COOKING PASSION SINCE 1877



Eggplant in Coconut Mustard Curry

DIFFICULTY: EASY

PREPARATION TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

SERVES: 4

Ingredients

Eggplant

1 eggplant, cut into 1 inch squares
1 tsp salt
1 tsp turmeric powder

For the curry

2 potatoes cut into 1 inch squares
1 tbsp sunflower oil
1 tsp cumin seeds
1 tsp black mustard seeds
1 tsp fennel seeds
1 large red onion, finely chopped
1 cm ginger, finely chopped
1 green chilli, finely chopped
¼ tsp salt
½ tsp turmeric powder
½ tsp sugar
1 tsp dijon mustard
400 ml coconut milk
Sunflower oil for deep frying

Method

Place the eggplant pieces in a sieve and sprinkle the salt and turmeric on top and rub it well on the eggplant. Leave it aside for an hour to help get the excess moisture out.

Place them on paper towel and rub off all the excess moisture. Fill a pan 1/3rd with oil and once it reaches 190°C gently fry the eggplant pieces in it until golden on medium to high heat. This might take 4-5 minutes and will have to be done in batches. Now in the same oil fry the potatoes as well, until golden.

To make the curry heat the oil in a pan and add the cumin, mustard and fennel seeds. Let them sizzle for a few seconds and add the onions. Once they start to turn golden add the ginger, chilli and cook for minute before adding the spices, mustard and coconut milk. Bring it to a boil.

Now add the fried eggplant and potatoes to it and cook for 2 minutes. Serve it hot with some coconut rice. View our rice recipe here.

Notes

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