

Baingan Aloo Sabzi (Eggplant & Potato Curry)



Prep Time: 1 – 1 ¼ hours. Serves: 16 people

Ingredients:

- 8-10 medium potatoes (peeled & cubed into 1 inch cubes)
- 4-5 medium sized eggplants (cut into 1 inch long pieces)
- 4 medium Onions (chopped really small)
- 4-5 medium size tomatoes (chopped)
- 8 fat cloves of garlic (crushed)
- 2 teaspoons of ginger (preferably, finely chopped fresh ginger)
- 1 1/2 teaspoons of ground cayenne pepper
- 1 teaspoon of turmeric powder
- 1- 1 ¼ teaspoon of garam masala
- 1- 1 ¼ teaspoon of salt
- ½ cup of cilantro (finely chopped)
- 4 tablespoons of cooking oil
- 2 teaspoons of cumin seeds
- 6 curry leaves

Procedure:

- 1) Wash and chop potato and eggplant, chop onions, and set aside
- 2) Heat oil in a deep frying pan or a wok. When it is hot add cumin seeds and allow to splutter and then add crushed garlic and curry leaves and fry well. Make sure you don't break up the leaves.
- 3) Add chopped onions and sauté in medium heat until raw smell leaves
- 4) Add ginger and tomatoes and sauté until tomatoes turns soft and mushy
- 5) Add ground cayenne powder, turmeric powder and sauté for a minute

- 6) Add potatoes and stir fry well and add about 1 1/2 cups of water and cook covered until potatoes are three-quarters of the way cooked (add more water as needed)
- 7) Add eggplant and stir well and again cook covered for 7-8 minutes. Add more water as needed in order to make sure that the ingredients don't dry out or start to burn
- 8) Once the veggies are cooked, add garam masala and simmer for a minute
- 9) At the end add the cilantro, mix well and turn off the stove
- 10) Serve it with Naan

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