

Brinjal Recipes





Brinjal Recipes

Brinjal Rice

Ingredients

1 cup long grain (basmati) rice
5 med. oval brinjals with stems intact
1 tbsp. fresh coriander finely chopped
1 stalk curry leaves
1/4 tsp. cinnamon-clove powder
1/2 tsp. garam masala
salt to taste
2 tbsp. oil
1 bay leaf, cut into pieces
1/2 tsp. each cumin & mustard seeds
3-4 pinches asafoetida
1 tsp. butter

Method

Wash, clean and soak rice in 3 cups salted water for 20 minutes.

Cut brinjals into quarters lengthwise, keeping stems attached.

Heat oil, add seeds, bayleaf, allow to splutter.

Add asafoetida, curry leaves, stir.

Add brinjals, garam masala, cinnamon clove powder, stir for a minute.

Drain and save rice from water. Add rice, stir fry for 2-3 minutes.

Add paste, cook for 2-3 minutes more. Add all other ingredients, stir gently.

Add 3 cups saved water. Add salt to taste.

Cover, simmer and cook till rice is done, but no water is remaining.

Serve piping hot.

Grind together into Paste

1 large onion
1/4 cup coconut grated
2 tbsp. fresh coriander leaves
4 green chillies
1/2 pod garlic,
cleaned and peeled
1/2" piece ginger, peeled



Brinjal Recipes

Baingan Raitha

Ingredients

1 1/2 cups fresh curds
1/2 cup chilled milk
1/2 tsp. cumin powder
1/4 tsp. red chilli powder
1/2 tsp. sugar powdered
3-4 pinches black salt
salt to taste
3-4 mint leaves
1 sprig coriander leaves finely chopped

To prepare brinjals:

2 long brinjals sliced into thin thick rounds
1/4 tsp. red chilli powder
4-5 pinches turmeric powder
2 pinches asafoetida
1/4 tsp. salt
1 tsp. oil

Method

Mix together salt, chilli powder, turmeric, asafoetida. Rub brinjals slices on both sides with this mixture. Heat a large heavy or nonstick griddle.

Drizzle half tsp. Oil over it. Arrange brinjal slices side by side, to cover whole griddle.

Allow to become light golden brown. Flip and fry other side, drizzling remaining oil.

Remove from griddle, keep aside to cool to room temperature.

To proceed:

Beat together chilled curds and milk till smooth. Add all other ingredients and mix well.

Arrange slices of brinjal in a wide shallow dish. Pour all the curds over them to cover completely. Garnish with chopped coriander, serve chilled.



Brinjal Recipes

Baingan Ka Bhartha

Ingredients

1 very large seedless oval brinjal	1/2 tsp. red chilli powder
1 large tomato grated	1/4 tsp. turmeric
1 large onion grated	3 pinches asafoetida
1/2 tsp. ginger finely chopped	1-1/2 tsp. lemon juice
1/2 tsp. garlic finely chopped	salt to taste
2 green chillies finely chopped	1/4 tsp. each cumin & mustard seeds
1 tbsp. coriander leaves finely chopped	1-1/2 tbsp. oil
1/4 tsp. garam masala	

Method

Check to see that brinjal is absolutely healthy and has no germ holes, etc.

Wash and wipe dry. Burn brinjal over direct flame or barb-b-que mesh.

Rotate and cook till evenly soft all over.

Scrape out any burnt skin with hands.

Mash softened brinjal till soft, keep aside.

Heat oil, add seeds and allow to splutter.

Add asafoetida, stir and add ginger, garlic onions.

Stir fry for 2-3 minutes. Add tomatoes, masalas, salt, etc.

Add mashed brinjals, stir, add 1/4 cup water.

Stir, cook covered till oil separates.

Pour into serving bowl, garnish with chopped coriander.

Serve hot with warm bread rolls, rotis, or parathas.



Brinjal Recipes

Brinjals In Chilli Garlic Sauce

Ingredients

For sauce:

1-1/2 cups fresh thick tomato puree
2 tbsp. tomato sauce
3 tsp. red Chilli sauce
1 tsp. Chilli oil (refer below)
1/2 tsp. Ginger grated
1 tsp. Garlic crushed
1 tsp. Sugar
salt to taste
3 tbsp. oil

3 long tender brinjals
3 bulbs spring onions with greens
2-3 pinches ajinomoto
1/4 tsp. salt

Method

Thoroughly mix all ingredients together, keep aside. Cut brinjals lengthwise in halves, discarding stem. Chop spring onions and greens fine.

Heat oil in a flat bottomed nonstick shallow pan. Place brinjals skins up next to each other into hot oil.

Allow to fry till light brown. Flip and fry skin side. If pan is small fry a few at a time.

Add spring onions in remaining oil, stirfry for 2-3 minutes. Add sauce and allow to come to a boil.

Simmer on low for 3 minutes. Put back fried brinjals gently, and allow sauce to resume boil.

Take off fire, garnish with choice herbs or coriander, serve hot. Note: To make chilli oil Add 5-6 broken dry red chillies to 5 tbsp. very hot oil.

Cool for 2 hours. Strain and bottle. Use as required.

Variation: One can top the dish with mozzarella cheese and bake under a grill to melt.

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Brinjal Recipes

Brinjal Paneer Hot Dogs

Ingredients

6 long firm healthy brinjals

1/2 cup paneer grated

1/2 cup processed cheese grated

1 potato

1 capsicum

1 tomato

1/4 tsp. ground pepper

1/4 tsp. chilli powder

salt to taste

1 tsp. butter

Method

Parboil potatoes, slit them into very thin slices, keep aside. Cut capsicum and tomatoes into very thin slices, keep aside.

Slit brinjals in half lengthwise. Remove stems. Sprinkle them with salt and pepper.

Apply a little butter to your palms. Rub gently with hand to coat all over with butter, salt and pepper. Keep aside for 5-7 minutes.

For Pouring Sauce:

Mix all ingredients in a heavy deep pan. Cook, stirring continuously, till a thick creamy sauce is obtained. Keep aside.

To Proceed:

Place one slice of brinjal. Arrange slices of tomato, capsicum, potato over it. Sprinkle salt, chilli powder and a little cheese. Repeat for all brinjals.

Tie each with some twine, arrange in an ovenproof shallow dish. Bake in hot oven (250°C) for 5 minutes or till tender. Carefully remove strings.

Pour sauce over brinjals, saving some for garnishing. Sprinkle remaining cheese all over.

Bake again in hot oven at same temperature till cheese has melted.



