

FOOD FROM OUR HOMELAND

Eggplant Dahl Curry

ingredients

Recipe supplied by Akhter Ramon

- 100g yellow split mung beans
- 1 Eggplant, cut into roughly about an inch size pieces.
- 5-6 cherry tomatoes, chopped into quarters
- 2 sprigs of fresh curry leaves
- 4 fresh Bay leaves
- 2 cloves of garlic, thinly sliced
- 2 tsp garlic paste
- 2 tsp ginger paste
- 2 large onions finely sliced
- 2 tsp ground turmeric
- Chilli powder (to taste)
- 1tsp ground Cumin seeds
- ½ tsp ground Coriander seeds
- 1tsp Panch (means, 5) Phoran (can get it in Indian or Afghan Shops: or the following ingredients can be separately used in ¼ tsp amounts:
 - `whole cumin seeds
 - `whole fennel seeds
 - `whole fenugreek seeds,
 - `whole black cumin seeds,
 - `whole black mustard seeds
- 4 long dry red chillies
- 2 fresh green chillies
- 3 tbs Sunflower oil (for cooking):
 - 1 tbs Mustard oil (for flavour)
 - 2 tbs Rice oil for frying onions and panch phoran
- Salt to taste
- ½ cup yoghurt (for garnish) (optional)
- Finely chopped coriander leaves (for garnish)

Optional can also add a couple of lime leaves

directions

Step 1:

- Halve then quarter eggplant and chop into one inch pieces then soak in water for awhile.
- Dry roast the mung beans in a frying pan: about 3-4 minutes. Keep stirring, and remove from heat when the mung beans turn golden.
- Wash the roasted mung beans, draining by hand, and place them in a pot with 2 cups of water. Add the turmeric, half of the sliced onions, garlic paste, ginger paste, ground cumin seeds, ground coriander seeds, sunflower oil, chilli powder, salt.
- Place the pot, covered, on the cooktop, and turn the heat on. Stir from time to time, watching that it does not boil over. Reduce heat to medium when bubbles arise, and cook, covered, stirring from time to time, till the beans are half cooked: about 15 minutes.
- Add the eggplant, the tomatoes, the green chillies, a little water as required, and the mustard oil. Cook till the vegetables are done, and the dahl has a thick soupy consistency.
- Remove pot from heat.

Step 2:

Heat the Rice Oil in a frypan. Add the sliced garlic, and the Panch Phoran, stirring constantly, till the garlic gets golden. Add the rest of the sliced onions, Curry leaves, Bay leaves, and the dry red Chillies, and stir constantly. Remove from heat when the onions are golden, and pour the oil with its ingredients into the cooked dahl. Stir in the fried ingredients. Place the dahl pot back on low heat, and simmer for 5 minutes, covered.

Garnish with coriander leaves.

Serve with cooked Basmati Rice (Indian Gate brand), and a dollop of yoghurt (if using).

Eat with fingers or spoon and fork.

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