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by Anjana Chaturvedi

Amritsari Masala Baigan (Spicy Amritsar Eggplant)



Ingredients

Small brinjals (eggplants) - 350g
Tomato - 1
Curry leaves - 8
Grated ginger - 1 tsp
Tamarind paste - 2 tsp
Sugar - 2 tsp
Oil - 4 tbsp
Mustard seeds - 1 tsp
Pinch of Nigella seeds (kalonji)
Water - 3/4 cup
Spice To Mix:
Fennel powder (saunf) - 1 tsp
Dessicated coconut - 2 tbsp
Coriander powder - 2 tbsp
Carom seeds (ajwain) - a pinch (optional)
Red chili powder - 1.5 tbsp
Mango powder - 1.5 tsp
Turmeric powder - 1 tsp
Garam masala - 1 tsp
Salt - 1 tsp

Preparation

- 1 Wash and make 4 slits in the brinjals - keeping the stem and the brinjal intact .
- 2 In a bowl mix all the spices listed to mix.
- 3 Heat oil in a pressure cooker and add mustard seeds, when they start crackling - add kalonji and grated ginger.
- 4 Saute and add chopped tomato, stir for a minute and add the spice mixture from the bowl.

- 5 Stir for 30 seconds and then add brinjals and salt - saute for a minute.
- 6 Add 1 cup water, mix well, and pressure cook on medium flame for 1 whistle.
- 7 Open the cooker as soon as it cools down.
- 8 Add tamarind pulp and sugar and cook for 1 minute on medium flame.
- 9 Add fresh coriander and serve.
- 10 Best eaten with chapatis, daal and rice.

Cooks Note

Spicy and delicious brinjals is a speciality of Amritsar, Punjab (India) If you don't want to use nigella seeds (kalonji) and ajwain, then use cumin seeds instead.

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