Brinjal Recipes

Stuffed Brinjal & Potato Curry

Ingredients

- | | |
|--|-------------------------------|
| 4 small round brinjals with stems | 1 tsp. coconut finely scraped |
| 4 small potatoes | 1/2 tsp. chilli powder |
| 4 small onions | 1/4 tsp. turmeric powder |
| 1/2 tsp. ginger grated | 1/4 tsp. garam masala powder |
| 1 stalk curry leaves | 1/4 tsp. cumin powder |
| 1 tbsp. fresh coriander leaves
finely chopped | salt to taste |
| 1 tsp. sambhar masala | 2 tbsp. oil |
| 1 tsp. dhania (coriander seed) | 1 tbsp. curds |
| 1 tsp. peanuts crushed coarsely | 1 tsp. lemon juice |

Method

Scrub brinjals and potatoes clean. Put potatoes in boiling water for 5 minutes. Drain, keep aside.

Peel onions, clean base and tip. Keep stems of brinjals intact. Make Cross shaped vertical slits in all vegetables, 3/4 way down.

Slit brinjals from base towards stem. Slit onions from tip towards base. Slit potatoes along their length.

Mix all dry masalas, coconut, peanut crush, salt and 8-10 drops of oil. Stuff all vegetables with this mixture. Keep any extra masala aside.

Heat oil, add ginger stir. Let in potatoes first.

Cover and cook for 2-3 minutes. Put in other vegetables, add curds, and mix well. Sprinkle 1/2 cup water, cover and simmer till veggies are tender.

Once oil starts separating and veggies are cooked, pour into serving dish. Garnish with chopped coriander. Serve hot, with phulkas, bhakris, bread or rotis.



Brinjal Recipes

Brinjal Potato Mixed Curry

Ingredients

1 large potato	1/2 tsp. amchoor powder (dried mango)
1 large or 2-3 small brinjals	1/4 tsp. turmeric
1 large onion chopped in vertical strips	1/4 tsp. red chilli powder
1 tomato ripe finely chopped	3-4 pinches asafoetida
1 small capsicum halved and thinly sliced	1/2 tsp. each cumin & mustard seeds
1 tsp. fresh coriander leaves (finely chopped)	1/2 tsp. sugar
1 stalk curry leaves	salt to taste
1 tsp. sambhar masala	1 tbsp. fresh curds
1/2 tsp. dhania (coriander seed) powder	1 tbsp. oil

Method

Scrub and wash potato clean, with kitchen scrubber. Do not peel. Chop into 2" long pieces. Chop brinjal also into 2" long thick pieces. Sprinkle a little salt and half turmeric over brinjals.

Mix curds, sugar and 1/2 sambhar masala and salt to taste. Pour half this mixture over potatoes, and half over brinjals. Cover and keep aside, to marinate for 30 minutes. Heat oil in a heavy pan.

Add capsicum, onion, stir fry for 2 minutes. Drain and remove with perforated spoon. Keep aside. Add seeds and asafoetida to remaining oil, add curry leaves. Allow to splutter. Add marinated brinjals, potatoes, stir fry for few seconds. Make a paste of all masalas and salt in 1/2 cup water. Add to vegetables.

Stir and add tomatoes. Saute till excess water evaporates and a thick curry is left. Empty into serving dish, garnish with stir fried capsicum and onions. Top with chopped coriander. Serve hot with rotis, bread, etc. or even steamed rice.



Brinjal Recipes

Brinjal In Oil

Ingredients

brinjals – 1/2 kgs

onions - 2 to 3 sliced

tomato - 1 sliced

coriander leaves few

ginger & garlic paste - 1 sp

dhania powder - 1/2 sp

chilly powder - 1/2 sp

jeera powder - 1/2 sp

pepper powder - 1/2 sp

salt according to taste

Method

In the above ingredients except the brinjals fry all the items in oil & grind to a smooth paste

Slit the brinjal into 4 & stuff the masala paste inside the brinjals.

Soak a lemon size tamarind in water & extract the juice .

Grind 4 tomatoes separately together & keep aside

Now add 5 to 6 spoon of oil in a cooker & then put mustard seeds &

Also add curry leaves, then whole pepper & add the stuffed brinjals

Fry till the oil leaves out from the brinjal.

Now add the tomato paste & stir for 2 mins & also add the tamarind juice, coriander leaves & salt is correct if not add little salt & chilly powder accordingly

Leave 1 stream in the cooker.)

Brinjal baingan is ready this will be good to eat with plain rice or chapattis , roti



Brinjal Recipes

Brinjal In Oil

Ingredients

brinjals(eggplant) - 1 long one
green peas - 1 small cup
(contains 10 peas)
onion - 1 (medium)
tomato - 1(large)
green chillies - 2 + 4
garlic paste (1 tbsp)
4 garlic cloves for good look
ginger - small piece
jeera - 1tbsp
mustard seeds - 1tbsp

dhania(coriander) powder - 2 tbsp
turmeric powder - 1/2 tbsp
red chilli powder - 1 tbsp
peanuts - 1 cup containing 15
cilantro (coriander leaves) - 1 small bunch
oil 4 tbsp
(any oil will do..olive
oil is really tasty and the best)
salt to taste

Method

Fry the peanuts and remove the skin. Powder the peanuts in a grinder. Soak the peas overnight and cook it. To avoid this..you can use frozen peas Cut the Brinjal in small pieces.

Fry in oil..add salt to taste. Leave it aside once done. Chop onions, tomatoes, garlic, chillies and ginger. In a Big Frying pan, add oil. Mustard seeds, jeera, chillies, ginger, allow it to splutter.

Add the chopped Onions, when it turns light golden brown in color add tomatoes and Garlic. You can add black pepper and Lavang to make it hot. Add Dhanial powder, red chilli powder and toss it together and add salt.

Add the fried Brinjal and allow the mix to fry so that the flavour gets into the Brinjal. Add 1/4 gallon water and allow the mix and brinjal to boil. Add powdered peanut to it...Allow it to boil.

Once the mix starts getting thick...Switch of the stove. Cut the 4 green chillies mentioned, bunch of Cilantro....Beautify the dish... It is ready to serve.

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Brinjal Recipes

Sri Lankan Eggplant Curry

Ingredients

2 long, asian eggplants	a few curry leaves
1 small onion	1/4 tsp mustard seeds
1/4 tsp fenugreek	1 tomato, chopped
1/2 tsp sri lankan curry powder (substitute reg. curry powder)	1/4 cup coconut milk (substitute low-fat reg. milk if you are fat-conscious)
1 tsp chilli powder (cayenne)	oil
1/4 tsp turmeric powder	salt to taste
3 cloves minced garlic	
1/2 tsp minced ginger	

Method

Cut eggplant into strips, like french-fry potato. For a very authentic taste, eggplant strips need to be deep fried till golden.

If you are fat/health conscious, use non-stick spray or a little oil to brown the eggplant. Set aside.

In a little oil, let the mustard seeds splutter. Add fenugreek seeds, followed by onion, ginger and garlic. Fry till aromatic.

Add turmeric powder, curry powder, chilli powder, salt, curry leaves and tomatoes and cook under low heat till it's quite pulpy.

At this point adjust seasoning and add eggplant. Stir gently and cook covered for 3 - 5 minutes. Add the coconut milk and stir gently.

