



LOON ORGANICS

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Thanks to CSA member, Erik, for passing along his favorite eggplant recipe to us!

Creamed Eggplant/Baigan Bharta

(from Madhur Jaffrey's *World of the East Vegetarian Cooking*)

2.75-3 lbs eggplant (3 medium sized eggplants)
5 Tbl vegetable oil (I use a bit less)
1/2 tsp whole fennel seeds
1/4 tsp whole fenugreek seeds
2 medium onions, peeled and chopped
8 cloves garlic, minced
6 Tbl tomato sauce (or one could use grated tomato, I suppose)
2 tsp finely grated fresh ginger
1 tsp salt
1/8 tsp cayenne pepper, or more to taste
1/2 tsp freshly ground black pepper
1/2 tsp ground roasted cumin seeds (or simply substituted ground cumin)
3 Tbl heavy cream
2 Tbl finely minced cilantro

Preheat broiler. Prick eggplants with fork (2 to 3 jabs per side) and put on backing tray lined with foil. Put tray under broiler. When skin is charred on one side, give a quarter turn to the eggplants. Roast this side and turn again. Continue until entire skin is charred and the pulp is soft and mushy. (One could also do this broiling with other sources of heat--fire, for instance)

Peel away the charred skin under cold running water and chop up softened eggplants.

Heat oil in skillet over medium flame. When hot, put in fennel and fenugreek seeds. 5 seconds later, put in onions and garlic. Fry, stirring 5 to 7 minutes or until onions are golden brown.

Add the tomato sauce a Tbl at a time and keep frying another 2 to 3 minutes.

Put in chopped eggplant, ginger, and salt.

Turn heat to medium low and saute for 10-15 minutes

Add cayenne, black pepper cumin, cream, and cilantro. Cook for another minute to heat the cream.