

Exotic Brinjal Spicy Eggplant

Savannah · 28/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

6

Description

This Indian dish features eggplant which can be an underappreciated ingredient in some kitchens But give it a shot I am sure youll love it

Ingredients

- - 2 tablespoons vegetable oil - 1 (1 1/4 pound) eggplant
- cut into 1-inch cubes - 6 tablespoons vegetable oil - ½ teaspoon cumin seeds - ½ teaspoon fenugreek seeds
- crushed - ½ teaspoon kalonji (onion seed) - ½ teaspoon sesame seeds - 1 (1/2 inch) piece fresh ginger root
- chopped - 5 cloves garlic
- chopped - 2 onions
- peeled and finely chopped - 1 green chile pepper
- seeded and chopped - ¼ cup tomato puree - ½ teaspoon chili powder - ½ teaspoon ground coriander - ½ teaspoon ground turmeric - ¾ teaspoon salt - ½ cup coconut milk - 1 tablespoon cilantro leaves

Instructions

1. Heat the 2 tablespoons oil over medium-high heat in a large skillet
2. and fry eggplant pieces until golden
3. about 5 minutes. Remove the eggplant from the skillet and set aside; wipe out the skillet with a paper towel. Heat the 6 tablespoons oil in the same skillet over medium heat. Stir in the cumin
4. fenugreek
5. kalonji
6. and sesame seeds
7. and cook until the cumin turns golden
8. about 2 minutes. Reduce the heat; stir in the ginger and garlic
9. and cook for a few seconds. Stir in the onions and green chile pepper
10. and continue to cook and stir until the onion is golden
11. about 10 minutes. Stir the tomato puree
12. chili powder
13. coriander
14. turmeric
15. and salt into the onions. Cook and stir over medium heat for 2 minutes
16. or until the oil separates. Stir in the cooked eggplant; cover and simmer until eggplant is tender
17. about 5 minutes. Pour in the coconut milk; stir until blended and heated through. Sprinkle with cilantro leaves. Editor's Note Kalonji (nigella seeds) are also called onion seeds because of their flavor
18. and are found in Asian grocery stores in small packets. These small
19. pointy black seeds are from a flower related to the garden flower love-in-a-mist.