Uncover and let simmer on very low heat till the oil splits.



Brinjal Recipes

Thai Eggplant Curry

Ingredients

thai green eggplants
(or small indian round eggplants) - 7 to 8
long thai green beans
(or french beans) - 1 to 2 pds.
lemon grass - 2" long
lime leaves - 3
shallots - 3
red chillies - 2

ginger - 1" long
garlic - 2 to 3 pods
coconut milk - 1 cup
turmeric - a pinch
sugar - a pinch
salt - as per taste
lime juice - 1 tbsp.

Method

Cut the eggplants into quarters. String the beans and cut them into 1 inch pieces.

Finely dice shallots, ginger and garlic.

Heat oil, add the shallots, ginger, garlic, red chillies and fry till light brown.

Add the eggplant and cook for a few minutes, then add the beans and cook for about 3 minutes.

Add the coconut milk, turmeric, sugar, salt and a little water if needed to cook the vegetables well.

Also add the lime leaves and lemon grass into the coconut milk.

Place a lid on the pan and cook till the vegetables are soft.

Then check for tartness and add lemon juice accordingly.

Garnish with cilantro and serve this sweetish-hot-tangy curry with Thai Jasmine Rice.



Brinjal Recipes

Stuffed Brinjal Curry

Ingredients

brinjals 8 (medium size , round ones - preferred)
green chillies (medium hot) 6
coriander (cilantro) 2 bunches
oil (small cup)
salt to taste
tamarind paste (1/4 table spoon)

Method

Make a paste of green chillies and coriander leaves. Add salt to this and mix well.

Cut brinjals into 4 pieces vertically such that the pieces hold together at one end.

Stuff sufficient green chilly and coriander paste into the brinjals.

Heat oil in a thick bottom pan and fry the brinjals.

Add tamarind paste after the brinjals are fried for few minutes.

Stir the brinjals till they are fried on all sides.

Tastes good with rotis or with white rice and ghee.



Brinjal Recipes

Brinjal In Curd

Ingredients

brinjal 3 medium

curd 1 cup

chilli powder. 1/2 tsp

turmeric powder. 1/4 tsp.

salt to taste

jeera powder. 1/2 tsp.

garlic 1 clove crushed

oil as required

coriander leaves for garnish

Method

Wash and cut the brinjals in half (lengthways) and then slice them thinly.

Marinate these with the chilli, turmeric and salt. Heat a shallow pan and fry these. Remove.

In the meantime beat the curd in a bowl, add the skinned and crushed garlic and salt and let it sit in the refrigerator.

Just before serving add the brinjals and jeera and garnish with some coriander leaves.



Brinjal Recipes

Brinjal Tomato Curry with Curd

Ingredients

brinjals (small size) - 5
tomatoes - 2 (medium size)
curd (yoghurt) - 1 cup
onion - 1 (finely chopped)
green chillies - 2 chilli powder - 2 tsp
turmeric - 1 tsp
oil - 5 - 6 tsp
salt - acc to taste
urad daal + mustard seeds - 1 tsp
cilantro for garnishing.

Method

Wash and cut the brinjals keeping the stem intact.

Chop the tomatoes. In a bowl take the curd add salt, turmeric, chilli powder and beat well.

To this add brinjals, tomatoes, onion, green chillies and mix.

Keep it marinated for an hour. Take a pan add oil. When the oil is heated add the urad daal and mustard seeds. When seeds splutter add only the marinated vegetables.

Keeping the curd aside. Mix well and cover the pan. (If you desire you can add half a spoon each of chilli powder and turmeric again to enhance colour- this is only an option).

After ten minutes when the vegetables are cooked then add in the leftover curd.

Mix and cover the pan and continue cooking until the oil leaves the sides of the pan.

Garnish with cilantro and serve hot.



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Brinjal Recipes

Brinjal and Peas Curry

Ingredients

brinjal 1 pound
fresh green peas 1/2 cup
garlic 5 flakes
dhania powder 3 tbs
fresh grated coconut or coconut powder 6 tbs
chilli powder 1 tbs
salt as per requirement
oil

Method

Take oil in a frying pan. You can either grind the garlic into a paste or cut them into thin slices.

Add the garlic paste to the oil and fry for few minutes, then to this add green peas and allow them to fry.

Then add the brinjals to the above and cover the lid and cook till the brinjals are soft.

When the brinjals are soft add dhania powder, chilli powder, salt and grated coconut to it and cook it on high flame for few minutes.



Brinjal Recipes

Spicy Eggplant Curry

Ingredients

For Seasoning:

7 or 8 red chillies (dry)
2 tbsp coriander seeds
1tbsp mustard seeds
1 tbsp urad dal
1 tbsp chana dal
1/2 tbsp cumin seeds
and little bit of asafoetida
2 tbsp oil to fry.

1/2 kg eggplants quartered
2 onions chopped (med size)
4 tbsp finely cut coriander leaves
salt to taste

Method

Take a pan & add 3 tbsp of oil. When the oil heats up add these cut vegetables to that.

Now mix it & place the lid. Cook until it softens. In the meanwhile take another pan & put 2 tbsp of oil in it. Then fry the above ingredients for seasoning until golden brown.

Cool it & then grind it into a fine powder. Now remove the lid of the vegetables & check whether they've become soft/hot.

It just takes 5 or 10 min for an eggplant to become soft.

Then once it becomes soft add this grinded powder, freshly cut coriander leaves & salt according to your taste.

Now mix them together & keep on low flame for 2/3 min.

Your curry is ready. Serve it hot with Rice/Chapati.

You can adjust spice according to your taste.



Brinjal Recipes

Brinjal Curry

Ingredients

1/2 kg eggplants quartered
tamarind paste
salt to taste
for seasoning:
red chillies (3-4)

dhania seeds 2 tbl spoons
little bit of asafoetida
channa dal 1 tbl spoon
shredded coconut (2 tbsp)

Method

Cut Brinjals into medium-sized cubes.

Add 1 tsp. tamarind paste and salt.

(to mix the paste evenly over the brinjals, take a bowl with little water add the tamarind paste and dilute it then add this tamarind water to the brinjals) .

Sprinkle water and close the lid .

Care should be taken to see that the brinjal does not become mushy .

In a pan fry the ingredients for seasoning with little oil till golden .

Add the seasoning to the boiled brinjals and mix well



Brinjal Recipes

Stuffed Eggplant Curry

Ingredients

take nearly 6-8 brinjals

take 3 green chillies

1/2 teaspoon jeera

a very small piece of adrak (ginger)

3/4ths of a bunch of coriander leaves

Method

Grind the ingredients in the content number(2), adding little water so that it becomes a paste.

Do not make it too much watery. Now take a frying pan and put some oil in that.

One can either cut the brinjal if it is too large or if they are small in size, then take a knife and cut it vertically and horizontally to half an extent and stuff the paste in the brinjals and put them in the frying pan.

