

Dahi Baray



Prep Time: 30 minutes. Cook Time: 30 minutes. Total Time: 60 minutes. Serves 6-8 people.

Ingredients:

Baray

Chickpea flour (Besan) – 1 cup
Baking Powder – 1 teaspoon
Ground Cayenne Pepper – 1 teaspoon
Salt – ½ teaspoon
Ground Cumin – ½ teaspoon
Eggplant – 1 small
Cooking Oil (preferably Canola) – As needed
Water – As needed

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Plain Yogurt – 1 pound (½ kg)
Sugar – 1 tablespoon
Salt – ½ teaspoon
Cumin Powder – For garnish
Ground Cayenne Pepper – For garnish
Tamarind Chutney – For garnish
Green Chilies – For garnish
Green Coriander (cilantro) – For garnish

Dahi Baray (...continued)

Procedure:

Baray

- 1) Mix all the spices with the chickpea flour (besan).
- 2) Add water to the above mixture to make a paste (make sure that it does not become very runny).
- 3) Chop the eggplant into thin slices.
- 4) Dip the eggplant slices in the paste and fry.
- 5) Spread the fried eggplant on paper towel to soak up excess oil.

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- 6) Mix sugar, salt and a little water with yogurt.
- 7) Whip the yogurt a little to make it fluffy.
- 8) Set aside.

***Dahi Baray*finally ;)**

- 9) Spread the prepared yogurt in the dish.
- 10) Spread the fried eggplants (baray) on the yogurt.
- 11) Spread the remaining yogurt on top of the fried eggplants.
- 12) Sprinkle cumin powder and ground cayenne pepper.
- 13) Stir in a little tamarind chutney.
- 14) Sprinkle green coriander (cilantro) and chopped green chilies to taste.
- 15) Refrigerate for a little while before eating.