

Sweet, Sour & Spicy Eggplant (Indian)

Author: Suneeta Vaswani's book, Easy Indian Cooking

Carolyn T's
Cookbook

Servings: 4



- 1 1/2 pounds eggplant
- 1 tablespoon vegetable oil
- 3/4 teaspoon cumin seeds
- 1/2 teaspoon fresh ginger, grated
- 1/2 teaspoon fresh garlic, minced
- 1 teaspoon ground coriander
- 1/4 teaspoon turmeric, rounded
- 1/4 teaspoon cayenne
- 3/4 teaspoon salt, or more to taste
- 1/3 cup vinegar
- 2 tablespoons water
- 1 teaspoon sugar, or Splenda

Serving Ideas: Can be served as a side dish, or if you make a large portion, serve with bread or pita bread.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 77 Calories; 4g Fat (40.2% calories from fat); 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 405mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Your Text Here

Notes: If you would like to make this the traditional way, add about 3 potatoes, cut into similar sizes as the eggplant. Add to pan with the eggplant. Double all the spices. If you're not overly fond of curry type spices, omit the turmeric. Be very careful not to burn the garlic and ginger - turn heat to low while the eggplant cooks. Eventually it softens and reaches a rich brown color.

Description: An easy pan-sauteed spicy eggplant.

1. Do not peel eggplant. Cut eggplant into pieces about 1 inch by 3 inches.
2. In a nonstick skillet, heat oil over medium heat. Add cumin seeds and saute for one minutes. Stir in ginger and garlic and saute for no more than one minute (do not burn).
3. Add eggplant pieces, ground coriander, turmeric, cayenne and salt. Mix well, tossing pieces so they all have some of the spices on them. Cover and reduce heat to low and cook until the eggplant is tender, about 10-12 minutes. Shake pan (without opening lid) occasionally to prevent sticking. If necessary, add a tablespoon or two of water to deglaze the pan partway through the cooking.
4. Stir sugar (or Splenda) into the vinegar and water to dissolve. Pour over the vegetables (drizzle it over all the pieces, otherwise some will have it and other pieces will not), and toss gently to coat. Cook, covered, just until vinegar is absorbed, about 2 minutes.