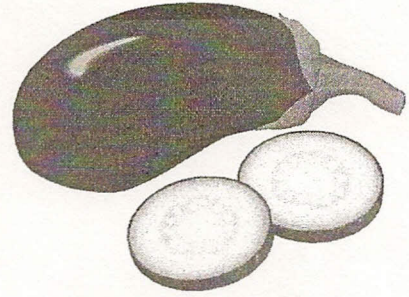


Baingan Tamatar
(Sauteed eggplant in dry spices)
Preparation time: 10 minutes
Cooking Time: 15 minutes
Serves: 4

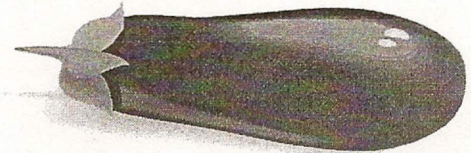
Ingredients

- Eggplants 2 large, sliced thickly
- Chaat masala 1 tbsp
- Coriander powder 1 tsp
- Turmeric $\frac{1}{4}$ tsp
- Chilli powder $\frac{1}{4}$ tsp or chilli flakes
- Cumin seeds 1 tsp; mustard seeds 1 tsp
- Fresh coriander chopped 2 tbsp
- Cooking oil $\frac{3}{4}$ cup



Cooking

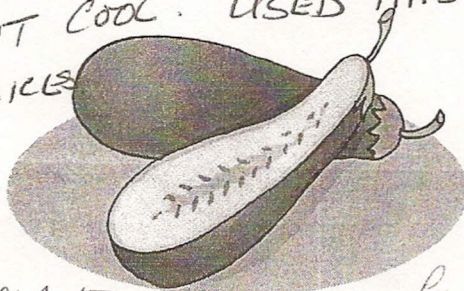
1. Heat oil in a pan on medium heat and put in the spices and seeds and fry a bit.
2. Add the eggplant and mix with all the spices. Turn up the heat.
3. Cook covered till eggplants are soft.
4. Sprinkle with fresh herbs and serve.



Tips

- This makes a good main or side dish.
- This dish can also be made with potatoes but cook the potatoes a bit before adding eggplant.

FRIED CUMIN SEEDS & MUSTARD IN A LITTLE OIL
& THEN LET IT COOL. USED THIS + SPICES TO COAT
EGGPLANT SLICES



CUT UP EGGPLANT - PUT IN PLASTIC BAG WITH LITTLE
OIL & SPICES SHOOK TO COVER EVENLY, BAKED ON GRILL
BAKE IN HOT OVEN TURNING ONCE. (ABOUT 15 MINUTES
TOGETHER) QUITE GOOD.