

EGGPLANT VEGETABLE

(Patsy Lobo)

Ingredients:

1 lb Eggplant
2 large onions chopped
1 tsp. ginger paste or powder
1 tsp. garlic paste or powder
1 tablespoons curry powder: 1/2 tsp. cumin powder
1/4 tsp. chilli or cayenne powder
3 to 4 tablespoons corn or vegetable oil
1/4 tsp. whole mustard seeds
A few curry patha leaves fresh or dried*
3 green chillies sliced
1/4 tsp. salt
2 tablespoons vinegar or lemon juice
2 tablespoons brown sugar

Method:

- ❖ Wash and cut the eggplant into small (1/4 inch) square pieces.
- ❖ Heat oil and fry chopped onion till light brown on edges.
- ❖ Add the mustard seeds and fry till pops then add ginger, garlic, curry leaves, curry powder, green chillies and fry for 2 minutes.
- ❖ Now add the eggplant, sugar, vinegar or lemon juice and approx 1/2 cup hot water and salt.
- ❖ Cook on a slow fire stirring occasionally till eggplant is tender and oil comes to top. This can be served with white or fried rice, pita bread, chapattis or flour tortillas.

Optional: you can add one or two chopped tomatoes.

To make it hot and spicy you can add little more chilli powder.

*This can be bought at an Indian Grocery Store or can be substituted with fresh green coriander.