Add salt and a little turmeric powder and fry them in high for 5-6 minutes and then reduce the flame and put a lid on the pan and keep mixing in between and check for the brinjals to turn soft.

If there is no lid to the pan, then put a plate of the same size with some water on it.

In about 10-15 min, the stuffed brinjal should be ready to serve.



Brinjal Recipes

Bharali Vaangi (Stuffed Brinjal)

Ingredients

10/12 small round brinjals
(available in indian groceries)

1 cup coconut

3/4 cup peanut powder or peanuts
(roasted)

coriander-cumin seeds
(1 tbsp each)

maharashtrian goda masala
(4 tbsp)

1/4 cup sesame seeds

tamarind (a pinch)

jaggery

chilli powder

salt

ginger garlic paste (if you like)

asafoetida

turmeric powder

Method

Remove stems & give four slits (not fully) to the brinjals.

Wash them in a salt water & keep aside.

Roast coconut, sesame seeds, coriander-cumin seeds together.

Grind this mixture with tamarind, jaggery, peanut powder, ginger-garlic paste, salt, chilli powder & goda masala.

Fill all the brinjals with this paste. In a pan heat oil & add mustard seeds.

When starts spluttering add asafoetida, turmeric powder.

Add the brinjals. Pour in some water just to cover the top of brinjals.

Cover & heat on a medium flame for about 15 min.

Remove the lid & stir. Garnish with coriander leaves.



Brinjal Recipes

Brinjal Curry (Gosthu)

Ingredients

brinjal 5 nos. (medium size)

onion 2 nos. (medium size)

green chilli 5 nos.

tamarind diameter 1 inch size

curry leaves 7, 8 leaves

red chilli 3 nos.

sesame oil 100 ml or
(10 to 12 tbsp)

bengal gram 2 tbsp

coriander seeds 2 tsp

turmeric powder, asafoetida,

mustard seeds little amount

salt as required

Method

Fry red chilli, coriander seeds, bengal gram 1 tbsp, asafoetida in little oil until they become light red.

Powder them and keep aside.

Cut brinjals in circular shape like chips, Chop onion, cut green chilli in longitude.

Dilute tamarind in water.

Heat sesame oil in a pan put mustard seeds, bengal gram 1 tbsp fry till it become golden brown, then put curry leaves, onion, green chilli, brinjal, turmeric powder fry for 7, 8 minutes.

Then add salt, diluted tamarind water and cook until the oil spill out to upper layer.

Last add the above powder leave for 5 minutes in slow flame.



Brinjal Recipes

Potato and Eggplant Curry

Ingredients

- | | |
|---|---------------------------------|
| 1 long eggplant
[cut into 1/2" thick round slices] | 1/2 tsp garam masala powder |
| 3 medium potatoes
[cut into 1/2" thick round slices] | 1/2 tsp red chilli powder |
| 1 medium onion chopped into cubes. | 1 tsp kashmiri masala paste |
| 1/2 capsicum chopped into cubes | salt to taste |
| 2 tbsp curd | 2 tbsp whipping cream |
| 1 tbsp tomato puree | 1 tbsp finely chopped coriander |
| 1/2 tsp garlic paste | 1 green chilli finely chopped |
| | oil for cooking |
| | 1/2 tsp ginger paste |

Method

Take 3 tbsp. oil in a nonstick pan, when it is little hot lower the heat & put eggplant pieces on it, [don't put one piece on other], sprinkle little salt on it & cover it, after 2 minutes turn the side & cover it again.

Cook it till it becomes golden brown from both sides, put little more oil if needed. Follow the same method with rest of the eggplant & potatoes & keep them side.

Take 1 tbsp oil in the same pan heat it & fry onions, but don't make it brown & let it be crispy then add capsicum & fry it for another 2 minutes. In the mean time mix curds, tomato puree, garlic paste, ginger paste, garam masala, red chilli, kashmiri paste & salt.

When capsicum is done pore this mixture on it & let it fry for 2 more minutes, then add fried eggplant, potatoes, green chilli & coriander & cover it for 2-3 minutes so that masala can mix well with vegetables.

Lastly add whipped cream and let it cook for another minute.

Remove from heat & serve hot with Paratha or Roti.



Brinjal Recipes

Brinjals In Gravy

Ingredients

brinjals (small) 500gms

coconut 1/2 nos.

onion 300 gms

ginger 25 gms

garlic 25 gms

peanuts 50 gms

til seeds (gingelly seeds)

tamarind 25 gms

whole red chilli 25 gms

asafoetida-a pinch

gingelly oil-250 ml

turmeric powder-10 mgs

poppy seeds-25 gms

salt to taste

curry leaves a few sprigs.

Method

Slice the onions.

Then heat a little oil and roast all the ingredients except salt, tamarind and brinjals.

Slit the brinjals into four and deep fry them till cooked.

Grind the roasted ingredients into a paste.

Heat some oil again add the ground paste and fry.

Soak the tamarind and extract the pulp.

When the paste is completely fried add the fried brinjals and tamarind pulp and cook for some more time.

When done, check the seasoning and serve garnished with fried curry leaves.



Brinjal Recipes

Eggplant and Spinach Curry

Ingredients

eggplant - 1 (big)

spinach - 1 bundle

onion - 2

tomato - 1

garlic - 4 cloves

jeera powder - 1 tsp

chilli powder - 1/2 tsp

turmeric powder - a pinch

garam masala powder - 1 tsp

ghee - 2 tsp

salt to taste

Method

Boil both the vegetables and keep aside.

Chop the onions.

Make a paste of tomatoes and Garlic and keep aside.

Now, In a frying Pan, pour 1 tsp of Ghee and put the onions, when it is done add the tomato and Garlic paste, and the vegetables (eggplant and spinach).

Mix it well, add all the masala powder, salt and cook for 10 minutes and add ghee and coriander leaves (cilantro).

It is a good combination for Chappathis, Plain Rice.



Brinjal Recipes

Eggplant Curry

Ingredients

brinjal (eggplant) 4 medium size
onions 2 nos - diced
tomato 1 big - puree
tamarind paste 3 teaspoon
whole spices
(of your interest)

roasted dry and powdered
chilly powder
turmeric powder and salt
(to your taste)
ginger & garlic paste
curd - 1/2 cup

Method

First wash and dry brinjals and pierce it with a fork or chop stick and show it in the flame until its skin turns dark brown and the brinjal becomes soft.

Repeat it with the other brinjals also. When the brinjal cools peel off the skin and save the soft flesh inside.

Now smash the flesh and marinate this with little curd, turmeric powder, chilly powder, salt and tamarind paste and keep it aside until you do the following.

Add oil generously to a hot non-stick pan, followed by onions and fry until golden brown.

Now add the ginger and garlic paste and spice powder and fry a little and then add the tomato puree, chilly powder, turmeric powder and salt (all to your taste).

