeric, mix them well, and set aside in a colander, to drain excess water.

Heat oil for deep frying, when oil hits smoking point, add eggplant in batches. When eggplant turns into golden brown drain them using a slotted spoon, and place them in kitchen towels to absorb excess oil.

Alternatively roast them in oven at 230c for 15-20 mins. Add 2 tbsp of oil and coat them with oil before roasting.

In a separate pan, heat oil, sauté onion, garlic and ginger and curry leaves for 2 minutes. Add mustard, fennel and fenugreek seeds. Stir well, and add asafoetida, curry powder, chilli powder, tomato puree, tamarind paste and yoghurt. Stir till it forms into a thick paste.

Stir in coconut cream and 400ml water. Close the lid and cook for 5 minutes till gravy starts to simmer. At this stage depending on your taste preference you may add 1 tbsp sugar to thicken the gravy.

Add the fried eggplant strips and combine gently with a wooden spoon. Finally, add salt to taste. Be cautious here as the fried eggplant is already salted.

Best to serve with rice or can also be served with roti, dosa or your choice of main meal.

This curry can be refrigerated or frozen (for 3 months) - the flavour will become richer and fuller after a day or two in the fridge. To reheat, (defrost if necessary) add to a microwave pan close the lid and re-heat for 2 minutes.