



Recipe of the Week

BANU'S BAINGAN BHARTA (WOODFIRE-CHARRED EGGPLANT CURRY)

This recipe is a family favourite and comes from Banu Pakala's Indian cooking classes which feature the vegetables grown by her husband Sidharth, a very keen vegetable gardener

Ingredients

- 3 medium-sized eggplants
- 2 Tbsp vegetable oil
- 1 tsp cumin seeds
- 1 tbsp garlic & ginger paste
- 2 medium onions (finely chopped)
- 2 green chillies (finely chopped)(optional)
- 2 large tomatoes (finely chopped)
- Salt to taste
- 1 tsp chilli powder
- 1 tsp turmeric
- 1 tsp garam masala
- 2 Tbsp fresh green coriander (finely chopped)
- Lemon juice (optional)

Pickled Cucumber & Onion

1. Wash and oil the eggplant, char it on a wood fire/bbq, or under a grill, peel off the skin and mash the pulp. Set the mashed pulp aside.
2. Add oil and cumin seeds to oil in a large pan. Once it splutters, add ginger and garlic paste. Once that has cooked off, fry the onions until golden-brown and chillies (if using), then add the tomatoes and cook until they have broken down and the oil starts to leave the sides of the pan.
3. Add salt, chilli powder, turmeric and garam masala. Mix well then add the mashed eggplant.
4. Mix, then cover and cook for 3-4 minutes. Finish it off with fresh coriander and some lemon juice.