Keep smashing the contents as they get cooked, now add the marinated brinjal flesh and cook for some more time until the oil separates out and glitters.

Add little more oil if you want. Remove from fire and sprinkle chopped coriander.

I think you can get the good aroma now itself.



Brinjal Recipes

Nuvvu Vankai (Brinjal Curry)

Ingredients

small round brinjals tender 8-10
chana dal 3/4 cup
dhania 1/4 cup
red chillies 6-7
methi seeds 1/2 tsp
jeera 1 tsp

turmeric powder 1 tsp
til seeds 1/4 cup
hing 1/2 tsp
oil for frying
salt to taste

Method

Fry the above mentioned ingredients except (brinjals) with 1 tsp of oil till brown and the aroma fills the air.

Grind it into a coarse powder (you can add salt to the powder).

Heat oil in kadai. Now slit the brinjals and fill this powder and drop them one by one on a low flame, close the lid on the kadai for 10 mts till the brinjals become tender and loses its colour, remove the lid and keep stirring occasionally in low flame.

Allow the brinjals to get evenly fried, add the rest of the masala powder and fry till brown, eat it hot with Rice, this curry goes well with curd rice



Brinjal Recipes

Baby Brinjal in Gravy

Ingredients

baby brinjals (not more than 2" long)
10-12 full ones.
pudina (mint) leaves one bunch
green coriander leaves - one bunch
green chillies 3 to 5
ginger 1/2" piece
spring onion bulbs 8 -10

tomato 1 (medium size)
dhania
(coriander powder 1/2 teaspoon)
turmeric powder 1/4 tea spoon
red chilly powder 1/4 tea spoon
oil 8 table spoons
cream / fresh butter for garnishing.

Method

Wash the brinjals and remove the stems do not remove the crown slit into four (up to half of the brinjal) keep them in water as otherwise they will turn black & bitter some times.

Clean the pudina, coriander leaves, and keep them aside, cut the spring onion bulbs into four. Grind in the chutney jar of your mixie the following together: Pudina, green chillies, ginger (after cleaning of course), coriander leaves and spring onion bulbs to a very nice paste.

Half way down add the tomato and blend. Add no water. Add 1/2 tea spoon salt in the gravy. Stuff the brinjal slits with the chutney liberally. In a kadai (or a thick bottomed vessel) heat the oil and drop the brinjals slowly one after other, keep the flame (heat) very low, once the brinjals are dropped add the turmeric powder, the chilly powder and the dhania powder one after another.

If there is chutney still left add the same. Cover the kadai / vessel with a plate and pour cold water on the plate (this will prevent the brinjals and gravy getting stuck to the vessel. Keep a watch every five minutes and turn the vegetable and gravy without breaking the brinjals, so that it does not get burnt.

Once the brinjals are half done add salt and cook for 10 minutes. Garnish with green coriander leaves, tomato slices and cream / fresh butter and serve with hot plain "basmati rice".

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Brinjal Recipes

Brinjal Bajji

Ingredients

5 brinjals
5 green chillies
pinch of garlic paste
1 large onion
1/4 tsp mustard seeds
1/4 tsp cumin seeds
curry leaves
1.5 tsp dhania powder
1/4 tsp turmeric powder
pinch of asafoetida
1/2 tsp tamarind paste
1/2 tsp oil
1/2 tsp ghee

Method

Heat the oil in a pressure pan and pour the mustard seeds and the cumin seeds in.

When the seeds splutter add the curry leaves and the garlic paste with the onion (cut in fine pieces).

Add the salt to let the onion color evenly. When it turns brown, add the masala and fry for a minute.

Then add the brinjals and fry for a few more minutes. Add the tamarind paste with just enough water to submerge the brinjals. Now, let the mixture pressure cook. After two whistles, switch off the heat and wait until the steam is gone.

Mash the mixture well. Serve hot with rice or chappatis.



Brinjal Recipes

Brinjal Milk Masala Curry

Ingredients

small brinjals 8

chopped onion 2

tomatoes 2

coriander seeds 1 tbsp

khus khus 1tbsp

garlic cloves 2

ginger small piece

dry coconut powder 3tbsp

red chilly powder 1/2 tbsp

salt to taste

milk 1 cup

cumin & mustard seeds 1 tbsp

turmeric powder 1/4tbsp

Method

Cut Brinjal into 4 parts by not cutting their top edge.

After cutting, sock them in salt water for half an hour.

Prepare the masala paste by grinding Coriander seeds, Khus Khus, Onion, Ginger, Garlic, Tomatoes, Coconut powder, red Chilly powder, Turmeric powder and Salt.

Stuff the masala into all Brinjals and keep the remaining masala.

Heat the large vessel and pour 3 spoons of oil in it.

After heating the oil, add mustard seeds and cumin seeds in it.

After spluttering of mustard seeds, drop the brinjals and the remaining masala in the vessel.

Cover the vessel with lid. Let them boil for 10 min.

While Brinjal is boiling with the masala paste, add the milk and mix the curry occasionally until the Brinjal is completely cooked. (Please don't add water for cooking the Brinjal)

After it is completely cooked, enjoy this curry with hot rice.



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Brinjal Recipes

Brinjal - Fenugreek Leaves

Ingredients

brinjal 500 gms

fenugreek leaves (fresh & big)

100-200 gms

(equal to 4-6 bunches)

tomatoes 4-6 medium size

green chillies

(finely chopped) 6-8

oil 3 table spoon

mustard & cummin 1-2 tea spoon

(for seasoning)

turmeric 1 tea spoon

salt to taste

Method

Wash and cut brinjal into 4-5 pieces.

Finely chop fenugreek leaves, green chillies and tomatoes.

Heat oil in the frying pan (not to emit smoke), add mustard and cummin for seasoning.

Once the mustard seeds splutters, add turmeric powder.

Now add finely chopped green chillies and tomatoes and saute for two minutes and add fenugreek leaves and saute till tomatoes and fenugreek leaves get mixed well.

Now add the cut brinjals, salt to taste and mix thoroughly and cover it with the lid and allow to cook for 10-15 min. It can be served with hot Rice or Chapatis.



Brinjal Recipes

Dahi Baingan (Oriya Dish)

Ingredients

1 baingan (brinjal or chinese eggplant)	1 tea spoon of sugar
curry leaves	salt to taste
panch puran (mustard, fenugreek, cumin, kalajeera, fennel seed)	2 green chillies
250gm of curd (or yogurt)	small piece of ginger
	a pinch of turmeric
	oil for frying

Method

Cut brinjal into thin 2-inch long pieces.

Mix turmeric and salt in brinjal

Deep fry the brinjal pieces and keep aside.

Mix yogurt gently with sugar, salt and little water and fried brinjals.

Heat one table spoon of oil in a pan and put the panch puran and allow them to splutter.

Add green chillies and ginger and fry them and then add curry leaves.

Then add it to yogurt and serve.



