

Baingan Bharta Recipe

Spicy Roasted Eggplant

Serves 4

Preparation time: 30m

Cooking time: 15m

Ingredients

1 eggplants (large)

1 tsp salt

½ tsp turmeric powder*

½ tsp cumin seeds

½ tsp red chilli powder*

2 tsp coriander powder*

½ tsp garam masala

1 medium onion, diced

2 medium fresh tomatoes or 5 tbsp canned crushed tomatoes

1 tbsp green chilli, chopped

1 tbsp ginger, finely chopped

3 tbsp oil

⅛ cup water

2 tbsp cilantro, chopped

*For a traditional, less spicy version, do not use these ingredients.

Method

1. Wash eggplant and cut both off both ends. Pick in a few places with a fork. Microwave on a plate or in a bowl at full heat for 12m. Make sure it is soft to the core when taken out. Slit lengthwise from the middle and take out all the out, discarding the skin. Mash the pulp with a spoon.
2. Heat pan over medium-high heat. Add cumin seeds. When seeds start to pop, add onion, green chili, ginger, and cook for 5 minutes.
3. Add tomatoes and other spice. Cook for another 5 minutes.
4. Add eggplant pulp and water and reduce heat to low. Stir, cover and let cook for another 5 minutes.
5. Garnish with chopped coriander and serve hot.