

Burani Badjan (eggplant)

Equipment:

Bowl, knife, chopping board, heavy based frying pan or pot with lid, wooden spoon, measuring spoons and cups, scales, tongs, grill pan

Ingredients:

1 large eggplant
olive oil
2 cloves garlic
150gms tomatoes
½ cup tomato puree
salt
1 tspn coriander/pepper mix

yoghurt sauce

½ cup plain yoghurt
2 TBLSPNS water
2 cloves garlic
a pinch of salt
½ TBLSPN dried mint

method:

Wash eggplant and tomatoes. Heat grill pan up on the stove top. Slice eggplant into 1cm wide rings. Brush with olive oil, and grill each side, until they have black stripes and are squishy. Place on paper towel to drain.

Slice tomatoes.

Crush garlic.

Layer the eggplant and tomato in the frying pan, sprinkling a little salt, coriander/pepper mix and garlic over each eggplant layer. Pour the tomato puree over the top, put on the lid, and simmer gently for 15-20 mins.

While this is cooking, make the yoghurt sauce. Mix the first 4 ingredients. Spread over the bottom of a serving platter. Carefully spoon eggplant and tomato mix on top. Sprinkle the dried mint over the top and serve.