Brinjal Recipes

Brinjal Pitlay

Ingredients

3/4 cup of toor dal

1 big brinjal

1 tomato (optional)

lemon sized tamarind

4 green chillies

3 red chillies

1 tbsp cooking oil

1 tsp mustard

1 tsp chana dal

1 tsp methi seeds

2 tsps sambar powder

curry leaves

dhania

pinch of asafoetida

(hing/perungayam)

turmeric

chilli powder

salt

Method

Pressure cook toor dal. Make sure the water to toor dal proportion is 3:1. Add a pinch of asafoetida and a dash of turmeric. Cut the brinjal into big pieces and keep it in the microwave for about 10 mins.

This process is needed to remove the skin of the brinjal. In case you do not have a microwave, you could pressure cook the brinjal too. While the dal and brinjal get ready, prepare the tadka.

Heat the oil and add mustard, methi seeds, chana dal, red chillies, green chillies, curry leaves, turmeric and red chilli powder. Stir the contents till the chana dal is brown in colour and keep it aside.

In a saucepan, heat the tamarind with a glass of water. Get the tamarind extract. Put the tadka in this tamarind extract. Check if the Brinjal is soft. Remove the skin and mash the vegetable well. Add this in the extract too.

In case you like tomatoes, cut a tomato in four pieces and add this to the extract. The tomato is optional, though. Add sambar powder and heat for sometime. Meanwhile, if the dal is ready, mash it well and keep it ready.

Once the extract, with tadka, brinjal and tomato, is hot enough, add the mashed dal in this and heat for another 5 mins.

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Brinjal Recipes

Tikha Baingan Masala

Ingredients

1/2 kg brinjal (small size)

3-4 onions (cut in big pieces)

2 tbsp of grated coconut (dried)

1 whole garlic

ginger

2 tbsp chilli powder

1 tsp turmeric powder

salt to taste

small lump of tamarind

1 tbsp garam masala powder

1 tsp jeera

Method

Take all the ingredients grind it at once in mixer, do not add water.

Add 2 tbsp of oil in pan and heat it, put the mixture in the pan.

Fry the mixture properly.

Take of the pan from stove and let it cool.

Take the brinjal slit it in 4, fill the mixture in the brinjal.

Pour 2 - 3 tbsp of oil in kadai, heat it and then put the stuffed brinjal, cook it.

Add little water to the brinjal.

Put small piece of jaggery to taste if required.

Let it cook for 15-20 minutes.



Brinjal Recipes

Baghara Baingan

Ingredients

Dry roast and dry grind to smooth powder:

1 tablespoon of dhania seeds
1 table spoon of khus khus seeds
1 table spoon of sesame seeds
1/2 tsp of cumin
3 dry red pepper
egg plant
onions

green chillies
coconut grated
ginger
dhania seeds
khuskhus, sesame, cumin
dry red pepper
tamarind paste, salt, oil,
curry leaves

Wet grind to a paste:

1 cup of fresh or dry coconut
one medium onion, cut
1" fresh ginger piece

Method

Cut the eggplant and saute it in about 3 tablespoon of oil adding salt to taste and keep it aside.

In a thick bottomed kadai, add 4-5 tablespoons of oil and pour the wet masala, 1/4 tsp of turmeric, 2 vertically slit green chillies and saute it until the oil leaves the sides

Add the dry masala and add 1/2 tsp of tamarind paste with 1 cup of water.

When this starts boiling add the baingan (egg plant) and more salt to taste.

Garnish it with curry leaves.



Brinjal Recipes

Baingan Bartha

Ingredients

1 egg plant (brinjal)
(should be fat and big)
1 big onion
3-4 green chillies
1 tablespoon fine cut ginger
2 small tomatoes

1/4 tsp red chilli powder
1/2 tsp haldi/turmeric powder
1 tsp dhania powder
salt to taste
oil & jeera for saute
green coriander to garnish

Method

If you have an oven, preheat the oven to 300 degrees. Put the Egg Plant in the baking sheet and keep checking it/turning it till the outer skin starts cracking and can be peeled off without difficulty.

Remember, this process has to be done carefully so that the inner part of the Eggplant is also cooked well. If you have a gas burner, put the eggplant directly on the burner and keep turning it till the outer skin starts cracking and can be peeled off easily.

Allow the eggplant to cool a little. Peel the outer skin of the eggplant. When the skin is removed, crush the eggplant using knife/spoon well so that it has an even consistency.

Put some oil in a pan. When hot, put some Jeera(cumin seeds) into it and put the (not so finely chopped onion) into it. When the onions are light golden brown, add the (finely cut)green chillies and (finely cut)ginger to it.

Heat it for 2-3 minutes. Add all the masalas. Add the eggplant to it. Stir it well and crush the eggplant as much as possible. Heat it for 5 minutes. Garnish with coriander leaves and serve hot with Parathas/Rice.



Brinjal Recipes

Baingan Fry Recipe

Ingredients

- 1 large baingan (eggplant)
- 2 tbsp besan (gram flour)
- 3 tbsp red chilli powder
- pinch of turmeric powder
- salt to taste
- 1/4 cup peanut oil

Method

Cut the baingan into thin round slices.

Mix chilli powder, turmeric powder and salt thoroughly.

Heat the frying pan with the peanut oil.

Take one slice of baingan at a time apply the mixture to both the sides and fry it.

Serve it hot with chapattis.



Brinjal Recipes

Spicy Indian Eggplant in Cilantro

Ingredients

- 14 indian eggplants (brinjals)
- 1 bunch of cilantro (coriander)
- 7 to 8 hot green chillies
- 1 tsp mustard seeds
- 3 tbsp vegetable oil
- salt to taste.
- pinch of turmeric powder

Method

Grind cilantro and green chillies to a paste.

Cut eggplants vertically.

Heat oil in a pan and add mustard seeds.

Now as the mustard seeds pop add the eggplant pieces to it and fry for 2 mins.

Add the ground paste to this.

Add salt and turmeric powder and mix well.

Cover the pan and cook it on a low flame until the brinjal is cooked and no water residue is left.



Brinjal Recipes

Lahsoon Baingan

Ingredients

brinjal - large about 200 gms.
potato - 1 medium about 50 gms
tomato - 1 chopped
garlic - 4 cloves shredded
coriander leaves - 1 bunch chopped
cummin seeds - 1/4 tsp
turmeric powder - 1/2 tsp
sugar - 1/2 tsp
oil - 4 tsp
chilli powder & salt to taste

Method

Wash and cut the Brinjal into about 2"x 1/2" pieces.

Peel, wash and cut the Potato into 1"x1/4" pieces.

Heat oil in a deep pan, add cummin seed to splutter.

Lower the heat. Add garlic first, stir for few seconds and then add potato, stir well till brown.

Bring up the heat. Add brinjal, after stirring for few seconds add salt, sugar, chilli and turmeric powder.

Stir well. Lower the heat, cover to simmer for 2 minutes or till the veg. is tender.

