

BAINGAN BHARTA



GOES GREAT WITH...

Chapatis (p156)
from How to Be
a Curry Legend and
beetroot pachadi
(p138) from
Veg Curries



EXTRAS
#63

ALSO WORKS A TREAT WITH...

- Courgettes (just don't discard the skin)

RAISE YOUR GAME BY...

Grilling the aubergines on the BBQ



BAINGAN BHARTA

The smoky flavour in baingan bharta comes from grilling the aubergine whole until the outside is completely charred and the inside is soft and tender, so don't be afraid to really blacken the skin! The softened aubergine is then mashed with fried onion, lemon, fresh coriander and dried spices for a warming, delicious side dish.

Prep
25 mins

Cook
50 mins

Heat
   

Serves
4

2 **aubergines** - left whole but pricked several times with a fork
1 **small onion** - finely chopped
3 **cloves of garlic** - left whole in their skins
3 **tomatoes** - left whole
10g **bunch of coriander** (optional) - finely chopped
½ **lemon**
1 tsp **sugar**

1 tsp  **HALDI BLEND**

1 tsp  **JEERA BLEND**

1 tsp  **METHI BLEND**

1 tsp  **MIRCHI BLEND**

- 1 Preheat the grill
- 2 Grill the aubergines, garlic and tomatoes for 5 minutes or until the garlic skin is burnt and crispy and the flesh is soft, turning frequently. Remove the garlic then grill the aubergines and tomatoes for a further 30 minutes or until the skins are burnt and crispy, the aubergines have collapsed and the flesh is completely soft. Leave to cool
- 3 Peel and roughly chop the garlic cloves, discarding the skin
- 4 Fry 1 tsp **JEERA BLEND** in 3 tbsp oil for 30 seconds or until the seeds just start to pop and jump around
- 5 Add the onion and cook for 10 minutes or until soft and beginning to brown
- 6 Peel the aubergines and tomatoes, then roughly chop the flesh (try to get as much of the flesh from close to the skin as possible as that's where the best smoky flavour will be!)
- 7 Stir the chopped aubergine, garlic and tomato into the onion. Add the sugar, 1 tsp **HALDI BLEND**, 1 tsp **METHI BLEND**, 1 tsp **MIRCHI BLEND** and ¾ tsp salt
- 8 Cook for 10 minutes or until you have a thick, smoothish puree, mashing up any big pieces of aubergine or tomato
- 9 Stir in the coriander and the juice of the ½ lemon to serve