

Kate's Punjab Eggplant

Courtesy of Village Veggies and In Our Grandmothers' Kitchens

Ingredients:

2 medium eggplants
3 tablespoons olive oil
2 medium onions
1 clove garlic, minced
1 teaspoon coriander
1 teaspoon cumin
1/2 teaspoon chili powder
1/4 teaspoon cayenne pepper
2 tablespoons fresh cilantro, chopped
1 teaspoon garlic salt
1 large tomato (about 1-1/2 cups chopped)
1 cup rehydrated beans of your choice (Tinky used lentils)
1/2 teaspoon garam masala

Instructions:

Slice the eggplants and place them, center down, on a greased baking pan. Bake at 400 degrees until the eggplants are soft to the touch, about 30 minutes. When they cool, scrape out the eggplant flesh, mash it, and set it aside, discarding the skin. (You may perform this step a day in advance and refrigerate the mashed flesh until it is needed.)

Alternate method: You may also chop up 1 of the eggplants and place it in a greased baking dish. Then roast it at 400 degrees for 30 minutes for broiled eggplant. This way the overall dish will be a little chunkier, but you must roast at least 1 of the eggplants in the manner described above to make a good sauce.

In a large sauté pan, heat the oil and sauté the onion and garlic until tender, approximately 7 minutes.

Add all the spices except the garam masala and continue to sauté another minute until the vegetables are fragrant.

Add the eggplant flesh, the tomatoes, and 1 cup water. Mix well. Bring the mixture to a boil; then reduce the heat. Cover and simmer for 30 minutes, or until the eggplant and tomatoes have made a thick paste.

Remove the cover, add the beans and the garam masala, and continue to cook for 5 more minutes.

Serve over rice or with naan—or both! If you have a lot of eggplant, double the recipe and freeze some for a later date. The flavors will be better the longer you wait!

Serves 6.