Unlid it ,add tomato and coriander leaves and let the Brinjal be dry stirring occasionally.



Brinjal Recipes

Whole Eggplant Fry

Ingredients

4 small sized eggplants
1/4 cup coriander seeds
2 garlic cloves
4 dry red chillies
small piece of dry coconut
few coriander leaves
salt to taste
5 tbsp oil

Method

Fry coriander seeds, red chillies in 1 tbsp of oil till golden brown.

Cut dry coconut into very small pieces.

Grind fried coriander seeds, red chillies, coconut and garlic cloves to a fine powder and keep aside.

Cut eggplants into 4 sections keeping the head (green part) intact and put them in water so that they don't turn black.

Mix salt and coriander leaves to the masala powder grinded before.

Stuff these cut eggplants with the masala.

Heat the remaining oil and fry these stuffed eggplants in it till they get cooked.

While cooking, keep turning the eggplants to avoid burning.

This whole eggplant fry will taste good with hot rice and ghee and it's very easy to make.

You can use the masala we grinded in other curries and fries also.



Brinjal Recipes

Microwave Baingan Bhurtha

Ingredients

round baingan 1 (200gms)
frozen peas 100 gms
round baingan 1 (200gms)
frozen peas 100 gms
onions (coarsely chopped) big 2
tomato puree 2tbs
salt 1 tsp or to taste
red chilli powder 1/2 tsp
coriander seeds semi crushed 1 tbs
oil 1 tbs.

Method

Roast the baingan in microwave after pricking at four, five places for three minutes on high temp.

Remove the skin with water and crush it nicely.

Keep aside.

Put oil in the microwave pan and add coriander seeds, onions, salt, chilli powder and tomato puree.

Heat it on high temp for five minutes.

Add baingan and peas.

Again put it back in the oven for three minutes.

Serve hot with chapattis.

Note:- Microwave heat will vary depending on the model.



Brinjal Recipes

Afghani Baingan

Ingredients

500 g eggplants (long variety)
200 g yogurt (plain)
salt to taste
10-15 garlic cloves (medium size) finely chopped
1-2 green chillies deseeded & finely chopped
1 onion ground to paste
a pinch of turmeric
oil for frying

Method

Whisk the yogurt well and add salt, garlic and green chillies.

Cover and keep in the refrigerator for at least 4-5 hours.

Cut the eggplants into thin slices (about 1/6 inch thick) and keep them in salt water for 5 minutes.

Drain them and deep fry in oil and keep aside.

Heat a tablespoon of oil in a pan and fry the onion paste in it till brown.

Add a pinch of turmeric and salt to taste.

Mix in the fried eggplant slices and remove from fire.

Just before serving, heat the eggplant mixture, remove in a shallow bowl and pour the chilled garlic yogurt over it.

Tastes best when served with hot aloo parathas or masala kulcha.

Can be eaten with any kind of paratha/roti/naan/phulka also.



Brinjal Recipes

Baingan Aloo

Ingredients

8-10 small round eggplants
approximately 3 inch size
3-4 medium size potatoes
1 branch of curry patta
6 t. oil
1 c. water
3 t. besan (gram) flour
3 t. dhania powder

less than 1/4 t. haldi
heaping t. red chili powder
1/2 c. fresh coriander leaves
stems removed
2 t. salt
1 heaping t. sugar
1 t. til (sesame seeds)
1/4 t. oil

Method

Slice the ends of the tiny round eggplants, score in half, and open coarsely. Remove seeds somewhat. Add 6 t. oil in a pan and add the potatoes chopped in approximately 1 inch pieces.

Add 1 cup of water so the potato does not turn brown. Cook on medium heat, covered. Take 3 t. besan flour, 3 t. dhania powder, less than 1/4 t. haldi, 1 heaping t. red chili, 1/2 cup fresh coriander leaves, 2 t. salt, 1 heaping t. sugar, 1 t. sesame seeds, and 2 t. oil and combine these into a masala.

Add 1 spring of curry patta. Mix the masala to include the 2 t. oil. Stuff the masala into the eggplants. Cover and turn heat to medium. Let sit for approximately 10 minutes. Stir and mix the eggplant and potatoes.

After about 10-15 minutes check to see if potatoes are done. They will be soft. Add the rest of the masala and mix carefully after another 10 minutes.

Note: Another name for the small round eggplants is brinjals. The large eggplant is bhartha baingan.



Brinjal Recipes

Dry Aloo Baingan Sabji

Ingredients

1/2 kg baingan (brinjal)

1/4 kg potato

2 tbs coriander seeds (dhania)

2 tbs channa dal

red chilli

pinch of amchoor

pinch of haldi

salt to taste

Method

Dry Roast the coriander, channa dal and chilli till the channa is a little brown.

Grind in a mixer and keep aside.

Cut the baingan and peeled potato into small cubes and keep aside separately.

Put little oil in a frying pan and put the potato in it.

Add little water. Just enough to cook.

Once the potato is half cooked add the baingan, salt and haldi to it.

Add water if necessary.

After the potato is cooked well and the water is reduced add the ground dry masala along with amchoor and mix well.



Brinjal Recipes

Ras Vaangi

Ingredients

- 1 lb small round brinjal
- 2 table spoons desiccated coconut
- 1 large spoon channa dal
- 1 large spoon dhania or coriander seed
- few methi seeds
- 1 teaspoon sesame seeds
- a few curry leaves
- half teaspoon turmeric powder
- 3 dry red chillies
- 3 flakes of garlic
- 1 tablespoon tamarind paste dissolved in water
- a little mustard seeds for seasoning
- salt to taste

Method

Remove only the stalks of the brinjal and make slits on all 4 sides keeping the bottom intact. Immediately immerse into cold water. Dry roast channa dal, chillies, coriander , sesame seeds, methi till you get the aroma.

Turn off the fire and add coconut, garlic, salt. Powder the roasted spices coarsely .Pat the brinjal dry with a kitchen towel and fill in the powder In a wok heat oil and add mustard seeds.

When it splutters gradually lower the brinjal. If there is any masala powder left just sprinkle it on top of the vegetable. Add curry leaves and cover it with a lid. Cook this on low flame for 5 minutes.

Uncover and gently toss the brinjals with a ladle. Make sure that you do not break the brinjal. Add the tamarind water and turmeric and let this cook for another 5 min or till veggies are tender.

Let the water evaporate and once the oil floats on top it is done.

Serve it hot with rice.



Brinjal Recipes

Brinjal Thair Bhaji

Ingredients

1 big brinjal
(6 small bringals will also do)
3 green chillies cut into small pieces
salt to taste
mustard seeds 1 tsp
oil 1 tsp

urad dhal 1 tsp
channa dhal 1 tsp
coriander leaves
curry leaves
yogurt or thick curd 4 cups

Method

Apply oil on the brinjal and allow it to bake in 350 Degrees in the Oven for about 20 minutes.

Keep it for some more time if the brinjal is not soft enough to peel the skin.

Meantime put oil in the pan, put the mustard seeds.

After the seed splutter add urad dhal, channa dhal, green chillies and curry leaves.

Fry the above till the dhal turn brown colour. Remove from stove and put it in a vessel.

Add the Yogurt and salt to the above.

Peel the skin of brinjal after taking off from the oven.

Add the pealed brinjal to the mixture and smash it till the brinjal gets mixed up well with the yogurt.

Add the coriander leaves to it. Serve it with Rice.

Note:

You can fry the brinjal/brinjals in oil in the pan till it becomes soft so that you can peel the skin off instead of baking it in Oven.



Brinjal Recipes

Elephant Yam Sabzi

Ingredients

1/2 kg elephant yam skinned and diced	1 teaspoon each of dhania & jeera powder
1 large onion	1/2 teaspoon each of red chilli & little garam masala powder to sprinkle
1 inch ginger	1 table spoon tamarind paste
3-4 pods of garlic	salt to taste
green chillies according to taste	
turmeric powder	

Method

Wash the yam and cook it with enough water adding tamarind paste and salt.

Do not throw the tamarind water. Be careful not to over cook it.

It should be just about 3/4ths cooked. Drain and set aside.

Grind together ginger and garlic. Make a paste of green chillies and half onion separately.

In a heavy bottomed pan fry 1/2 of the sliced onion in little oil till golden brown.

Add ginger -garlic paste and fry till oil leaves the sides.

Now add onion paste and cook for some more time stirring constantly.

Put dhania and jeera powder and stir fry.

When done add the yam into the mixture and stir fry making sure not to break the pieces.

After about 3 minutes add tamarind water in which the yam was cooked.

Adjust the salt according to your taste.

Add chilli and turmeric powder now, cover and let it cook till all the water has been evaporated.

Sprinkle the garam masala powder and stir lightly.

Serve hot with Phulkas or with Plain Rice.



Brinjal Recipes

Brinjal Rasavangi

Ingredients

1 large brinjal or eggplant
1/2 chopped onion
1/2 spoon of sambar powder
1/4 spoon mustard
1/2 spoon urad dal
1/4 spoon toor dal
4 dry chillies
little bit of hing
required amount of salt

1/2 cup of tamarind extract
1 tbsp of oil
4-5 curry leaves
cut kathrikai into pieces and fry in 1 tsp of oil.
then pour tamarind water and boil with 1/2 tsp salt, manjal podi (turmeric powder) - 1 pinch.
boil tuvar dal-1/4 cup.

For Frying:

kadalai paruppu (channa dhal) - 1 tsp
dhania - 2 tsp
red chilli - 4
coconut - 1 tbsp

Method

Fry these in 1/2 tsp of oil then beat in the mixie for making powder.

Then pour this powder and dal into boiled kathrikai and pour enough water to get thickness.

That's it Rasavangi is ready! After about 3 minutes add tamarind water in which the yam was cooked.

Adjust the salt according to your taste.

Add chilli and turmeric powder now, cover and let it cook till all the water has been evaporated.

Sprinkle the garam masala powder and stir lightly.

Serve hot with Phulkas or with Plain Rice.



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Brinjal Recipes

Eggplant Kap

Ingredients

big eggplant - 1
rice flour 4 to 5 teaspoonful
red chilli powder 2 teaspoonful
(or as per taste)
salt as per taste.
oil for shallow fry.

Method

Mix rice flour, red chilli powder and salt in a bowl and keep it aside.

Cut eggplant into thin round slices. Soak them in water.

Take the slices one by one out of water and dip them in the bowl containing the above said mixture. (Smear the mixture on both sides of the slices)

Place them on the pre heated tava.

Shallow fry on both sides by using little bit of oil.

Take out when they turn light brown on both sides.

You can eat it as a snack with Ketchup or eat with Chapathis.

Note: You can place as many slices as possible at a time depending on the size of the tava.



Brinjal Recipes

Brinjal Avial

Ingredients

brinjal (small eggplant) - 4
onion - 2
tomato - 2
green chillies - 2
grated coconut - 1/4 cup
tamarind small lime size
small onion - 3
oil - 1 tbsp
turmeric powder - little
mustard seeds, vendhayam, salt
curry leaves
dried red chillies - 3

Method

Cut Onion, brinjal, tomatoes and green chillies to long pieces.
Grind small onion, coconut, dried red chillies, turmeric powder in mixie.
Soak tamarind in little water and take a concentrated juice.
Heat oil and add mustard seeds, vendhayam and curry leaves.
Wait till seeds pops.
Add onion, tomato, brinjal and green chillies and fry for a minute.
Add tamarind juice and salt.
After the vegetables get cooked, add the ground mix and keep stirring.
After two minutes the brinjal avial is ready for serving, tastes good as a side dish with Rasam or Curd Rice.



Brinjal Recipes

Babaganouj (Eggplant Dip)

Ingredients

1 no large eggplant or brinjal or aubergine if you like
2 table spoons extra virgin olive oil
2 table spoons tahini
(sesame seeds paste in olive oil,
available at health food stores or make it yourselves.)
2 tea spoons fresh garlic paste
2 table spoon fresh lemon squeeze
salt/pepper for seasoning.

Method

Brush eggplant lightly with oil & roast on flames of gas burner to incorporate barbeque flavour.

If gas stove not available roast in electric or tandoori clay oven.

Peel the skin off & roughly chop cooked eggplant.

Add all the other ingredients including oil & quickly whip in blender.

Season well with salt/pepper & chill in refrigerator.

Garnish with a pinch of red paprika or red chilli powder & mint sprig.

Modification:

For those who love the Indian Baingan Bharta could add a little chopped, green chillies, fresh coriander (cilantro) & spinach onions to achieve a similar taste.



Brinjal Recipes

Steamed Eggplant

Ingredients

1 cup fresh desiccated coconut
1 tablespoon cleaned and soaked mustard seeds
4-5 small eggplant or brinjal
1/2 teaspoon turmeric powder
2-3 green chillies
1/2 cup vegetable oil
salt to taste

For Garnishing:

some mustard oil (optional)
few green chillies
1/4 cup chopped green coriander or cilantro

Method

Cut the eggplant in 1 inch cubes and soak them in salt water for 1/2 and hour.

Grind the coconut, mustard, and green chillies together into a fine paste.

When the paste is ready, take the eggplant out of the salt water.

In a deep aluminum bowl, mix the eggplant, the coconut mustard paste, the oil, salt, turmeric powder, and 1 cup of water.

Cover and steam in a pressure cooker for 1/2 an hour or until the eggplant is cooked properly.

You can also bake it in the oven at 350 degree for 45 minutes.

This recipe shouldn't be very dry, it should saucy.

You can serve this dish on a banana leaf and garnish it with slit green chillies, coriander leaves, and sprinkle some mustard oil before serving.

Serve this with rice.